

Claudia Hébert



I am Claudia Hébert, a graduating student in veterinary medicine and a university athlete in cross-country. I contracted COVID-19 for the first time in the spring of 2020 upon my return from a veterinary internship in Senegal, an infection that was uncomplicated. However, some unexplained mild neurological symptoms and fatigue persisted. Then, a few months post-infection, just weeks away from completing my studies, there was a sudden onset of severe symptoms that necessitated hospitalizations.

To this day, several varied long COVID symptoms persist, and new ones continue to emerge, which still limit me from completing my veterinary studies and unfortunately, recently ended my university athlete journey. Nevertheless, despite my limitations and at times, the pain and suffering that certain symptoms bring, I remain determined and work very hard to successfully obtain my veterinary degree and continue practicing the sports I am passionate about, such as running and figure skating.