

## Cynthia Adinig Bio

Cynthia Adinig is a 37 year old, Marketing Specialist and Equity Policy Advisor, turned Long Covid and MECFS Advocate from Northern Virginia. She is recovering from a March 2020 mild COVID-19 infection that led to severe disability and life threatening illnesses. Due to her uniquely severe Long Covid symptoms, She has had to seek care at local emergency rooms over 30 times. She has been admitted to multiple hospitals for post covid severe illness.

In September 2020, after being threatened with arrest by Emergency Room hospital while seeking medical help during an episode of dangerously low oxygen and high heart rate, she decided to become a long covid advocate so that marginalized communities could receive proper care in the future. She worked alongside other patient advocates to help guide legislative language for the bi partisan Covid-19 Long Haulers Act and spoke at the official press conference alongside the bill's sponsors, Rep. Beyer and Rep. Bergman. She met with Senator Tim Kaine's and Rep. Ayanna Pressley's teams for their Long Covid legislation as well. Cynthia has also met with NIH directors to discuss issues concerning Long Covid and health equity in research.

She also is a co-leader of the first BIPOC Long Covid x ME/CFS support group. Cynthia is well known in the Long Covid community for working to intervene in real time to help Covid and Long Covid patients access proper care. She has also written a digital Emergency Room Guide for "longhaulers" of color, to increase their access to care. She also writes a variety of other guides to care for Long Covid patients.

Cynthia also has a 7 year old son Aiden Adinig, who also suffers from Long Covid. He became a Mensa Member at 5 years old, during the height of Cynthia's decline in health from Long Covid. He is internationally known as a prodigy in math and chess and is homeschooled by Cynthia, when their health allows it, as they both recover from Long Covid.