**Sunnybrook Long COVID Descriptive Transcript**

Episode 1

[00:02:12 - 00:08:04]

The image is a colorful and detailed digital illustration of an elderly man, Ari, with glasses, gray hair, and a mustache, sitting comfortably in a light gray armchair with wooden rocking rails. He is wearing a white long-sleeved shirt under a burgundy argyle sweater vest and dark pants. His legs are crossed, and he has a relaxed posture as he looks ahead. A cozy fireplace with bright orange and yellow flames burning over dark logs casts a warm glow in the room. A small black and white cat with perked-up ears and a curled tail is playing with a pink ball of yarn on a round beige rug in front of the fire. To the left of the man, a wooden side table holds a simple woven bowl. Behind him, a bookshelf with various decorative objects, books, and storage boxes is mounted on the soft blue-colored wall. On the right side of the room, a dark wooden cabinet with a glass display case holds neatly arranged white dishes and cups. A pile of red and pink yarn, partially unraveled, sits in a basket in the lower-left corner of the image. The overall setting is warm and inviting, with soft lighting and a homey atmosphere.

[00:08:05 - 00:11:15]

The image is a colorful digital illustration of a neighborhood in Nova Scotia, Canada. In the foreground, there is a small red brick house with a brown roof, white-framed windows, and a gray door. Behind it, a large white house with red-trimmed roofs stands enclosed by a beige fence. The background features pastel-colored homes, including a pink and a blue one, along with a modern gray building. The sky is bright blue with a few clouds and birds flying. A red location pin and bold white text mark the location as Nova Scotia, Canada. The scene has a calm, suburban feel with rolling green hills.

[00:13:05 - 00:16:13]

At a busy bus terminal, Ari, an elderly man with glasses, gray hair, and a mustache, walks past a parked cream-colored bus while carrying a brown paper bag filled with groceries, including a baguette and some leafy greens. He wears a white long-sleeved shirt under a burgundy sweater vest and dark pants, with a slightly concerned or tired expression on his face. Behind him, a woman with dark hair tied in a ponytail, wearing a white jacket and blue pants, walks in the same direction while carrying a small black purse. The terminal has multiple numbered bus platforms with electronic signs displaying schedules, rows of blue waiting chairs, and a modern curved metal roof. A luggage cart is visible near the entrance, and the background features a cityscape with buildings fading into the hazy sky as the sun casts a warm glow over the scene.

[00:17:02 - 00:19:02]

Seated on a bus, Ari holds a calm yet slightly distant expression as he looks ahead. His grocery bag, filled with a baguette and fresh produce, rests beside him on the blue seat. Around him, the bus is lively—passengers engage in conversation, a man in a suit stands holding onto a handrail, and a child in a red-striped shirt smiles while interacting with someone across the aisle. The atmosphere is bustling, yet Ari remains quietly observant, seemingly lost in thought as the ride continues.

[00:19:03 - 00:23:04]

Ari sits on the bus, looking unwell as he coughs into his hand. Sweat drips down his face, and his expression shows discomfort and concern. His grocery bag remains beside him, untouched. In the background, illustrated germs float in the air, symbolizing the presence of illness. The scene highlights Ari’s vulnerability in a public setting, emphasizing the risk of infection.

[00:23:18 - 00:25:01]

Ari sits at his dining table, holding up his phone as he engages in a video call. He appears content, speaking with someone on the screen. A plate of healthy food is in front of him, and natural light streams through the window behind him. The setting suggests a moment of connection and well-being.

[00:25:02 - 00:27:12]

Ari holds up his phone, engaged in a video call with his daughter, who is busy cooking in her kitchen. She stirs a bowl while talking to him, possibly sharing a recipe or chatting about her day. The bright setting and the presence of food suggest a warm moment of connection, bringing comfort and familiarity despite the physical distance between them.

[00:27:13 - 00:32:00]

Ari's daughter is washing dishes in the kitchen, while her son excitedly plays with a basketball nearby. She glances at him with a warm expression, possibly amused by his energy. The cozy home setting, with a neatly arranged dining area and a comfortable couch in the background, reflects a sense of everyday family life. Despite the routine task, the interaction between mother and son suggests a moment of connection and joy.

[00:34:06 - 00:40:11]

Ari is lying in bed, visibly unwell, as he wipes his nose with a tissue. The text "COVID-19" and an arrow suggest that he is experiencing symptoms of the illness. His bedside table holds a jar, possibly containing medication, while a warm lamp casts a soft glow in the room. The striped blanket covering him adds to the sense of rest and recovery, highlighting the need for care during his illness.

[00:41:02 - 00:44:14]

Ari stands on his balcony, looking down with a sad expression at his daughter, who is outside in the cold. She appears upset as she walks away, carrying her purse. The open blue door behind her suggests she has just left, possibly after an emotional conversation. Snowflakes fall around them, emphasizing the somber and distant mood between father and daughter.

[00:44:15 - 00:47:19]

Ari stands on his balcony with a sad and confused expression. His arms are crossed, and thought bubbles with question marks surround him, emphasizing his uncertainty or memory struggles. The snow and icy railing suggest a cold season, adding to the somber tone.

[00:51:21 - 00:54:22]

Ari appears unwell as he stands near a bus stop, coughing into his elbow. His closed eyes and hunched posture suggest fatigue or weakness, possibly due to illness. The signs in the background indicate he is waiting for transportation, adding to the sense of struggle in his daily routine.

[00:55:04 - 00:58:15]

Ari appears tired as he sweeps the floor in a cluttered living room. His slightly open mouth and drooping posture suggest exhaustion or reluctance. The messy surroundings, including scattered trash and an overturned bottle, indicate that maintaining his home has become a struggle. The warm glow of the fireplace contrasts with the disorder, highlighting the challenges he faces in daily life.

[00:58:18 - 01:01:01]

Ari looks concerned as he gazes at a calendar with an appointment circled in red. His hand on his chest suggests anxiety or worry about the upcoming event. The setting, which includes a framed family photo and a neatly arranged room, contrasts with his unsettled expression, indicating that he might be feeling overwhelmed or forgetful about the appointment.

[01:01:02 - 01:05:08]

Ari is looking at his calendar where an appointment is circled in red, but he appears confused as he checks his phone. The large question mark on the screen suggests he is trying to recall or confirm details about the appointment, possibly struggling with memory issues. This highlights his uncertainty and need for assistance in keeping track of important events.

[01:05:09 - 01:11:06]

Ari looks confused and concerned as he stares at his cat and its food bowl. The steam rising from the food suggests he may have just served it, but his expression indicates uncertainty—perhaps he can't remember if he already fed the cat. This moment highlights his struggles with memory, which could be affecting his daily routines and responsibilities.

[01:11:13 - 01:16:20]

Ari appears overwhelmed and exhausted as he sits in a doctor's office, holding his head in frustration. The scribbled thought bubble above him suggests confusion or difficulty processing information. Meanwhile, the doctor, who seems to be explaining something, looks engaged and supportive. This moment highlights Ari’s struggle with cognitive difficulties and his need for medical guidance.

[01:22:04 - 01:27:01]

Ari sits in his chair, looking at his phone with a confused and concerned expression. The question marks above his head indicate uncertainty or difficulty understanding something on his device. Meanwhile, exclamation points in the background suggest a moment of realization or urgency. His laptop sits open on his lap, and his cat is curiously playing nearby, unaware of his distress. This scene highlights Ari's struggles with technology or memory-related issues.

[01:29:07 - 01:35:15]

Ari's daughter sits in a chair, holding up her phone with a worried expression. She is dressed in a red blouse and black pants, her dark, wavy hair framing her face. A thought bubble above her head shows an image of a hospital, indicating that she is thinking about seeking medical care for her father. In the background, her young daughter sits on the floor, clutching a teddy bear and looking concerned. The scene conveys the emotional weight of caring for a loved one, as Ari's daughter balances her responsibilities as both a caregiver and a mother.

[01:36:07 - 01:38:15]

Ari sits on a stool in a doctor's office, looking worried and uncertain. His slouched posture and furrowed brows reflect his distress as he listens to the doctor. The doctor, a woman with short dark hair, wears a white coat and has a stethoscope around her neck. She stands with her arms crossed, speaking with a serious expression. Behind her, a medical poster of the human digestive system hangs on the wall, suggesting a discussion about Ari’s health. The clinical setting emphasizes the gravity of the situation as Ari seeks medical advice.

[01:38:16 - 01:40:06]

A close-up of a hand holding a blue inhaler, emphasizing its importance in managing respiratory conditions. The background suggests a clinical or home setting, with light-colored walls and a window allowing natural light to enter. The image highlights the necessity of medication for conditions like asthma or other breathing difficulties, possibly relating to Ari's health concerns.

[01:40:15 - 01:43:06]

Ari is depicted in distress, coughing into his hand against a blue background. The word "Asthma" appears prominently beside him, emphasizing his struggle with the condition. His facial expression and posture suggest discomfort, reinforcing the challenges he faces in managing his respiratory health.

[01:46:00 - 01:53:04]

Ari is shown sitting on the floor near the doorway of a dimly lit bedroom, looking sad and distressed. His glasses rest on his face, and his expression conveys a deep sense of loneliness or exhaustion. The room is dark, with a bed covered in blue blankets and a small desk nearby, suggesting a personal, possibly nostalgic space. His posture, with knees drawn close, reflects vulnerability, emphasizing a moment of emotional or physical struggle.

[01:53:05 - 01:56:15]

This scene depicts a large hospital building with a red cross symbol above the entrance, signifying its role as a medical facility. The modern design includes multiple floors and large windows. A road in front has cars passing by, while the sidewalk features benches, trees, and a well-maintained garden with flowers. An ambulance is parked near the entrance, indicating active emergency services. The clear blue sky and cityscape in the background enhance the urban healthcare setting.

[01:56:16 - 02:02:21]

Ari, an elderly man, stands at a hospital reception desk with a worried expression, holding an open wallet filled with cash. His demeanor suggests financial strain as he prepares to make a payment. Behind the counter, a masked receptionist in medical attire focuses on her work, possibly processing his transaction or paperwork. The setting includes a waiting area with chairs and a trash bin, reinforcing the hospital environment. The subdued colors and Ari’s body language emphasize the emotional weight of the moment.

[02:11:03 - 02:20:00]

Ari stands in the center, looking distressed and uncertain, his expression weighed down by doubt. Surrounding him are dark swirling tones, reinforcing a sense of isolation and frustration. Speech bubbles float around him, echoing dismissive statements: "It’s just asthma!!", "You’re fine!", and "Nothing is wrong with you." His posture, with one hand gripping his arm, suggests discomfort or pain that is not being taken seriously. The overall tone captures the struggle of being unheard or misdiagnosed, emphasizing the emotional and physical toll it takes on him.

[02:20:14 - 02:21:20]

Ari lies in bed, his face weary and pained as he holds a tissue to his nose. His posture suggests discomfort, possibly from illness or distress. A soft glow from the bedside lamp illuminates the scene, casting a warm but lonely atmosphere. A jar, likely containing medicine, sits nearby, hinting at his need for treatment or relief. The striped blanket partially covers him, adding to the sense of vulnerability. The setting conveys exhaustion and struggle, emphasizing his ongoing health concerns.

[02:21:21 - 02:24:01]

Ari stands on the balcony, his arms crossed and his expression heavy with sadness. Below, his daughter in a red blouse and black skirt clutches her purse, her downcast eyes and slumped posture mirroring his sorrow. The open blue door behind her suggests she is leaving, possibly after a difficult conversation. Softly falling snow adds to the quiet, emotional weight of the moment. The distant mountains and dim evening light create a somber atmosphere, reinforcing the sense of distance—both physical and emotional—between them.

[02:24:02 - 02:26:06]

Ari stands at a bus stop, hunched over in discomfort. His eyes are squeezed shut as he coughs into his arm, his body language showing fatigue and struggle. The bus signs above him suggest he is waiting for transportation, but his condition makes the wait seem difficult. The bright blue sky contrasts with his evident distress, highlighting his vulnerability in this moment.

[02:26:07 - 02:28:13]

Ari sits on a bus, looking exhausted and unwell. His face is lined with worry, and he wipes his cheek with a trembling hand. Sweat drips from his face, indicating discomfort or illness. Beside him, a grocery bag filled with fresh food sits on the seat, suggesting he is returning from an errand. The blue seats and windows of the bus create a sense of isolation as he struggles with his symptoms in public.

[02:30:01 - 02:35:08]

The image features six diverse healthcare providers, each illustrated in a professional manner, wearing white coats and ID badges. They are arranged in a grid with alternating blue backgrounds. Some wear stethoscopes, while others appear to be in different medical roles. The central message, displayed in bold text, states: **"Healthcare providers don’t have access to long COVID education."** This highlights a gap in medical knowledge and resources for treating long COVID patients.

[02:35:09]

Ari is an elderly man with a warm and wise presence. He has neatly combed gray hair and wears round glasses that rest comfortably on his nose. His kind expression, paired with a gentle smile, suggests a sense of resilience and optimism. Dressed in a beige long-sleeved shirt and a brown sweater vest with a diamond pattern, Ari carries himself with quiet dignity. Despite his past struggles, he now stands in a hospital room, holding a document, seemingly engaged in conversation with a doctor and a nurse. His posture is relaxed, and his attentive gaze indicates trust and appreciation for the care he is receiving.

[02:39:05 - 02:45:02]

A man lies in a hospital bed, covered with a light blue blanket. His frail figure and tired expression suggest he is recovering from an illness or medical condition. He has a receding hairline with short black hair on the sides and a slightly unshaven face. His eyes are open, and he looks engaged as he communicates with the healthcare team around him. A doctor with shoulder-length dark hair and a stethoscope around his neck stands nearby, attentively observing his condition. A nurse in blue scrubs and gloves is holding a clipboard, possibly noting Ari’s progress. Both healthcare professionals are wearing masks, emphasizing a clinical setting, likely during a time of heightened infection control. The hospital room has medical equipment, a cityscape visible through the window, and a calm yet serious atmosphere.

Episode 2

[00:02:17 - 00:10:08]

Sheila, a woman with wavy black hair and bright green eyes, kneels on the lush green grass, her face lit up with warmth as she interacts with a baby sitting nearby. She wears a sleeveless blue patterned blouse and black leggings, her bare feet pressing into the earth. The baby, with a tuft of brown hair, giggles joyfully while playing with a colorful stacking ring toy, its chubby hands grasping the vibrant pieces. In the foreground, a blonde-haired girl with wide blue eyes and a yellow floral dress holds a brown teddy bear adorned with a blue bow, smiling with excitement. Behind her, a boy with a baseball cap, orange sunglasses, and a teal backpack crouches near a garden bed of bright orange flowers, enthusiastically using a small shovel to dig in the dirt. The backdrop features a cozy gray house with white trim, brown shutters, and a sharply peaked roof, nestled among greenery, exuding a peaceful suburban charm. White patio chairs and a table are scattered under the shade of a large tree, completing the serene outdoor setting.

[00:10:09 - 00:13:19]

A vibrant digital illustration of a city skyline located in Ontario, Canada features a mix of modern and iconic architecture set against a bright blue sky with scattered soft white clouds. The most recognizable landmark is a tall, slender tower with a lattice-like structure, multiple observation decks, and an antenna extending high into the sky. Surrounding it are sleek high-rise buildings with reflective glass facades, angular rooftops, and a variety of architectural styles, including a cylindrical tower with blue-tinted windows and a purple rectangular building with a triangular roof. Lush green trees line the lower edge of the image, contrasting with the urban structures. The background consists of additional skyscrapers in varying shades of blue, fading into the horizon, creating a sense of depth and scale.

[00:13:20 - 00:18:20]

Sheila stands at the front of a lively classroom, smiling warmly as she gestures towards a chalkboard with a pointer, engaging her students in a lesson. The room is filled with young students seated around a green table, each displaying different levels of concentration and enthusiasm. A boy with blonde hair, glasses, and a bow tie sits on the left, grinning as he listens. Another student with dark hair, dressed in white, leans forward, writing in his open workbook. A girl with short brown hair and glasses is focused on a tablet, while a boy with dark skin, glasses, and a green sweater vest sits relaxed with his hands behind his head. Behind them, bookshelves filled with colorful books, a solar system model, a bulletin board with pinned papers, and a map on the wall add to the academic atmosphere. The soft yellow lighting casts a cozy glow, making the space feel inviting and vibrant.

[00:19:01 - 00:23:01]

Sheila lies in bed, bundled up under a thick purple blanket, her face pale and weary. Her long, dark hair rests on a matching purple pillow as she holds a tissue to her nose, her tired eyes half-open. The soft gray walls and white furniture in the background create a calm yet somber atmosphere. A nightstand beside her holds a closed book, hinting at an unfinished read. The room is dimly lit, with natural light peeking through a partially drawn curtain. A tissue box sits on a dresser in the background, a quiet reminder of her ongoing struggle with illness.

[00:23:06 - 00:29:15]

Sheila and her friend enjoy a refreshing walk through a lush, green park surrounded by tall pine trees. Sheila, dressed in a purple workout shirt and navy jogging pants with red stripes, looks energized and happy as she strides forward with enthusiasm. Her dark hair is tied back in a ponytail, and she smiles brightly while chatting with her friend.

Sheila’s friend, wearing a pink varsity-style jacket with white sleeves and a matching blue headband, walks beside her with a cheerful expression. The two women appear engaged in conversation, enjoying each other's company and the fresh air. The backdrop of mountains and trees under a clear blue sky creates a peaceful and invigorating setting for their walk.

[00:34:18 - 00:41:16]

Sheila sits on her couch, looking tired and concerned. She rests her head on her hand, deep in thought. Two thought bubbles show her coughing and carrying groceries, with a question mark above her head, indicating her confusion. The setting is cozy, but Sheila seems focused on her health.

[00:43:16 - 00:47:09]

Sheila is juggling multiple tasks at once. She has extra arms, each holding something—a laptop, coffee, a phone, a checklist—showing how busy she is. She looks slightly overwhelmed but is managing everything in a cozy, well-decorated room.

[00:48:15 - 00:58:18]

Sheila looks worried as she thinks about different tasks. Around her, there are icons representing medication, hygiene, a checklist, and a calendar, suggesting she is trying to keep track of her responsibilities.

[00:59:09 - 01:03:10]

The image highlights "Long Covid" with a virus symbol in the center. Icons of a brain and question/exclamation marks suggest cognitive challenges and uncertainty related to the condition.

[01:03:16 - 01:05:06]

Sheila looks exhausted as she washes her hands at the sink, her expression weary and unfocused. She wears a loose blue sweater, and her posture is slouched, reflecting her fatigue. The background suggests a laundry or bathroom area, with a washing machine, shelves, and tiled walls.

[01:05:07 - 01:07:04]

Sheila appears more optimistic in this image, with a slight smile on her face and a brighter expression. She is holding a dark-colored pill in her open palm, as if preparing to take medication. Her dark, wavy hair frames her face, and her eyes look lively. The background consists of blue tiled walls, possibly indicating a bathroom setting. The improvement in her expression suggests a sense of hope or progress.

[01:07:05 - 01:09:16]

Sheila is depicted wearing a protective face mask, her wide eyes conveying a sense of alertness or concern. Surrounding her are various cartoonish germs and viruses in different shapes, sizes, and colors—some appearing menacing with frowning faces. The background consists of blue tiled walls, possibly representing a bathroom or clinical setting. The imagery suggests a focus on illness, infection, or the importance of protection against harmful microbes.

[01:10:03 - 01:14:09]

Sheila stands near a large window, her arms crossed and her face filled with sadness as she gazes outside. Sunlight streams through the glass, illuminating the greenery beyond, but her expression suggests she feels distant or disconnected. The cozy indoor setting features a plush armchair with a stuffed bunny resting on it, adding a touch of warmth. A cup of coffee sits on a table beside an open laptop, hinting at a paused moment of reflection or contemplation. The scene conveys a sense of isolation or longing, as Sheila appears deep in thought.

[01:14:12 - 01:15:06]

Sheila sits comfortably in a cozy nursery, cradling a swaddled baby in her arms. A radiant smile spreads across her face as she gazes down at the infant, her joy evident. The room is filled with warmth and life, with a crib nearby where another baby sleeps peacefully. Soft toys, colorful stacking rings, and a plush teddy bear are scattered on the floor, suggesting a loving and playful environment. The purple curtains frame a large window, allowing natural light to brighten the space. A changing table stocked with essentials stands in the background, completing the scene of nurturing care.

[01:15:13 - 01:15:23]

Sheila is happily vacuuming a bright and tidy living room. She wears a stylish blue sleeveless top and black pants, looking energetic and content as she cleans. A red vacuum cleaner is connected to a long hose, which she guides across the carpeted floor. The room is well-lit, with sunlight streaming in through large windows adorned with soft green curtains. A cozy beige armchair sits nearby, with a teddy bear neatly placed on it. A tall black floor lamp stands beside the chair, adding a warm ambiance to the space. Sheila appears to be enjoying the moment, embracing her routine with a smile.

[01:16:00 - 01:18:02]

Sheila is out enjoying a lively evening at a cozy Japanese-style restaurant with friends. She sits at a wooden table, holding up a frothy mug of beer with a bright, cheerful expression. She wears her stylish blue sleeveless top, looking relaxed and happy. Her two friends, a blonde woman in a light blue jacket and a man with glasses and slight stubble in a white shirt, sit with her, engaging in conversation. The table is filled with delicious food, including skewers, fried dishes, and a plate of rolled omelet, along with traditional sake and condiments.

The restaurant has a warm, inviting ambiance, with Japanese decorations, menu boards featuring illustrations of drinks, and banners with kanji characters hanging from the ceiling. In the background, another patron, a bearded man in a red plaid shirt and cap, is seated at the bar enjoying his meal. The atmosphere is social and vibrant, as Sheila enjoys her time in good company.

[01:18:06 - 01:23:11]

This image shows a hand holding a smartphone with the message: "I'm sorry I can't" on the screen. Surrounding the phone are speech bubbles with invitations like "You're better now, come hang," "COVID-19 is over! Come to my party!" and "Let's go running in an hour, you're feeling better right?" The dark background sets a serious tone.

[01:23:23 - 01:27:15]

Sheila appears deeply exhausted and disheartened. Her posture is slouched, and her expression is one of sadness and weariness. Her eyes are droopy, with dark circles beneath them, and her face looks drained. She wears an oversized blue sweater, with one sleeve pulled over her hand as she lightly grips the fabric. The dark, swirling background surrounding her gives a sense of isolation and emotional struggle, emphasizing the heavy mood.

[01:27:20 - 01:32:00]

Sheila sits on a sofa, looking distressed as she pleads with her husband. Her hands are clasped near her chest, and her expression conveys desperation and sadness. Her eyes are wide, eyebrows raised, and her mouth slightly open as if she’s trying to explain something. Her husband, however, stands with his arms crossed, looking away with an irritated or dismissive expression. His eyebrows are furrowed, and his lips are pursed, suggesting frustration or unwillingness to engage. The setting appears to be an outdoor balcony or terrace at night, with a dark sky and city buildings with lit windows in the background.

[01:33:01 - 01:45:16]

Sheila stands barefoot on a raised, rocky path, illuminated by a beam of light. She wears a mask and has her arms outstretched, her expression showing sadness and uncertainty. Surrounding her, chaos unfolds. Her husband stands nearby with a stern expression, while one of their children, a young boy, covers his ears and cries. Their daughter, clutching a teddy bear, sobs as tears stream down her face. Sheila’s friend, wearing a pink jacket and a blue headband, looks frustrated or concerned as she gestures toward Sheila. A baby, also one of Sheila’s children, wails in front of her, adding to the overwhelming scene. The dark background, filled with swirling shapes, enhances the feeling of distress and separation.

[01:46:00 - 01:50:23]

Sheila stands in front of a chalkboard in a classroom, holding a pointer in her right hand. She wears a sleeveless blue patterned blouse and black pants, her dark wavy hair framing her serious expression. The chalkboard behind her displays several math equations, some with answers filled in and others left blank. A wooden teacher’s desk sits in the foreground, holding a red dictionary, a blue notebook, and a few sheets of paper with a pen on top. The setting is orderly, with the muted classroom walls providing a neutral backdrop to Sheila’s role as an instructor.

[01:51:09 - 01:54:09]

Sheila stands in her home, holding a phone to her ear with a distressed expression. She wears a light blue long-sleeved shirt, and her dark wavy hair frames her worried face. Behind her, a large window reveals a green outdoor setting, partially covered by dark blue curtains.

On the other side of the split-screen, a businessman in a black suit, yellow tie, and glasses sits at a desk in his office, also on the phone. His expression is serious and focused. His office features a wooden desk with a laptop, a small globe, and a window showing a city skyline in the background. A trash bin sits beside the desk, and a green plant adds a touch of life to the otherwise formal setting.

[01:54:21 - 02:04:00]

Sheila sits in a chair, holding two documents in her hands with a frustrated expression. She wears a light blue sweater, and her dark, wavy hair frames her tense face. Behind her, a tall bookshelf filled with blue books lines the wall, adding to the office-like atmosphere.

On the desk in front of her, a laptop displays the word "Insurance," suggesting she is dealing with insurance-related paperwork. A small table lamp casts a warm glow beside a few books and a framed picture. The setting, with its organized yet cluttered desk, hints at Sheila's struggle to navigate important financial matters.

[02:09:02 - 02:11:22]

Sheila's husband sits at his desk in a cubicle, looking tired and unmotivated. His workspace is cluttered with paperwork, and he stares at his computer screen. In the background, his coworkers seem more engaged, with one smiling and another peeking over a partition. The office appears to be busy, but Sheila’s husband looks drained.

[02:12:08 - 02:16:20]

Sheila, wearing a mask, walks off the soccer field holding her crying son’s hand. He looks upset, tears streaming down his face as he leaves the game. In the background, other children, including one in a yellow jersey who also looks disappointed, remain on the field. A coach stands near the goal, observing the situation. The atmosphere feels heavy, as if something has gone wrong.

[02:21:00 - 02:21:17]

This restaurant is lively, with several groups of people enjoying their meals. Some are chatting, while others are focused on their food or devices. The tables are set with teapots and dim sum dishes, and red lanterns decorate the space, adding warmth to the atmosphere.

[02:21:18 - 02:22:12]

Two friends are sitting around a campfire, roasting marshmallows and chatting. In the background, two other friends are preparing food and drinks near a table. A tent is set up nearby, and a lantern provides extra light in the peaceful nighttime setting.

[02:22:13 - 02:23:09]

This scene takes place at a nightclub, where some people are dancing energetically under a disco ball while others are seated, drinking and chatting. The atmosphere is lively with bright neon lights and a crowd enjoying the music.

[02:23:15 - 02:27:21]

Sheila sits alone in a dark, empty space, illuminated only by a single spotlight. Her expression is one of deep sadness, her arms hugging her knees as she looks down. The surrounding darkness and falling dust-like particles emphasize her isolation, making her seem completely cut off from the world. The text above her reads, "Making her isolation worse," reinforcing her sense of loneliness.

[02:28:01 - 02:20:30]

Sheila is sitting in front of a vanity mirror, her reflection showing her wearing a blue sleeveless top with white abstract patterns. Her long, wavy black hair cascades down her shoulders. On the vanity table in front of her, there are various makeup items including a red lipstick, a black mascara brush, a pink blush compact, and a comb. To the right of the mirror, there is a small pink drawer unit with two bottles of nail polish on top, one blue and one red. The background is a plain gray wall, creating a simple and focused setting for Sheila's grooming routine.

[02:31:11 - 02:38:22]

A group of people is seated in a semi-circle, engaged in what seems to be an interactive discussion or group activity. The scene is set indoors, with a brick-patterned wall adding a touch of texture to the room. On the right side of the image, a projection screen is partially visible. The individuals are seated on a mix of chairs and stools, and one person stands out, wearing a mask. The overall setting hints at a meeting, class, or support group session.

{02:39:21 - 02:46:09]

Sheila stands confidently in front of a green background, wearing a blue top adorned with geometric patterns and black pants. Her long black hair cascades past her shoulders. Her facial features are intentionally blurred. To her right, a speech bubble emerges, containing an orange circle with a white information icon. Below the speech bubble, text reads: "Sheila wants more public facing information." In the top right corner, there is a logo for "Sunnybrook St. John's Rehab," indicating this image is part of a promotional or informational campaign for the organization.

Episode 3

[00:02:15 - 00:06:17]

Sammy is seated at a desk in a modern, well-organized room. Sammy is using a keyboard, with a computer monitor in front of Sammy displaying various graphics, including a green pie chart. The desk is wooden with a black metal frame, and it holds a small potted plant, a lamp, and a speaker. Behind the desk, there is a wall-mounted pegboard with headphones and a coiled cable hanging on it. Shelves above the desk contain boxes and decorative items, while a colorful abstract poster hangs on the wall. A large green plant is positioned to the left of the desk, adding a touch of nature to the room.

[00:06:23 - 00:13:05]

Sammy, dressed in a white shirt, sits comfortably amidst an idyllic picnic scene set in Vancouver, British Columbia. He holds a sandwich, ready to eat. Nearby, his friendly brown dog looks on eagerly. Sammy's son is eating alongside him, while his wife, in a blue dress, is seen playing with the dog holding a ball. The table is laden with various foods and drinks, including sandwiches, a salad, and a pitcher of lemonade. In the background, lush green hills roll gently under a clear blue sky dotted with fluffy white clouds, creating a picturesque and serene atmosphere.

[00:13:15 - 00:18:22]

Sammy is seated at a desk, deeply engrossed in his work on a laptop. To his left, a stack of books, with a single red book prominently placed on top, suggests diligent study or research. Behind him, three clocks with green arrows pointing in various directions add a quirky and dynamic backdrop to the scene. On the right side of the desk, a clipboard holds a piece of paper with handwritten notes. The overall setting is further detailed by a backdrop featuring a sign that reads "Sunnybrook St. John's Rehab," creating an environment that blends professionalism with a hint of academia.

[00:18:23 - 00:23:18]

Sammy, dressed in a beige long-sleeve shirt and brown pants, stands on a rocky terrain holding two hiking poles. His wife, wearing a black jacket, black pants, and brown hiking boots, stands beside him with a green backpack. Their son, wearing a brown hat, glasses, a brown t-shirt with a yellow design, beige shorts, and brown shoes, stands excitedly with arms raised next to a tan dog with a red collar. The background features a mountainous landscape with blue peaks and green pine trees.

[00:24:00 - 00:26:16]

Sammy sits in a camping chair, roasting a marshmallow over a fire, wearing a beige shirt and brown pants. His wife, dressed in a black hoodie, sits across from him, also roasting a marshmallow and smiling. Their young son, wearing glasses and a scout-like outfit, kneels on the grass, holding a green orb and a marshmallow stick. A tan-colored dog with a curled tail eats from a red bowl nearby. Behind them, a red and blue tent is set up, with camping gear scattered around, and a lantern glows beside them in the nighttime forest.

[00:28:23 - 00:34:20]

Sammy stands in the living room looking unwell, holding a thermometer and wearing an ice pack on his head. His son, also sick, has a thermometer in his mouth and an ice pack on his head while standing near their tan-colored dog, who looks up at him. Sammy’s wife is lying in bed under a blue and white blanket, appearing ill, with "COVID-19" written next to her. The room has a bookshelf, a gray armchair, a nightstand with a lamp, and a window with purple curtains. A framed landscape painting hangs on the wall.

[00:35:09 - 00:37:18]

Sammy is walking through the living room wearing a red shirt and dark shorts, with wireless earbuds in his ears and a relaxed expression. His wife and son are lying in bed together, both appearing to be asleep under a blue and white blanket. Their tan-colored dog is standing near the bed, eating from a red bowl. The room has a bookshelf, a gray armchair, a window with purple curtains, a framed landscape painting on the wall, and a nightstand with a decorative lamp.

[00:37:19 - 00:40:11]

Sammy is outside in a lush, green forest, walking with a content expression on his face. He is wearing a red shirt, dark shorts, and wireless earbuds, and he appears to be enjoying his surroundings. Tall evergreen trees with patches of sunlight filtering through the branches surround him, and the sky is bright blue with a few scattered clouds. In the distance, there are rolling hills and more trees, adding to the peaceful atmosphere.

[00:40:12 - 00:48:12]

Sammy's wife and their son are sleeping peacefully in bed. The boy, wearing glasses, is holding a stuffed animal. A warm lamp glows on the nightstand beside them as they try to recover from their sickness.

Sammy stands in the bedroom, looking frustrated as he scratches his head. He wears a red t-shirt, dark shorts, and wireless earbuds. A speech bubble above him says, "Why are they not up yet?" His wife and son are still asleep in bed, covered by a blue and white blanket. His son, wearing glasses, holds a small stuffed animal. A glowing yellow lamp sits on the nightstand beside them. Behind Sammy, there is a gray chair, a bookshelf with books and decorations, and a window with purple curtains showing a bright sky.

[00:50:18 - 00:52:12]

Sammy is in a flooded basement, looking frustrated as he mops up water. He wears a beige sweater, brown pants, and black shoes. The floor is covered in puddles and mud, with a spilled bottle of soap nearby. Behind him, a washing machine and dryer are stained with water damage, and a hot water heater has water pooling around its base. The walls have cracks and stains, and a basketball and cooler with a towel on top are scattered in the mess.

[00:52:13 - 00:54:19]

Sammy is mowing the lawn with a red push mower, looking tired and unenthusiastic. He is wearing a beige sweater, brown pants, and black sneakers. The grass is green, with a flower bed featuring orange flowers near a tree. A neatly trimmed hedge separates the yard from a row of beige townhouses in the background. A blue dumpster filled with trash is visible near the driveway.

[00:54:20 - 00:57:02]

Sammy is walking through a park with his small, light brown dog that has white paws and a red collar. He looks relaxed and content, wearing a beige sweater, brown pants, and black sneakers. The park is filled with lush green trees, black wrought-iron fences, and vintage-style lampposts lining a stone pathway. A wooden bench sits nearby, and colorful directional signs stand in the background with a city skyline faintly visible beyond the trees.

[00:57:03 - 00:59:09]

Sammy has fallen asleep at his desk, resting his head on his laptop. There are stacks of papers and books around him, along with a clipboard filled with notes. A black office chair sits behind him, and a green leafy background fills the scene. The "Sunnybrook St. John's Rehab" logo is visible in the top right corner.

[00:59:10 - 01:05:03]

Sammy looks unhappy as he washes a pile of dirty dishes in a sink full of soapy water. Bubbles float around him while he scrubs a plate with a cloth. In the background, a cozy living space is visible with a white couch, a framed painting of deer, a wooden dining table with chairs, and a wall-mounted shelf holding mugs and containers. The "Sunnybrook St. John's Rehab" logo appears in the top right corner.

[01:05:07 - 01:11:14]

Sammy looks upset, standing with his hands on his hips, while a woman in a blue dress sits on the couch, focused on a tablet. The digital clock on the wall shows "2:00," indicating it's late at night. The room has dim lighting, with a modern lamp illuminating the space. A coffee table in front of the couch holds a remote control and a box of tissues, while a television is visible in the foreground. The setting has a cozy atmosphere with a rug, an armchair, and curtains covering the windows. The "Sunnybrook St. John's Rehab" logo is in the top right corner.

[01:11:15 - 01:16:09]

A close-up view of a tablet screen shows a search bar with the website "livingwithlongcovid.ca" entered. Sammy’s wife holding the tablet appears to be searching for information related to long COVID. The background is blurred, but a small decorative dog figurine can be seen on the floor. The scene is softly lit, giving a calm and focused atmosphere. The "Sunnybrook St. John's Rehab" logo is visible in the top right corner, indicating that this may be part of an informational or awareness campaign.

[01:16:10 - 01:19:11]

Sammy is sitting on the couch, looking fatigued and deep in thought, with his hand resting on his chin. His wife, wearing a blue dress, is sitting beside him, holding a tablet and showing him something on the screen. She has a serious expression, seemingly sharing important information with him. The setting is a cozy living room, with a tissue box, a remote control, and a television in the foreground. Sammy appears to be processing the information his wife is presenting, possibly related to his health.

[01:19:19 - 01:23:09]

Sammy and his wife are sitting in their living room, each looking at their phones with worried expressions. Speech bubbles around them show multiple unread messages with red exclamation marks, indicating urgent notifications. Sammy looks overwhelmed as he glances at his phone, while his wife, in her blue dress, appears stressed as she checks hers. The background shows a window with dark skies outside, suggesting it is nighttime, and a table with a vase of yellow flowers between them. The scene conveys a sense of anxiety, possibly due to an overwhelming number of messages or important updates.

[01:25:13 - 01:29:21]

Sammy is sitting in a chair at home, holding a phone to his ear with a worried expression. He appears distressed as he listens to the conversation. Behind him, there is a bookshelf with books, framed photos, and decorative items. A basket filled with colorful yarn sits on the floor nearby. On the other side of the image, a professional-looking woman with short brown hair and glasses is speaking on the phone with a friendly and reassuring expression. She is seated at a desk with papers, a pen, and a book. The split-screen effect suggests that Sammy is seeking advice or support from her, possibly a healthcare professional or counselor.

[01:30:06 - 01:34:09]

Sammy stands with a sad and tired expression, his arms crossed, as he watches his son, who is crying and holding a damaged teddy bear with a missing eye and a loose thread. Sammy’s son, wearing glasses and a light blue shirt, is visibly upset, with tears streaming down his face as he clutches the stuffed toy. They are in a room with a desk that has a computer monitor, a keyboard, and a mouse. A bookshelf filled with books and binders is visible in the background. The scene suggests that Sammy is witnessing his son’s distress, possibly feeling helpless or unsure of how to comfort him.

[01:34:21 - 01:36:14]

Sammy stands outside on a balcony at night, looking down at his open wallet with a sad and exhausted expression. His posture is slouched, and his eyes appear heavy, suggesting feelings of stress or despair. The dark sky and city buildings in the background add to the somber mood, emphasizing a moment of financial hardship or emotional struggle. The scene conveys a sense of worry, possibly about money, responsibilities, or an uncertain future.

[01:36:20 - 1:40:12]

Sammy, his wife, and their son sit around the dining table, all looking distressed. Sammy, standing with his hands open in frustration, appears to be explaining something. His wife, seated with her head resting on her hand, looks tired and concerned. Sammy's son holds an apple with a sad expression, as if he is unhappy with his meal. The atmosphere is heavy with worry, possibly reflecting financial struggles or emotional tension within the family.

[01:40:22 - 1:44:02]

Sammy is sitting at a desk, working on a laptop while wearing a face mask. A woman in a white coat, possibly a doctor or therapist, is standing beside him with a clipboard, looking at him with a supportive expression. Another woman in the background, dressed in green scrubs, is also present, smiling warmly. The setting appears to be a rehabilitation or training environment, likely indicating that Sammy is receiving support and guidance in his recovery journey. The atmosphere suggests a positive and encouraging environment where Sammy is being helped to regain his independence.

[11:44:09 - 01:49:09]

Sammy appears to be in a stressful situation, standing in an office-like setting while talking on the phone. His expression shows concern or frustration, and he holds his side as if experiencing discomfort. A stack of books is piled on the table in front of him, suggesting that he might be overwhelmed with work or responsibilities. The environment includes a desk with a laptop, a cup of coffee, a red desk lamp, and a large speaker in the background. The presence of charts on the bulletin board indicates that this could be a workplace or home office, reinforcing the idea that Sammy is dealing with professional or financial stress.

[1:50:10 - 1:55:01]

Sammy appears to be feeling lost and overwhelmed. He stands alone in a dark background with a sad and distressed expression, holding his arm in discomfort. Surrounding him are thought bubbles with questions like "Who do I talk to?", "Who can I trust?", and "Where do I go?", indicating feelings of uncertainty and isolation. The dark swirling background suggests a sense of confusion or being trapped in his thoughts, reinforcing his emotional struggle. This image effectively conveys a sense of distress and the need for guidance or support.

[01:55:11 - 01:57:18]

Sammy appears to be feeling anxious or distressed while looking at his tablet. He is sitting in a beanbag chair, leaning back slightly, with a worried expression on his face. His furrowed brows and downturned mouth suggest that he is reading or watching something that upsets or concerns him. The setting is a cozy living room with a television, a wooden shelf, and a potted plant, but despite the comfortable environment, Sammy's expression indicates that he is struggling emotionally. This image effectively portrays a moment of isolation and inner turmoil.

[01:57:19 - 02:00:06]

Sammy is holding a tablet and looking at a photo of a happy moment outdoors. The image on the screen shows him on a hiking trip with his wife, son, and dog, standing on a mountain with trekking poles. The scene is bright and cheerful, suggesting a fond memory of adventure and connection with loved ones. This contrasts with Sammy’s earlier expressions of distress, indicating that he may be reminiscing about better times or seeking comfort in past experiences. The surrounding environment remains the same, with a cozy living room setting, reinforcing the idea that he is reflecting on his past from a place of solitude.

[02:00:07 - 02:03:15]

Sammy is sitting in the same cozy living room, holding his tablet, but now he is crying. A tear is visibly running down his face, and his expression shows deep sadness or distress. This suggests that whatever he is looking at on the tablet has triggered an emotional response, possibly related to the happy memory of the hiking trip he previously viewed. His posture and facial expression indicate that he is feeling overwhelmed, likely by a sense of loss, nostalgia, or loneliness. This moment highlights Sammy’s struggle with his emotions and reinforces the theme of longing for connection and support.

[02:04:00 - 02:04:11]

This black-and-white scene shows Sammy in a flooded basement, mopping up water with a distressed expression. The washing machine appears to have leaked, and there are puddles of water on the floor. A bottle of detergent has fallen over, and various items, including a basketball and towels, are scattered around. The overall atmosphere suggests frustration and exhaustion, as Sammy struggles to clean up the mess. The monochrome tone might indicate a flashback or a difficult memory, emphasizing the emotional weight of the situation.

[02:05:18 - 02:06:23]

This black-and-white scene depicts Sammy walking through a park with his dog. The setting is peaceful, with a paved path lined with lampposts, trees, and a decorative wrought-iron gate in the background. Sammy appears calm, with a soft smile, enjoying the moment. The dog walks cheerfully beside him, adding to the sense of companionship. The monochrome tone suggests nostalgia, perhaps reflecting on a past memory of simpler, happier times.

[02:07:00 - 02:08:10]

This black-and-white scene shows Sammy at his desk, appearing exhausted and overwhelmed with work. His head rests against his laptop as he looks fatigued, possibly struggling with stress or burnout. Piles of paperwork, books, and a clipboard with notes surround him, indicating a heavy workload. The background, featuring abstract shapes, adds to the feeling of pressure and mental fatigue. The monochrome tone enhances the mood, emphasizing a sense of struggle and emotional exhaustion.

[02:08:21 - 02:17:07]

This image shows Sammy standing on a balcony at night, appearing sad and lost in thought. He has a somber expression, his arms crossed, possibly feeling regret or longing. Around him, thought bubbles depict various dreams or memories: a blue car, himself happily painting, and relaxing in a hammock. These elements suggest he is reflecting on past joys or aspirations he has yet to achieve. The dark sky and dimly lit setting emphasize a sense of loneliness or contemplation.

[02:17:21 - 02:25:13]

This image depicts Sammy sitting on the floor beside the bed, looking sad and lost in thought. His posture, with his knees drawn up and his hand resting on the bedpost, suggests feelings of anxiety, loneliness, or distress. Meanwhile, his wife is peacefully asleep in bed, unaware of his struggles. The clock on the nightstand reads 12:00, indicating it is midnight, reinforcing the idea that Sammy might be experiencing insomnia or deep emotional turmoil. The dark night outside the window and the quiet bedroom setting emphasize his isolation and inner struggles.

[02:26:00 - 02:34:21]

This image shows Sammy standing apart from a crowd of people, looking sad and disconnected. His arms are crossed, and his facial expression conveys frustration, loneliness, or exhaustion. The text "LONG COVID" and the virus symbol emphasize that Sammy is struggling with the lasting effects of COVID-19. Meanwhile, the people behind him appear to be engaged in conversation or going about their lives, highlighting his sense of isolation. The dark cityscape in the background further enhances the mood, suggesting that Sammy feels left behind or misunderstood in his struggle.

[02:35:07 - 02:44:08]

This image depicts Sammy sitting cross-legged in the spotlight, looking sad and frustrated as he stares at his laptop. Surrounding him are people in the background asking, "What is Long COVID?" in speech bubbles, while two doctors appear confused, with question marks above their heads. Their puzzled expressions and body language suggest uncertainty or lack of clear answers about Long COVID. The dark background and focused lighting on Sammy emphasize his isolation, frustration, and struggle to find understanding or support for his condition. The scene highlights the lack of widespread awareness and medical clarity surrounding Long COVID.

[02:44:15 - 02:48:03]

This image shows Sammy's wife lying in a hospital bed, looking comfortable and content as she interacts with the medical staff. A nurse stands beside her with a gentle smile, while a doctor reviews a clipboard with a pleased expression. The warm and bright atmosphere of the hospital room, with sunlight streaming through the window and a potted plant nearby, conveys a sense of care and healing. Sammy's wife appears to be receiving medical attention and support, indicating a positive moment in her recovery journey.

[02:48:04 - 02:52:02]

This image shows Sammy's son lying in a hospital bed, looking comfortable and engaged as he interacts with a doctor. The doctor, dressed in a white coat with a stethoscope around his neck, is reviewing a clipboard with a warm and reassuring expression. The hospital room has a bright and calming atmosphere, with a window letting in natural light and a soft blue blanket covering Sammy's son. The presence of the IV drip suggests that he is receiving medical care, while his relaxed demeanor indicates that he is in good hands.

[02:52:13 - 02:56:02]

This image features Sammy smiling with his arms crossed, standing confidently against a bright green background. A speech bubble above him contains an orange information icon, emphasizing the importance of awareness. The text beside him reads: "Peer support is needed for Long COVID Caregivers," highlighting the necessity of providing emotional and practical support for those caring for individuals affected by Long COVID. The "Sunnybrook St. John's Rehab" logo in the top right corner suggests that this message is part of a healthcare or rehabilitation initiative focused on supporting caregivers.

[02:56:12 - 02:59:01]

This image depicts Sammy and his family standing in front of their home, symbolizing warmth, stability, and support. Sammy, dressed in a beige sweater and brown pants, stands beside his wife, who wears a blue dress. Their son, wearing glasses and a hat, waves cheerfully, while their dog stands loyally by their side. The entire family is cradled within a pair of large, supportive hands, emphasizing the idea of care, protection, and community support. The background is decorated with heart-shaped patterns, reinforcing the theme of love and well-being. The "Sunnybrook St. John's Rehab" logo in the top right corner suggests that this message is part of a healthcare or rehabilitation initiative focused on family and recovery.