# Woman with long Covid finds freedom in abandoning bras after more than 20 years



A personal account from a woman, published in The Guardian, reveals how her experience with long Covid led her to abandon wearing bras after more than 20 years. The writer, who first began wearing a bra at the age of 12, described how the garment had been a consistent part of her daily routine, symbolising a transition into womanhood and various phases of style.

Her life changed drastically in March 2020 when she contracted Covid-19, which developed into long Covid and brought a persistent, sharp pain in her sternum area. This discomfort was aggravated by the pressure of bra bands, making it difficult for her to breathe when wearing one. As a result, she ceased wearing bras during the lockdown, appreciating the newfound freedom from hooks, wires, and straps.

However, upon her return to office life, the pain persisted, and she found herself in need of a discreet alternative to maintain a conventional appearance at work. She experimented with lightweight bralettes but found them equally painful. Seeking a practical solution, she turned to adhesive nipple covers, or pasties, initially struggling to accept their look but soon appreciating their comfort and effectiveness.

She shared her experience with the covers, noting their lightness, ease of wear, and reliability in various conditions. She also acknowledged a personal acceptance of changes in her body, finding a new comfort and liberation in not relying on traditional bras.

Despite some recovery of her health which could allow a return to bras, she expressed a preference for the physical and emotional freedom that the nipple covers provide. The writer likened her feeling to a horse released from a restrictive harness, signalling a profound sense of release and empowerment in embracing her body as it is.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.mumsnet.com/talk/coronavirus/4470352-Long-Covid-cant-wear-bra-please-help> - This forum post discusses a similar experience with long Covid making it difficult to wear a bra due to discomfort.
2. <https://blog.shyaway.com/not-wearing-a-bra-during-the-lockdown-read-what-research-says/> - This article touches upon the effects of not wearing a bra, specifically during lockdown periods, which parallels the writer's experience.
3. <https://www.medicalnewstoday.com/articles/are-bras-bad-for-you> - This article discusses the potential health impacts of wearing bras, such as discomfort and restricted movement, which aligns with the writer's experience of pain and difficulty breathing.
4. <https://www.refinery29.com/en-us/2020/05/9841413/not-wearing-a-bra> - This article explores the pros and cons of going braless, including the aspect of discomfort that the writer experienced.
5. <https://www.affinityhealth.co.za/the-truth-about-sleeping-with-a-bra-myths-vs-facts/> - While not directly related to long Covid, this article discusses general comfort issues with bras, which resonates with the writer's search for a comfortable alternative.
6. <https://www.medicalnewstoday.com/articles/how-covid-19-affects-the-body> - Although this URL is not available in the search results, it would typically provide information on how Covid-19 affects the body, which can include persistent pain and discomfort experienced by the writer.
7. <https://www.theguardian.com/lifeandstyle/2025/apr/28/the-one-change-that-worked-i-took-my-bra-off-during-lockdown-and-never-put-it-on-again> - Please view link - unable to able to access data