

COVID CHANGED YOUR LIFE?

Document what happened.

Build your timeline. Preserve your evidence.
Keep a record you can return to.

- **HOUSING & WORK**

Policies, threatened consequences, eviction or job loss.

- **HEALTHCARE & VACCINATION**

Consent, questions, treatment, and reported effects.

- **SCHOOL & DAILY LIFE**

Restrictions, access to services, and other experiences.

START YOUR RECORD IN NC

Free documentation tool.
Sign in to save, reopen, download,
or delete your personal record.

Scan the QR code to begin.



<https://nautical-compass-os-b9294e5a.base44.app/covid-experience>

This is an evidence organizer, not a lawsuit signup or a promise of compensation. No legal representation or medical causation is established. Deadlines may apply; saving in NC does not stop them. Keep medical records and identifying details out of public comments.

YOUR EVIDENCE CHECKLIST

Keep this privately. Mark each item: Have / Requested / Not applicable.
Original records matter. Separate facts from assumptions.

- ☐ **Write your timeline.**
Dates, places, what happened, and what you personally observed.
- ☐ **Identify the policy and decision-maker.**
Keep the rule, lease, admission agreement, work policy, or notice.
- ☐ **Preserve the actual communications.**
Complete texts, emails, letters, and voicemails with dates and senders.
- ☐ **Record your response and the outcome.**
Questions, refusals, exception requests, appeals, and consequences.
- ☐ **Keep vaccination and consent records, if relevant.**
Dose dates, provider, consent form, and information you received.
- ☐ **Preserve health records, if relevant.**
Before-and-after records and clinician assessments; timing alone is not proof.
- ☐ **Document losses and other effects.**
Bills, receipts, pay records, housing costs, lost services, and daily effects.
- ☐ **Identify witnesses and prior actions.**
Separate witness accounts; complaints, claims, decisions, and releases.
- ☐ **Protect originals and make a backup.**
Keep an evidence log; do not edit, backdate, or publicly post private records.
- ☐ **Get prompt individual deadline review.**
This checklist does not determine standing or preserve a legal claim.

Questions to answer in NC: What happened? Who did what? What harm or ongoing threat occurred?
What connects the conduct to the harm? What remedy do you want? What evidence is missing?

SAVE AND RETURN TO YOUR RECORD

Use the QR code on the flyer or open the link below.

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