

## Miyuu Ku Dhici Karaa Caruurta COVID-ka Muddada Dheer?

Xaaladaha COVID-ka-kadib waxay u muuqdaan inay ku yaryihiin caruurta iyo dhalinyarada, laakiinse saameynta muddada-dheer ayaa dhici kara. Caruurta yar waxaa laga yaabaa inay dhib ku tahay sharaxaada waxa ay dareemayaan.

Maamulayaasha, la-taliyayaasha, iyo kalkaaliyayaasha caafimaadka ee dugsigu waxay la shaqeyn karaan qoysaska iyo xirfadleyda daryeelka caafimaadka si ay u siiyaan caawimaad loogu talagalay carruurta leh xaaladaha COVID-ka-kadib, si gaar ah dadka la kulma dhibaatooyinka fikirka, diirad saarida fikir, ama jir ahaaneed.

## Waa maxay Astaamaha COVID-ka Muddada Dheer

Xaaladaha COVID-ka-kadib waxaa ka mid noqon kara dhibaatooyin caafimaadeed oo joogto ah oo fara badan; xaaladaha waxay socon karaan toddobaadyo, bilo, ama in ka badan. Mararka qaarkood astaamaha xitaa way iska tagi karaan ama soo laaban karaan.



## Astaamaha Badanaa ah ee COVID-ka Muddada Dheer

### Guud Ahaan

- Daalka ama daalida qalqalinayso nolol maalmeedka
- Astaamo sii xumaato marka la sameeyo dadaal maskaxeed ama jireed
- Qandho

### Waxyaalaha Kale

- Xanuunka isgoysyada jirka ama murqaha
- Cuncun
- Isbeddel ku dhaca wakhtiyada caadada dumarka

### Dheefshiidka

- Shuban
- Calool xanuun

### Neefsa iyo Wadnaha

- Neefsashada oo adkaato ama neefsi gaaban
- Qufac
- Laab xanuun
- Wadno garaacid ama gariir

### Neerfaha Jirka

- Dhibaata fikirka iyo diirad saarida fikir
- Madax xanuun
- Dhibaata hurdada
- Wareerida marka aad istaagto
- Dareenka gujin iyo in irbad lagugu durayo
- Isbeddel ku yimaada wax urinta iyo dhadhanka
- Niyad jab ama walaac



Laga bilaabo 10/14/2022

Booqo [www.cdc.gov/coronavirus/2019-ncov/long-term-effects](http://www.cdc.gov/coronavirus/2019-ncov/long-term-effects) si aad u hesho macluumaadkii ugu dambeeyey.

# COVID-ka Muddada Dheer

## Ogow Xaqiiqada



Hel Tallaalka COVID-19!



Hel Daaweynta COVID-19!



Boston Public Health Commission  
Infectious Disease Bureau  
1010 Massachusetts Avenue  
Boston, MA 02118  
[www.boston.gov/bphc](http://www.boston.gov/bphc)  
617-534-5611

## Waa maxay COVID-ka Muddada Dheer?

Dadka qaarkood ee uu ku dhacay fayraska sababa COVID-19 waxay kala kulmi karaan saameyn muddo-dheer ah caabuqooda/infakshankooda. COVID-ka muddada dheer ayaa sidoo kale loo yaqaanaan COVID-ka muddada sii dheer (long-haul COVID), xaalad COVID-ka kadib, iyo COVID-ka joogtada ah.

## Sidee Uga Hortagi Kartaa COVID-ka Muddada Dheer?

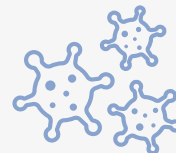
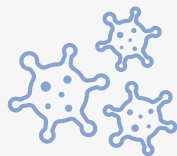
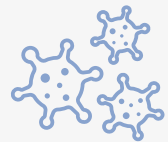
Sida ugu wanaagsan ee looga hortago cudurka COVID-ka-kadib waa in aad naftaada iyo dadka kaleba ka ilaaliso inay cudurka qaadaan. Dadka u qalma, ku jirida qaadasho buuxda tallaalka ka hortaga COVID-19 waxay kaa caawin kartaa ka hortaga infekshinka/caabuqa COVID-19 iyo ilaalin ah ka hortaga cudurada daran.

## Yuu Ku Dhacaa COVID-ka Muddada Dheer?

Badanaa dadka qaba cudurka COVID-19 ee daran, laakiinse qof walba oo uu ku dhacay COVID-19 ayaa la kulmi kara astaamaha COVID ee muddada dheer, xitaa dadka uu ku dhacay astaamo fudud ama astaamo la'aanta ahaa.

### Kooxaha halista ku jira ee kale:

- Dadka uu ku dhacay cudurka COVID-19 ee aadka u sii daran, gaar ahaan dadka isbitaalka la dhigay ama u baahday daryeel xoogan.
- Dadka lahaa xaalado caafimaadeed ee kale COVID-19 kahor.
- Dadka aan qaadan tallaalka COVID-19.
- Dadka la kulma cillada caabuqa multisystem inflammatory syndrome (MIS) inta lagu guda-jiray ama ka dib cudurka COVID-19.



## Sidee Ioola noolaadaa COVID-ka Muddada Dheer

Noocyada ugu wanaagsan ee daweynta ee caawini karta daaweynta COVID-ka Muddada Dheer ayaa wali la baarayaa. Hasa ahaatee, waxaa jira tillaabooyin aad qaadi karto si ay kaaga caawiyaan maaraynta astaamaha:

- Ka qaado nasasho daawashada, wax ka aqrinta, ama dhageysiga sheekooyinka warbaahinada, oo ay ka mid yihiin warbaahinta bulshada. Wax ka maqalka COVID-19 ee isdaba jooga ah ayaa noqon kara wax ku dhibaya.
- Daryeel jirkaaga.
  - Qaado neefsasho qoto dheer, iskala-bixi, maskaxdaada daji, ama ku dhaqaaq la socodka maskax-dajintaada.
  - Isku day inaad cunto cunno caafimaad leh, iyo isku dheelitir leh.
  - Samee jimicsi, haddii aad awoodid. Dhageyso calaamadaha uu sheegaayo jirkaaga.
  - Hel hurdo badan.
  - Ka fogow aalkolada iyo daroogada/maan-dooriyaha.
- Wakhti u yeelo inaad raaxaysato. Haddii aad dareento inaad awoodo, iskuday inaad sameyso waxqabadyo aad ku raaxaysato.
- La xiriir dadka kale. Kala hadal dadka aad ku kalsoon tahay wixii ku saabsan welwelkaaga iyo sida aad dareemayso.