



COVID-ka Muddada Dheer Ogow Xaqiiqada

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.

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.

Guud Ahaan

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

Neefka iyo Wadnaha

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

Neerfaha Jirka

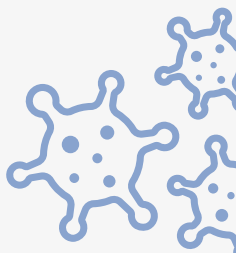
- Dhibaataada fikirka iyo diirad saarida fikir
- Madax xanuun
- Dhibaataada hurdada
- Wareerida marka aad istaagto
- Dareenka gujin iyo in irbad lagugu durayo
- Isbeddel ku yimaada wax urinta iyo dhadhanka
- Niyad jab ama walaac

Dheefshiidka

- Shuban
- Calool xanuun

Waxyaalaha Kale

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



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.



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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.

Miyuu Ku Dhici Karaa Caruurta COVID-ka Muddada Dheer?

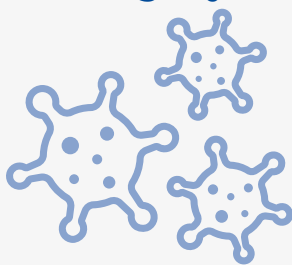
Xaaladaha COVID-ka-kadib waxay u muuqdaan inay ku yaryihiin caruurta iyo dhalinyarada, laakiinse saameynta muddada-dheer ayaa dhici kara. Caruurta yar waxaa laga yaabaa inay dhib ku tahay sharaxaada waxa ay dareemayaan.

Maamulayaasha, la-taliyayaasha, iyo kalkaaliyayaasha caafimaadka ee dugsiga 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.

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 raaxeysato. 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.



Laga bilaabo 10/14/2022

Booqo www.cdc.gov/coronavirus/2019-ncov/long-term-effects si aad u hesho macluumaadkii ugu dambeeyey.