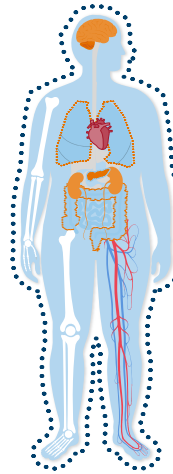


Long COVID yog dab tsi?

Lo lus Long COVID hais txog ntau yam tsos mob los sis teeb meem ntawm kev noj qab haus huv uas tshwm sim tom qab tus neeg kis tau tus kab mob COVID-19 thiab mob ntev li peb hlis los sis ntev dua. Long COVID tuaj yeem cuam tshuam rau ntau yam ntawm lub cev. Cov tsos mob yuav muaj feem nyob ntev mus tom qab thawj zaug kis tus kab mob, yuav mob loj zuj zus, los sis tus mob yuav txawj tshwm thiab ploj mus.

Qee tus neeg uas muaj tus mob Long COVID uas muaj cov tsos mob me los sis mob tsis hnyav, mam li maj mam zoo zuj zus tom qab ntau lub hlis dhau. Lwm tus yuav muaj cov tsos mob uas nyob ntev los sis loj heev, uas tuaj yeem cuam tshuam tau rau lawv txoj kev ua neej txhua hnuv, thiab qee zaum yuav ua rau lawv muaj mob tshiab yam tsis taus.



Lwm cov lus rau Long COVID

- Post-COVID conditions
- Long-haul COVID
- Long-haulers
- Chronic COVID
- Post-acute COVID
- Post-acute sequelae of COVID-19 (PASC)

Leej twg thiaj li muaj tau tus mob Long COVID?

Txhua tus uas tau kis tus kab mob COVID-19 kuj muaj feem tau Long COVID, suav nrog cov me nyuam yaus thiab cov neeg uas muaj tsos mob me thaum lawv kis thawj zaug. Qee leej neeg yuav muaj feem tau tus mob Long COVID dua lwm tug, xws li (daim ntawv hauv qab no teev tsis tau tag nrho):

- Cov poj niam
- Cov neeg uas tau mob COVID-19 loj heev, tshwj xeeb tshaj yog cov uas tau mus pw tom tsev kho mob los sis tau pws hauv ICU
- Cov neeg uas twb muaj lwm yam mob hauv lub cev lawm
- Cov neeg Mev thiab Latino
- Cov neeg uas tsis tau txhaj tshuaj tiv thaiv kab mob COVID-19 raws li koob tshuaj tshiab

Cov tsos mob ntawm Long COVID yog dab tsi?

Qee yam tsos mob uas pom ntau tshaj plaws muaj xws li tiam sis tsis txwv rau:

- Nkees tas li los sis qaug zog uas cuam tshuam rau txoj kev ua neej txhua hnuv
- Ua pa nyuaj
- Lub hlwb tsis meej pem (brain fog)
- Hnoos
- Mob leeg los sis mob pob qij txha
- Pw tsis tsaug zog
- Mob taub hau
- Kiv taub hau
- Tsis hnov qab los sis hnov tsw ntxhiab dab tsi
- Cov tsos mob mob hnyav dua tom qab siv dag zog los sis siv hlwb xav ntaueffort

Kuv yuav ua li cas thiaj li tiv thaiv kom txhob tau tus mob Long COVID?

Txoj kev tiv thaiv zoo tshaj yog zam kom txhob kis los sis rov kis tus kab mob COVID-19. Txhua zaus ib tug neeg kis tus kab mob no, nws yuav muaj feem pib muaj tus mob Long COVID. Cov kev tiv thaiv suav nrog:



Tau txais kev txhaj tshuaj tiv thaiv kab mob COVID-19 tshiab. Qhov no yog ib txoj hauv kev zoo tshaj plaws kom txhob tau tus mob.



Xyaum nyob kom huv si, xws li ntxuav tes thiab npog qhov ncauj thaum hnoos.



Nyob rau tej chaw kom muaj huab cua dim pa zoo, xws li qhib qhov rais, siv cov tshuab lim cua, los sis ua koob tsheej nyob rau sab nraum zoov.



Npog ntsej muag los sis nyob sib nrug thaum lub caij muaj kab mob uas yuav kis tau los ntawm huab cua.

Kuv yuav tsum ua li cas yog kuv xav tias kuv muaj tus mob Long COVID?

Mus nrog ib tug kws kho mob tham los sis koj tus kws kho mob tham txog koj cov tsos mob.

- Nws yuav zoo heev yog koj sau cia koj cov tsos mob thiab kev cuam tshuam uas nws muaj rau hauv koj lub neej txhua hnuv, ua ntej mus ntsib tus kws kho mob. Ib daim ntawv teev zoo li daim no yuav pab koj npaj txhij thaum koj mus ntsib koj tus kws kho mob: [Healthcare Appointment Checklist for Long COVID](https://www.cdc.gov/covid/media/pdfs/2024/07/COVID-19-fact-sheet-post-appointment-checklist-c.pdf) ([cdc.gov/covid/media/pdfs/2024/07/COVID-19-fact-sheet-post-appointment-checklist-c.pdf](https://www.cdc.gov/covid/media/pdfs/2024/07/COVID-19-fact-sheet-post-appointment-checklist-c.pdf)).

Yog koj los sis ib tug neeg uas koj paub muaj teeb meem hauv kev ua neej txhua hnuv vim tus mob Long COVID

- **Tej zaum yuav muaj kev pab dawb.** Cov tsev hauj lwm Regional Centers for Independent Living (CILs) tuaj yeem yuav pab tau koj nrhiav kev pab, nrhiav kev thauj mus los uas yooj yim, muab cov cuab yeej uas pab rau kev txav mus los, thiab ntau yam ntiv kom ua rau koj lub neej yooj yim dua. Hu rau 507-285-1815 los sis mus saib [Minnesota Association of Centers for Independent Living](https://www.macil.org) (<https://www.macil.org>) kom nrhiav tau koj lub tsev hauj lwm CIL nyob hauv zos.
- Cov neeg ua hauj lwm thiab cov tswv hauj lwm tuaj yeem hu tau rau Job Accommodation Network (JAN) kom **tau txais kev pab dawb thiab kev sab laj ib-tauj-ib nrog cov kws tshaj lij.** Hu rau 800-526-7234 los sis mus saib [JAN: Tiv tauj peb ntawm](https://askjan.org/contact-us.cfm) (<https://askjan.org/contact-us.cfm>).
- Txhawb nqa ib tug neeg muaj tus mob Long COVID yuav tsis yooj yim. Kawm paub ntiv txog kev ua neej thiab saib xyuas koj tus kheej thiab koj cov neeg uas koj hlub tshua ntawm [CDC: Living with Long COVID](https://www.cdc.gov/covid/long-term-effects/living-with-long-covid.html) (<https://www.cdc.gov/covid/long-term-effects/living-with-long-covid.html>).



Mus saib qhov kev pab [Long COVID Resources and Support](https://health.state.mn.us/diseases/longcovid/resources.html) (health.state.mn.us/diseases/longcovid/resources.html) los sis thaj daim QR code kom paub ntiv txog kev pab rau kev kho mob thiab kev pab cuam hauv zej zog uas muaj rau koj.

Yog xav paub ntiv txog tus mob Long COVID, cov teeb meem nyob hauv Minnesota, thiab MDH qhov kev pab cuam Long COVID Program, mus saib [MDH: Long COVID](https://health.mn.gov/longcovid) (<https://health.mn.gov/longcovid>).

Minnesota Department of Health

Long COVID Program

health.longCOVID@state.mn.us

www.health.state.mn.us

Xov xwm tshiab raws li Lub Peb Hlis 2025. Cov ntaub ntawv yuav hloov pauv raws li peb kawm paub ntiv.

Thov nco tias lub Minnesota Department of Health tsis muaj peev xwm muab kev sab laj kho mob los sis kev cai lij choj rau leej twg los sis xa ib tug neeg mus cuag kev pab.

Yog xav tau cov ntaub ntawv no ua lwm hom ntawv, email rau health.longCOVID@state.mn.us