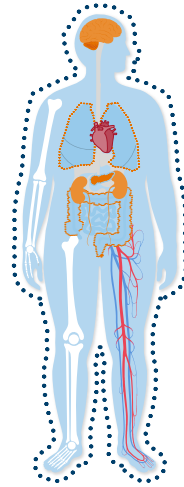


Waa maxay Long COVID?

Erayga Long COVID waxa uu tilmaamayaa calaamado iyo dhibaatooyin caafimaad oo ballaaran oo soo baxa ka dib marka qofku qaado fayraska COVID-19, kuwaas oo soconaya ugu yaraan saddex bilood. Long COVID waxay saameyn kartaa qaybo badan oo ka mid ah jirka. Calaamaduhu waxay noqon karaan kuwo ka sii haray caabuqii hore, sii xumaada waqti ka dib, ama mar yimaada marna tago.

Qaar ka mid ah dadka qaba Long COVID waxay la kulmaan calaamado dhexdhexaad ah ama fudud oo si tartiib tartiib ah u hagaaga bilo kadib. Qaar kalena waxay dareemi karaan calaamado muddo dheer socda ama aad u daran oo carqalad ku noqda nololsha maalinlaha ah, waxaana mararka dhifka ah ay keeni karaan naafonimo cusub.



Erayo Kale oo Loo Isticmaalo Long COVID

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

Yaa qaadi kara Long COVID?

Qof kasta oo uu haleelay fayraska keena COVID-19 wuu qaadi karaa Long COVID, oo ay ku jiraan carruurta iyo dadka uu caabuqa hore ku ahaa si fudud. Qaar ka mid ah dadka ay u badan tahay in ay la kulmaan Long COVID waxaa ka mid ah (liiskani ma aha mid dhamaystiran):

- Dumarka
- Dadkii la kulmay cudur COVID-19 oo halis ahaa, gaar ahaan kuwa la dhigay isbitaal ama u baahday daryeel gaar ah
- Dadka qaba xanuuno kale oo horay u jiray
- Dadka Hispanic iyo Latino ah
- dadka aan helin tallaalka COVID-19 ama aan la socon xilliyada tallaalka cusub ee la soo saaro

Waa maxay calaamadaha Long COVID?

Qaar ka mid ah calaamadaha ugu caansan ee Long COVID waxaa ka mid ah, laakiin kuma eka:

- Tuurid ama daal daran oo carqaladeeya nololsha maalinlaha ah
- Neef qabatimo
- Daran maskaxeed
- Qufac
- Xanuun lafdhabar ama muruq
- Dhibaato hurdada
- Madax xanuun
- Madax wareer
- Lumin dhadhanka ama urta
- Calaamado sii xumaada ka dib dadaal jireed ama maskaxeed

Maxaan sameeyaa si aan isaga ilaaliyo Long COVID?

Ka hortagga wuxuu ku bilaabmaa iska ilaalinta caabuqa ama in mar kale lagu dhaco fayraska sababa COVID-19. Mar kasta oo qof uu fayraska qaado, waxaa jirta halis uu ugu dhici karo Long COVID. Tallaabooyin kale oo is-difaacid ah waxaa ka mid ah:



Helitaanka tallaalka COVID-19 ee la cusbooneysiisay. Tani waa mid ka mid ah siyaabaha ugu wanaagsan ee lagu yareeyo halista.



Ku dhaqanka nadaafad wanaagsan, sida dhaqidida gacmaha iyo af-daboolidda marka la qufaco.



Tallaabooyin lagu hagaajinayo hawo nadiif ah, sida furitaanka daaqadaha, isticmaalka filtarrada, ama qabashada kulamada banaanka.



Xirashada af-xirka ama ilaalinta fogaanta jir ahaaneed xilliyada ay faafayaan cudurrada neef-mareenka.

Maxaan sameeyaa haddii aan u maleynayo in aan qabo Long COVID?

La hadal dhakhtar ama bixiye daryeel caafimaad oo ku saabsan calaamadahaaga.

- Waxaa laga yaabaa inay waxtar leedahay inaad qorto calaamadahaaga iyo sida ay u saameeyeen hawlahaaga maalinlaha ah ka hor intaadan la kulmin bixiyaha daryeelka caafimaad. Foom liis-hubineed sidan oo kale ah ayaa kaa caawin kara diyaarinta ballantaada: [Healthcare Appointment Checklist for Long COVID \(cdc.gov/covid/media/pdfs/2024/07/COVID-19-fact-sheet-post-appointment-checklist-c.pdf\)](https://www.cdc.gov/covid/media/pdfs/2024/07/COVID-19-fact-sheet-post-appointment-checklist-c.pdf).

Haddii adiga ama qof aad taqaan ay la tacaalayaan hawlaha maalinlaha ah sababo la xiriira Long COVID

- **Adeegyo lacag la'aan ah ayaa laga yaabaa inay kuu diyaar yihiin.** Xarumo Goboleed oo Madaxbannaanida Nolasha (Centers for Independent Living – CILs) ayaa kaa caawin kara isku dubaridka adeegyada, helitaanka gaadiid la heli karo, bixinta qalabka dhaq-dhaqaaqa, iyo waxyaabo kale oo nolashaada kuu fududeyn kara. Wac 507-285-1815 ama booqo [Minnesota Association of Centers for Independent Living \(https://www.macil.org\)](https://www.macil.org) si aad u hesho xarunta kuu dhow.
- Shaqaalaha iyo loo-shaqeeyayaashu waxay la xiriiri karaan Job Accommodation Network (JAN) si ay u helaan latalin bilaash ah oo gaar ah oo ay bixiyaan khubaro. Wac 800-526-7234 ama booqo [JAN: Nala soo xiriir \(https://askjan.org/contact-us.cfm\)](https://askjan.org/contact-us.cfm).
- Taageeridda qof qaba Long COVID waxay noqon kartaa mid adag. Wax badan ka baro sida loola tacaalo, naftaada loo daryeelo, iyo sida loo taageero dadka aad jeceshahay [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).



Booqo [Long COVID Resources and Support \(health.state.mn.us/diseases/longcovid/resources.html\)](https://health.state.mn.us/diseases/longcovid/resources.html) ama iska baar QR code-ka si aad u hesho macluumaad dheeraad ah oo ku saabsan taageerada caafimaad iyo bulshada ee laga yaabo inay kuu diyaar tahay.

Si aad u hesho macluumaad dheeraad ah oo ku saabsan Long COVID, saamayntiisa Minnesota, iyo Barnaamijka Long COVID ee MDH, booqo [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

Macluumaadkan wuxuu yahay kii ugu dambeeyay laga bilaabo Maarso 2025. Wuxuu isbedeli karaa marka la helo xog cusub. Fadlan la soco in Waaxda Caafimaadka ee Minnesota aysan bixin karin talo caafimaad ama sharciyeed oo gaar ah, ama gudbin adeegyo gaar ah.

Si aad u hesho macluumaadkan qaab kale, fadlan email u dir: health.longCOVID@state.mn.us