

LONG COVID IYO COVID LONG-HAULERS



Waa maxay long COVID (COVIDka sii jira muddada dheer)?

Long COVID (COVIDka sii jira muddada dheer) waa marka calaamadu sii jiraan todobaadyo ama bilo kaddib marka qofku ugu horeysa ee uu la xanuunsado COVID-19. Calaamadaha long COVID waxay si lama filaan ah ugu soo muuqan karaan todobaadyo ama bilo kaddib marka qofka laga helo ama uu la xanuunsado COVID. Long COVID wuxuu ku dhici karaa qof kasta oo uu COVID-19 ku dhacay, xataa haddii xanuunku ahaa mid fudud, iyo xataa haduusan markii hore calaamado lahayn. Dadka leh calaamadahan soo socda waxay inta badan isku magacaabaan "COVID long-haulers."

Calamaadaha long COVID

Ayada oo ay sabab u tahay in COVID-19 uu saameeyo qaybo badan oo kala duwan oo jirka ah, waxaa jira calaamado fara badan oo dhici kara waana ay ku kala duwanaa karaan qofba qofka kale. Calamaadaha long COVID waxaa kamid noqon kara:

- Daal ama tabar daro
- Dhibaato dhanka fakarka ama ka fiirsashada ah (mararka qaar waxaa loo yaqaanaa "maskax gadoon" ("brain fog"))
- Madax xanuun
- urta ama dhadhanka oo ka taga
- Dawakhaad qofku marka uu istaago
- Wadnaha oo xoog u garaacaya
- Shaf xanuun
- Dhibaato dhanka neefsiga ah ama neefsiga oo ku adkaada
- Qufac
- Xanuun laabatooyinka ah ama murqaha ah
- Niyad jab ama welwel
- Qandho
- Calaamado kasii daraya kaddib markii qofku qabto Waxqabadyo jidheed ama maskaxdeed



Yaa qaada long COVID (COVIDka sii jira muddada dheer)?

Wax badan wali lagama oga long COVID, laakiin waxaan ognahay in xataa dadka leh calaamadaha fudfudud marka hore, ama aan gabi ahaanba calaamado lahayn, ay yeelan karaan long COVID.

Hal daraasad ayaa muujisay in 2 ilaa 3 todobaad kaddib markii uu la xanuunsado COVID-19, hal qof oo kamid ah saddexdii qof aysan wali ku soo laabanin heerkoodii caafimaad ee hore. Daraasad kale ayaa muujisay in 2 bilood kaddib caabuqa COVID-19, laba kamid ah saddexdii qof wali ay leeyihiin ugu yaraan hal calaamad oo sii jirta.

Qof kasta oo qabay COVID-19 wuxuu qaadi karaa long COVID, waxaana kamid noqon kara:

- Dadka yeesha calaamadaha daran ee COVID-19
- Dadka yeesha calaamadaha COVID-19 ee fudud
- Dadka aan yeelanin wax calaamadaha COVID-19 ah

Daaweynta long COVID

Wali waxaynu wax ka ogaanaynaa long COVID. Wakhti xaadirkaan, dhaqaatiirtu waxay la tacaalayaan calaamadaha long COVID marka ay soo if baxaan. Waa in aad wacdaa bixiyahaaga daryeelka caafimaadka ee joogtada ah haddii aad isleedahay waxa aad yeelatay long COVID, waxaadna wacdaa 911 haddii aad umalaynayso inay kusoo waajahday xaalad caafimaad oo degdeg ah.

OHSU, Providence, iyo Kaiser dhammaantood waxay diyaarinayaan goobo caafimaad oo gaar u ah dadka qaba long COVID. Nidaamyada kalena inay sidaa sameeyaan ayaa laga yaabaa. La xiriiir bixiyahaaga daryeelka caafimaadka si aad u hesho macluumaad dheeraad ah.

Helitaanka hurdo wanaagsan, jimicsiga jirka oo joogto ah, iyo cunista cuntooyinka caafimaadka leh ayaa muhiim u ah kasoo bogsashada xanuun kasta.

Sidee la isaga ilaaliyaa long COVID?

Qaabka ugu wanaagsan ee aad isaga ilaalin karto long COVID waa in aad qaaddo tallaabooyinka aad marka hore iskaga ilaalin karto COVID-19:

- Iska tallaal COVID-19
- Xiro maaskaraha, gaar ahaan marka aad ku dhexjirto dad fara badan
- Gacmahaaga dhaq



Meelaha aad Ka baran karto Waxyaabo badan oo ku saabsan Long Covid

[Xaaladaha COVID-ka Ka danbeeya](#) (Xarunta Xakamaynta iyo Kahortagga Cudurada)

[Marka Calaamadaha COVID-19 ay kugu sii raagaan](#) (Machadka Caafimaadka Qaranka)

[Tilmaamaha Caafimaad: Long COVID-19](#) (Oregon Health & Science University)

[COVID 'LongHaulers': Saamaynaha Muddada Dheer ee COVID-19](#) (Johns Hopkins University)