

# COVID y'akarande ni iki?

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COVID y'akarande ni uburwayi bushobora kuvuka nyuma yo gukira ubwandu bwa COVID-19. Bugira ibimenyetso byinshi bitandukanye, bushobora gufata igice icyo ari cyo cyose cy'umubiri, kandi bugashobora kuva ku bwohoheje kugera ku bukomereye. Mu gihe abarwayi bamwe na bamwe ba COVID-19 bakira neza mu byumweru bike, abandi bagira COVID y'akarande kandi ikabagira ingaruka mu mezi menshi cyangwa imyaka.



**Hafi umuntu 1 muri 12 batuye Utah arwaye COVID y'akarande.**

Umuntu wese wigeze kurwara COVID-19, harimo n'abana, ashobora kugira COVID y'akarande. Ntituzi impamvu abantu bamwe na bamwe bayirwara. COVID y'akarande ishobora kugira ingaruka zikomereye ku buzima bwawe—ushobora kunanirwa kujya ku ishuri cyangwa ku kazi, kwita ku muryango wawe cyangwa gukora neza imirimo yawe isanzwe.

## Ibimenyetso bya COVID y'akarande ni ibihe?

Abarwayi ba COVID y'akarande bashobora kugira ibimenyetso bitandukanye. Ibyinshi mu bikunze kugaragara ni ibi:

- Kuribwa n'umubiri
- Impinduka mu Kujya mu mihango
- Inkorora
- Guhangayika cyangwa ubwoba
- Impiswi
- Kugorwa no gutekereza cyangwa gushyira ubwenge ku kintu kimwe (guhuma mu bwenge)
- Isereri mu gihe uhagaze
- Umunaniro
- Gutera vuba cyangwa gutimbaguza k'umutima
- Umuriro
- Gupfuka umusatsi
- Kurwara umutwe
- Kutumva cyangwa impinduka mu kumva uburyohe cyangwa impumuro
- Kubura umwuka cyangwa guhumeka bigoranye
- Kugira ibibazo mu gusinzira
- Kuribwa mu nda
- Ibimenyetso birushaho gukara nyuma y'imyitozo ngororamubiri cyangwa yo gutoya ubwonko (kumva utameze neza nyuma y'ibi)
- Uduheri

Niba COVID y'akarande igabanya cyane ibikorwa bimwe cyangwa byinshi by'ingenzi mu buzima, yashyirwa mu rwego rw'ubumuga hakurikijwe ibiteganywa n'itegeko rigenga Abanyamerika bafite Ubumuga (ADA) Ushobora no kuba wemerewe ibigenwa nka Medicaid cyangwa Ubwishingizi bw'ubumuga buba mu bwiteganyirize.

Vugana na muganga wawe cyangwa ukuvura niba umaranye ibi bimenyetso nibura amezi 3 nyuma yo kwandura COVID. Kuri ubu, nta muti wa COVID y'akarande uhari, ariko muganga ashobora kubasha kugufasha gucunga ibimenyetso byayo.

**Menya ibindi kuri:** <https://coronavirus.utah.gov/covid19-long-haulers/>