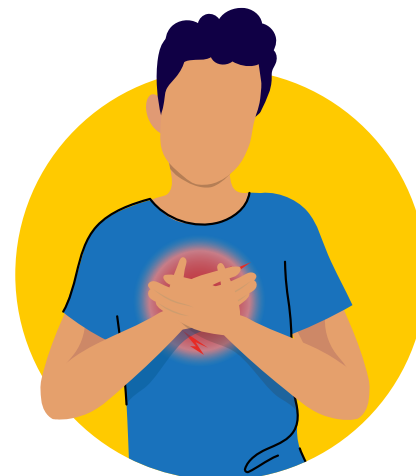


# Ahaboneka amakuru kuri COVID y'akarande

Byavugururwe mu kwa 4/2023

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 bworoheje kugera ku bukomereye. Mu gihe abarwayi bamwe na bamwe ba COVID-19 bakira neza mu byumweru bike, abandi bagira COVID y'akarande kandi ikabagiraho ingaruka mu mezi menshi cyangwa imyaka.

Vugana na muganga wawe cyangwa uguha ubuvuzi niba ukeka ko urwaye COVID. Kuri ubu, nta muti wa COVID y'akarande uhari, ariko muganga ashobora kubasha kugufasha gucunga ibimenyetso byayo.



## Amavuriro yo muri Utah afite porogaramu zirwanya COVID y'akarande

### Ivuriro ry'abarwayi ba COVID-19 y'akarande rya Hauler muri Kaminuza ya Utah

Umuntu ahubereye no kuri telefoni cyangwa videwo.

**(801) 213-0884**

Ni ngombwa ko uba wahawe transfere na muganga kugira ngo uhawe iyi serivisi. Hamagara 801-213-0884 cyangwa woherereze fagisi y'inyandiko ikohereza y'utanga serivisi kuri: 801-213-1147.

<https://healthcare.utah.edu/locations/covid-19-clinic>

### Intermountain Health Long COVID Navigation System

Kujya kwa muganga ubwawe. Nta nyandiko ikohereza isabwa.

**801-408-5888**

### Intermountain Pediatric Long COVID Navigation Clinic

Umuntu ahubereye no kuri telefoni cyangwa videwo.

**801-662-1639** (ibiro bikuru)

Ni ngombwa ko uba wahawe transfere na muganga kugira ngo uhawe iyi serivisi. Hamagara 801-662-1610 cyangwa woherereze fagisi y'inyandiko ikohereza y'utanga serivisi kuri 801-297-1639.

<https://intermountainhealthcare.org/primary-childrens/programs-specialties/long-covid/>

### Bateman Horne Center

Nta nyandiko ikohereza isabwa. Saba kuri <https://batemanhornecenter.org/clinical-care/>

<https://batemanhornecenter.org/education/long-covid/>

### Ibitaro bifasha abarwayi gusubira mu buzima busanzwe bya Utah y'amajyaruguru

**(801) 475-2102**

Ni ngombwa ko uba wahawe transfere na muganga kugira ngo uhawe iyi serivisi. Ohereza fagisi y'inyandiko ikohereza y'utanga serivisi:

(801) 475-2294.

<https://nurh.ernesthealth.com/>

Wibuke ko ubuvuzi aya mavuriro atanga bushobora kwishingirwa cyangwa kutishingirwa n'ubwishingizi bw'ubuzima bwawe. Baza isosiyete y'ubwishingizi bwawe ibiciro bishoboka mbere yo kuvurwa kugira ngo umenye uko witegura.

## Amatsinda y'ubufasha

Abarwayi ba COVID y'akarande bashobora kugira umuhangayiko, ubwoba no kwiheba. Bishobora no kugora kuzuza inshingano z'ubufasha cyangwa kubitaho. Hari amatsinda akorera muri Utah atanga ubufasha butangwa n'urungano ku bantu bafite ibibazo bimwe.

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**Bateman Horne Center** gifite itsinda rifasha abarwayi ba COVID hamwe n'ababashyigikiye n'abo bakunda.

Si ngombwa ko uba urwaye BHC kugira ngo witabire. Reba ingengabihe igezweho hamwe n'amahuza biyandikishaho kuri <https://batemanhornecenter.org/events/>.

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**Ishuri ry'ubuforomo muri kaminuza ya Utah** rifite amatsinda y'ubufasha 2 atandukanye. Itsinda rifasha gukira ryita ku bafite ibibazo mu marangamutima byatewe na COVID y'akarande. Itsinda rifasha kurwanya agahinda ryita ku babuze ababo kubera COVID-19. Hamagara 801-585-9522 kugira ngo wiyandikishe cyangwa usure <https://nursing.utah.edu/caring-connections>.

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## COVID y'akarande nk'ubumuga

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)

- U.S. Amabwiriza y'Ishami ry'Ubuzima na Serivisi z'Abaturage kuri "COVID y'akarande" nk'ubumuga hakurikijwe ADA <https://www.hhs.gov/civil-rights/for-providers/civil-rights-covid19/guidance-long-covid-disability/index.html>
- Ikigo cy'amategeko cyita ku bafite ubumuga (800) 662-9080 cyangwa <https://disabilitylawcenter.org/>

Ushobora no kuba wemerewe ibigenwa nka Medicaid cyangwa Ubwishingizi bw'ubumuga buba mu bwiteganyirize. Menya ibindi kuri <https://www.ssa.gov/benefits/disability/> cyangwa uvugane n'ikigo gifasha abantu gusaba ibigenwa:

- Ability 1st Utah 801-373-5044 cyangwa <https://ability1stutah.org/contact-us/>
- Ishami rishinzwe abakozi muri Utah <https://jobs.utah.gov/usor/dds/index.html>
- Serivisi y'amategeko ya Utah <https://www.utahlegalservices.org/>

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