

# COVID ndende ni iki?

Vyashizwe ku mwanya mu kwa 4/2023

COVID ndende ni ibihe bishobora kwibonekeza inyuma yo kwandura COVID-19. Harimwo ibimenyetso vyinshi, bishobora kwanduzza igihimba cose c'umubiri wawe, kandi biva ku bisanzwe gushika kuri bibi cane. Mu gihe abantu benshi barwaye COVID-19 bakira burundu mu ndwi nkeya, abantu bamwe barwara COVID ndende kandi bumva ingaruka zayo amezi canke imyaka myinshi.



Umuntu 1 kuri 12 mu baba muri Utah bamaze kuba baragize COVID ndende.

Uwo ariwe wese yanduye afise COVID-19 ashobora gufatwa na COVID ndende, harimwo abana. Ntituzi igituma abantu bamwe barwara COVID ndende. COVID ndende ishobora kugira ingaruka ku buzima bwawe— ushobora kutagenda kw'ishure canke ku kazi, kwitaho umuryango wawe, canke kunezererwa ibikorwa vyawe bisanzwe.

## Ni ivyaha bimenyetso bimwe bimwe vya COVID ndende?

Abantu bafise COVID ndende bashobora kugira ibimenyetso bitari bike. Bimwe mu bimenyetso bizwi ni:

- Ububabare bw'umubiri
- Ihindagurika ry'igihe c'ubutinyanka
- Inkorora
- Agahinda canke uguhangayika
- Gucibwamwo
- Ukwiyumvira bigoranye canke kwiyumva (ikibazo c'ubwonko)
- Ibizunguzungu mu gihe uhagaze
- Kwumva urushe
- Umutima utera cane
- Ubushuhe
- Ugutakaza umushatsi
- Kumeneka umutwe
- Gutakaza canke guhinduka gusoserwa canke kumoterwa
- Impwemu nke n'ingorane zo guhema
- Ingorane zo gusinzira
- Kubabara mu nda
- Ibimenyetso vyonona umubiri canke ubwonko (ukwiyumva nabi kare)
- Guhubuka

Nimba COVID ndende ibuzza kimwe canke ibikorwa nyamukuru vyo mu buzima, rero ishobora gufatwa nk'ubumuga twisunze amabwirizwa y'itegeko ry'abanyamerika (ADA). Ushobora kandi kuba ufise ibisabwa kuronka uburusho nka Medicaid canke icete co gufasha ubuvuzi bw'abagendana ubumuga.

Vugana n'umuganga canke uwugufasha mu vy'ubuvuzi nimba ufise ivyo bimenyetso nimiburiburi amezi 3 inyuma yo kwandura COVID.

Ubu nyene, nta muti uriho wa COVID ndende, ariko umuganga arashobora kugufasha guhangana n'ibimenyetso.

Iga vyinshi kuri: <https://coronavirus.utah.gov/covid19-long-haulers/>