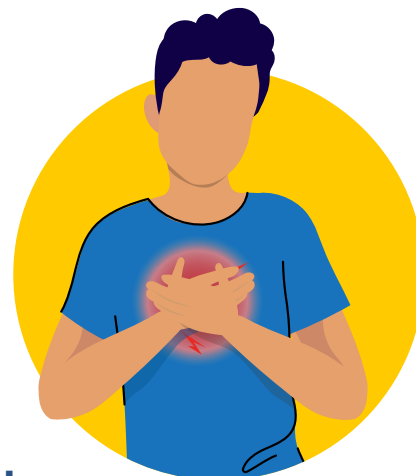


Ibikoresho vya COVID ndende

Vyashizwe ku mwanya mu kwa 4/2023

COVID ndende ni ibihe bishobora kwibonekeza inyuma yo kwandura COVID-19. Harimwo ibimenyetso vyinshi, bishobora kwandura 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.

Vugana n'umuganga canke uwugukurikirana mu vy'ubuvuzi nimba wiyumvira ko woba urwaye COVID ndende. Ubu nyene, nta muti uriho wa COVID ndende, ariko umuganga arashobora kugufasha guhangana n'ibimenyetso.



Ibitaro vya Utah bifise porogarama ya COVID ndende

Kaminuza ya Utah Ibitaro Long Hauler vya COVID-19

Amahitamwo yo kwishikira canke kuvurirwa ku rubuga.

(801) 213-0884

Icete kivuye kwa muganga kirakenewe kuri izo serivise. Hamagara kuri 801-213-0884 canke wandikire uwuguha icete kuri: 801-213-1147
<https://healthcare.utah.edu/locations/covid-19-clinic>

Intermountain Health Long COVID Navigation System

Gutembera ukahishikira Ntacete gikenewe.

801-408-5888

Icete kivuye kwa muganga kirakenewe kuri izo serivise. Hamagara kuri 801-408-5888 canke wandikire uwuguha icete kuri: 801-408-5888
<https://myimh.org/long-covid/>

Intermountain Pediatric Long COVID Navigation Clinic

Amahitamwo yo kwishikira no kuvurirwa ku rubuga.

801-662-1639 (ibiro bikuru)

Icete kivuye kwa muganga kirakenewe kuri izo serivise. Hamagara kuri 801-662-1610 canke wandikire uwuguha icete kuri 801-297-1639.
<https://intermountainhealthcare.org/primary-childrens/programs-specialties/long-covid/>

Bateman Horne Center

Ntacete gikenewe. Iyandikishe kuri
<https://batemanhornecenter.org/clinical-care/>

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

Northern Utah Rehabilitation Hospital

(801) 475-2102

Icete kivuye kwa muganga kirakenewe kuri izo serivise. Hamagara uwuguha icete kuri: (801) 475-2294.
<https://nurh.ernesthealth.com/>

Wibuke, ubuvuzi ibi bitaro bitanga bushobora canke ntibushobora gushigikirwa n'ikarata yawe y'ubuvuzi. Baza ishirahamwe ryawe ry'ubwishingizi ibijanye n'ibiciro imbere yo kuvurwa kugira umenye ivyo wokwitega.

Imigwi y'ubufasha

Abantu bafise COVID ndende bashobora kugira agahinda hamwe no kudatekana. Bishobora kuba ibigoye kuba uwufasha canke umutanga bufasha. Hari imigwi iri muri Utah itanga ubufasha ku bantu bafise ingorane zisa.

Bateman Horne Center gifise umugwi ufasha abantu bafise COVID ndende n'ababafasha n'abakunzi babo. Ntutegerezwa kuba umurwayi wa BHC kugira witabire. Rondera ikirangaminsi kiri kumwanya gifise imihora yokwiyandikisha kuri <https://batemanhorncenter.org/events/>.

Kaminuza y'Ubuwuzi ya Utah itanga imigwi 2 yo gufasha itandukanye. Umugwi wo gufasha gukira ni uw'abantu bakorera ku bibazo vy'amarangamutima ajanye na COVID ndende. Umugwi wo gufasha abafise intimba ufasha ababuze abo bakunda kubwa COVID-19. Hamagara kuri 801-585-9522 kugira wiyandikishe canke uje kuri <https://nursing.utah.edu/caring-connections>.

COVID ndende nk'ubumuga

Nimba COVID ndende ibuzza kimwe canke ibikorwa nyamukuru vyo mu buzima, rero ishobora gufatwa nk'ubumuga twisunze amabwirizwa y'itegeko ry'abanyamerika (ADA).

- Reta zunze ubumwe za Amerika Igisata c'amagara y'abantu n'amabwirizwa ya serivise z'abantu kuri "COVID ndende" nk'ubumuga biciye muri ADA <https://www.hhs.gov/civil-rights/for-providers/civil-rights-covid19/guidance-long-covid-disability/index.html>
- Ikigo c'amategeko y'abagendana ubumuga muri Utah (800) 662-9080 canke <https://disabilitylawcenter.org/>

Ushobora kandi kuba ufise ibisabwa kuronka uburusho nka Medicaid canke icete co gufasha ubuvuzi bw'abagendana ubumuga. Iga vyinshi kuri <https://www.ssa.gov/benefits/disability/> canke witure ikigo gifasha abantu kwiyandikisha kugira baronke ubwo burusho:

- Ability 1st Utah 801-373-5044 canke <https://ability1stutah.org/contact-us/>
- Igisata ca Utah kijejwe serivise z'abakozi <https://jobs.utah.gov/usor/dds/index.html>
- Serivise zemewe za Utah <https://www.utahlegalservices.org/>

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