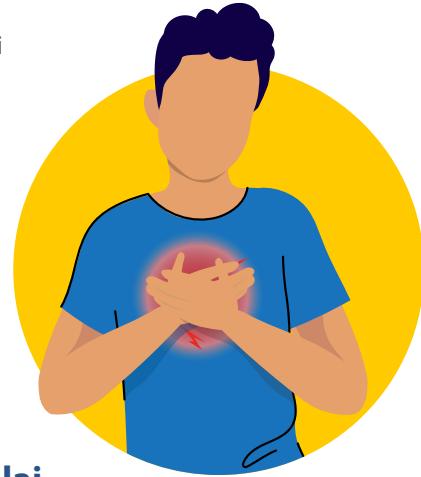


# Ba ressources ya COVID ya ntango molai

Ekomi ya sika na 4/2023

COVID molai ezali maladi oyo ekoki kobima nsima ya kozwa mikrobe ya COVID-19. Ezali na bilembo mingi ya ndenge na ndenge, ekoki kozala na bopusi likoló na eteni nyonso ya nzoto na yo, mpe ebandi na oyo ya pëtëe tii na makasi. Atako bato mingi oyo bazali na COVID-19 babikaka mobimba nsima ya mwa baposo, bato mosusu bazali na COVID ya ntango molai mpe bamonaka mpasi na yango na boumeli ya basanza to bambula.

Sololá na monganga to mopesi lisungi ya bokolongono ya nzoto soki okanisi ete okoki kozala na COVID ya ntango molai. Sikoyo, nkisi ya COVID ya molayi ezali te, kasi monganga akoki kozala na makoki ya kosalisa yo o gérer bilembo.



## Ba klinike ya Utah na ba programe ya COVID ya ntango molai

### Iniversite ya Utah ya COVID-19 ya ntango molia na Clinique ya Hauler

Ba options ya kokutana mpe ya télésanté.

**(801) 213-0884**

Esengeli otindamana na monganga mpo na kosalisa bato yango. Benga 801-213-0884 to tinda fax mpo na koyeba motindi na yo: 801-213-1147  
<https://healthcare.utah.edu/locations/covid-19-clinic>

### Intermountain Health Long COVID Navigation System

Kokende kotala bato na miso.  
Kotindamana esengeli te.

**801-408-5888**

### Intermountain Pediatric Long COVID Navigation Clinic

Ba options ya kokutana mpe ya télésanté.

**801-662-1639** (biro ya monene)

Esengeli otindamana na monganga mpo na kosalisa bato yango. Benga 801-662-1610 to tinda fax mpo na koyeba motindi na yo na 801-297-1639.  
<https://intermountainhealthcare.org/primary-childrens/programs-specialties/long-covid/>

### Bateman Horne Center

Kotindamana esengeli te. Senga na  
<https://batemanhorncenter.org/clinical-care/>

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

### Lopitalo ya kozongisa bato na bomoi ya Northern Utah

**(801) 475-2102**

Esengeli otindamana na monganga mpo na kosalisa bato yango.  
Fax ya botindiki ya mopesi lisalisi na:  
(801) 475-2294  
<https://nurh.ernesthealth.com/>

Kobosana te, lisalisi oyo ba cliniques wana epesaka ekoki kofutama to kofutama te na asiranse na yo ya bokolongono nzoto. Liboso ya kozwa nkisi, tuná na kompanyi na yo ya asiranse soki ekosenga mbongo boni mpo na kosalisa yo.

## Bituluku ya lisungi

Bato oyo bazali na COVID ya ntango molai bakoki kokutana na mpasi, mitungisi, mpe kotungisama na makanisi. Ekoki mpe kozala mpasi kozala na mokumba ya kosunga to ya kobatela. Ezali na bituluku oyo bizali na engumba Utah oyo bizali kopesa lisungi epai na bato oyo bazali na makambo motindo moko.

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**Bateman Horne Center** ezali na etuluku ya lisungi mpo na bato oyo bazali na COVID ya ntango molai mpe basungi mpe bandeko na bango. Esengeli te ozala patient ya BHC mpo okende. Luka kalandriye oyo etiyami na sika na ba liens pona ko inscrire na <https://batemanhornecenter.org/events/>.

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**Eteyelo ya ba infirmiers ya université ya Utah** ezali kopesa bituluku ya lisungi 2 oyo ekeseni. Etuluku ya Lisungi ya Kozonga na bomoi ezali mpo na bato oyo bazali kobunda na mikakatano ya mayoki oyo euti na COVID ya ntango molai. Etuluku ya Lisungi ya Mawa esungaka baye babungisaki molingami na bango na COVID-19. Benga na 801-585-9522 mpo na kokomisa nkombo to kokende kotala <https://nursing.utah.edu/caring-connections>.

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## COVID ya ntango molai lokola bokono

Soki COVID ya ntango molai epeakisaka mingi mosala moko to mingi ya minene ya bomoi, wana ekoki kotangama lokola bozangi makoki na nzela ya malako ya mobeko ya ba Américains oyo bazali na bokono ya nzoto (ADA).

- États-Unis Departema ya bokolongono ya nzoto mpe misala ya bato malako na ntina etali "COVID ya ntango molai" lokola bokono na nse ya ADA <https://www.hhs.gov/civil-rights/for-providers/civil-rights-covid19/guidance-long-covid-disability/index.html>
- Centre ya Mibeko ya Bokono ya Utah (800) 662-9080 to <https://disabilitylawcenter.org/>

Okoki mpe kozala na makoki ya kozwa lisalisi lokola Medicaid to Asiranse Handicap ya Sécurité Sociale. Koyekola makambo mingi na <https://www.ssa.gov/benefits/disability/> to benga agence oyo esalisaka bato bázwa matomba yango:

- Makoki 1er Utah 801-373-5044 to <https://ability1stutah.org/contact-us/>
- Departema ya Misala ya bato ya Mosala ya Utah <https://jobs.utah.gov/usor/dds/index.html>
- Misala ya Mibeko ya Utah <https://www.utahlegalservices.org/>

Tanga ebele na: <https://coronavirus.utah.gov/covid19-long-haulers/>