

# Long COVID (Lamba KOVÍDH) hode ki?

Ápdeith goijje 4/2023

Long COVID (Lamba KOVÍDH) oilde KOVÍDH-19 biaram or fore oit farede ekkán haalot. Eçé boot dhoilla biaram or alamot okkol ase, zine oñnor corir or hár hissát maze asór gorit fare, ar mamuli oite kothin oit fare. KOVÍDH-19 biaram oiyede aksér manuic okkol oilde ho-ek háftar butore biaram ottu furafuri bala oi gile o, kessú maincortu lamba KOVÍDH oiyore mac oite boot bosór foijjonto ocanti táke.



**Tokoriban Utahn bácinda olor 12 ot maze 1 zon ottu lamba KOVÍDH ór.**

KOVÍDH-19 biaram oiyede baicca oite zehonikkattu lamba KOVÍDH oit fare. Kessú maincortu lamba KOVÍDH kiyalla o yian añara no zani. Lamba KOVÍDH e oñnor jibon ot ocuida anít fare—oñnottu eskul yato ham ot za, foribar or dekbál gora, yato oñnor niyomito lorasora okkol ottu duré taka forit fare.

## Lamba KOVÍDH or kessú biaram or alamot okkol ki?

Lamba KOVÍDH ola maincortu nanan-dhoilla biaram or alamot okkol takit fare. Aksér biaram or alamot olor búrtortu kessú oilde:

- Gaa hoñrani
- Hañis (macik) or thaim ot tobdili
- Háñc
- Ferecani yato ocánti
- Gaalamani
- Sintagora yato díyandiyat mockil (demak ot kuwaca)
- Tiyaiile gaa dhúla
- Hóranlaga
- Hoillar dubdufani becí
- Gaatzor
- Sul zóra
- Matáhoñrani
- Zil or moza yato kucbo no fa yato tobdil
- Góno niac yato niac than ot mockil
- Gúm zaite mockil
- Feçot bic
- Jisimi yato demaki hashormor fore arou hóraf oizade biaram or alamot okkol (hashormor fore be cain)
- Lan rong oi sam fula

Zodi lamba KOVÍDH biaram or harone ek yato becí jibon or ahám hashormo olot kafi hód foijjonto rukawoth bonile, yian ore Americans with Disabilities Act (ADA) (Amerikar Decoittar Mazuri Kanun) or dostur mutabek ekkán mazur hísafe dóra zait fare. Oñne Medicaid yato Social Security Disability Insurance (Comaji Hefazot Mazuri Bima) dhoilla faida olor layek oit fare.

KOVÍDH biaram or fore biaram or alamot iin zodi oñnottu homashom 3 mac dehagile dhakthor yato sehet dekbál entezamgorouya loi hotá hoiyo.

Thik ehon, lamba KOVÍDH or elaj nai, kintu biaram or alamot olottu aram faibolla dhakthor ekzon e oñnore modot gori faribou.

**Arou zani loiyo:** <https://coronavirus.utah.gov/covid19-long-haulers/>