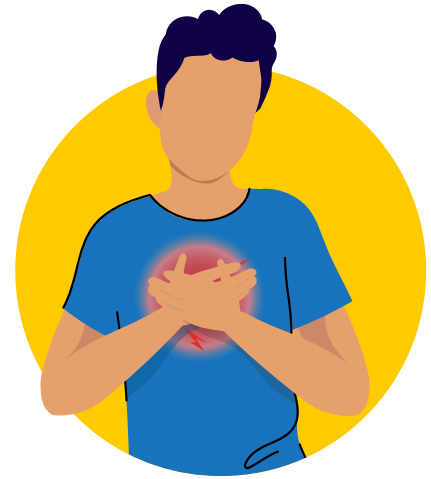


# Lamba KOVÍDH or wasael okkol

Ápdeith goijje 4/2023

Long COVID (Lamba KOVÍDH) oilde KOVÍDH-19 biaram or fore oit farede ekkan 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.

Zodi oñnottu lamba KOVÍDH oiyefan lagile dhakhthor yato sehet dekbál entezamgorouya ekzon loi hotá hoiyo. Thik ehon, lamba KOVÍDH or elaj nai, kintu biaram or alamot olottu aram faibolla dhakhthor ekzon e oñnore modot gori faribou.



## Lamba KOVÍDH program loi Utah kiliník

### University of Utah COVID-19 Long Hauler Clinic

Manuic hazer oi ar telehealth (thelifun loi seheti céba) ektiyar okkol.

**(801) 213-0884**

Sewa iín olla dhakhthor ekzon or háwala nama zorurot ase. Kool goro 801-213-0884 ot yato entezamgorouyare háwala fax fathó eçé: 801-213-1147.

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

### Intermountain Health Long COVID Navigation System

Manuic hazer oi dehağora. Háwalar zorurot nai.

**801-408-5888**

### Intermountain Pediatric Long COVID Navigation Clinic

Manuic hazer oi ar telehealth (thelifun loi seheti céba) ektiyar okkol.

**801-662-1639** (asól ofís)

Sewa iín olla dhakhthor ekzon or háwala nama zorurot ase. Kool goro 801-662-1610 ot yato entezamgorouyare háwala fax fathó eçé 801-297-1639.

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

### Bateman Horne Center

Háwalar zorurot nai. Dorhas goro eçé

<https://batemanhornecenter.org/clinical-care/>

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

### Northern Utah Rehabilitation Hospital

**(801) 475-2102**

Sewa iín olla dhakhthor ekzon or háwala nama zorurot ase.

Entezamgorouyare háwala fax fathó eçé: (801) 475-2294.

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

Monot raikko, kiliník iín or elaj okkol oñnor sehet bimat cámel oit fare yato no oit fare. Oñnottu hondhilla hóros oit fare yian zanibolla elaj or age oit farede hóros okkol or babote oñnor bimar kumpanittu fusár loiyo.

## Hémayoti gurup okkol

Lamba KOVÍDH oiyede manuic olottu frecani, sinta ar mon-mora tákit fare. Hémayoti yato dekbali zimmadari adai goribolla o mockil oit fare. Ek-dhoilla ocanti ola manuic okkol loi hañsa-hañsi hémayot goredde Utah-buniyadi gurup okkol ase.

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**Bateman Horne Center** ot lamba KOVÍDH biaram ola manuic ar ítarare hémayot gorouya arde jiran ololla hémayoti gurup uggwa ase.

BHC ot maze botti oite oñnottu biaraimma uwa zorurot noio. Rejisthar goribor link loi noiya-taza kelendhar ore eçé tuwai faiba

<https://batemanhornecenter.org/events/>.

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**University of Utah College of Nursing** ot duwa alok hémayoti gurup ase. Recovery Support Group (Biamam-bala uwar Hémayoti Gurup) oilde lamba KOVÍDH loi josbati juddo-jihad goredde manuic loi has gore. Grief Support Group (Ferecani Hémayoti Gurup) oilde COVID-19 biaram loi jiran maragiyede indhilla maincore hémayot gore. Rejisthar goribolla 801-585-9522 ot kool goijjo yato vízith goro <https://nursing.utah.edu/caring-connections>.

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## Lamba KOVÍDH ore uggwa mazur hísafe

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 ekkam mazur hísafe dóra zait fare.

- U.S. Department of Health and Human Services Guidance (Amerikar Sehet ar Insani Sarvis Hédayoti Dhipathmen) e “Long COVID (Lamba KOVÍDH)” ore uggwa Disability (Mazur) hísafe dore, ADA dostur loi <https://www.hhs.gov/civil-rights/for-providers/civil-rights-covid19/guidance-long-covid-disability/index.html>
- Utah Disability Law Center (Utah Mazuri Ain or Senthar) (800) 662-9080 yato <https://disabilitylawcenter.org/>

Oñne Medicaid yato Social Security Disability Insurance (Comaji Hefazot Mazuri Bima) dhoilla faida olor layek oit faro. Arou zani loiyo eçé <https://www.ssa.gov/benefits/disability/> yato maincore faida iín olla dorhas goribolla modot goredde ejensi uggwa loi konthek goijjo:

- Dorhas goijjo 1st Utah 801-373-5044 yato <https://ability1stutah.org/contact-us/>
- Utah Department of Workforce Services <https://jobs.utah.gov/usor/dds/index.html>
- Utah Legal Services (Utah Kaanuni Sarvis) <https://www.utahlegalservices.org/>

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