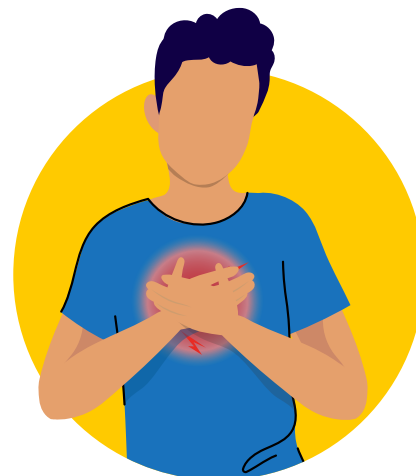


# Khayraadka COVID dheer

La cusboonaysiiyay 4/2023

COVID dheeri waxaa weeye xaalad la yeelan karo kadib caabuqii COVID-19. Waxaa kamid ah astaamo badan oo kala duwan, waxay saamayn kartaa qayb kasta oo jidhkaaga ah, oo waxay u dhaxaysaa mid dhexe ilaa mid daran. Inkasta oo dad badan oo qaba COVID-19 ay gebi ahaanba ka ladnaadaan dhawr todobaad gudahood, dadka qaar ayaa yeesha COVID dheer oo waxa uu saameeyaa bilo ama sanado.

Kala hadal dhakhtar ama daryeel bixiye caafimaad hadii aad u aragto inaad qabto COVID dheer. Wakhti xaadirkan, malaha dawo COVID dheer, laakiin dhakhtar ayaa kaa caawin kara astaamaha sidii aad u maamuli lahayd.



## Xarumaha caafimaadka Utah ee leh barnaamijyada COVID dheer

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

Leh ikhtiyaarada imashada iyo daawaynta taleefanka.

**(801) 213-0884**

Gudbin ayaa looga baahan yahay dhakhtar wixii adeegyadan ah. La hadal 801-213-0884 ama faakis ugu dir gudbinta bixiyaha: 801-213-1147.

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

### Intermountain Health Long COVID Navigation System

Booqashada meesha la tagayo. Wax gudbin ah looma baahna.

**801-408-5888**

### Intermountain Pediatric Long COVID Navigation Clinic

Leh ikhtiyaarada imashada iyo daawaynta taleefanka.

**801-662-1639** (xafiiska guud)

Gudbin ayaa looga baahan yahay dhakhtar wixii adeegyadan ah. La hadal 801-662-1610 ama faakis ugu dir gudbinta bixiyaha 801-297-1639.

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

### Bateman Horne Center

Wax gudbin ah looma baahna. Ka dalbo

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

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

### Northern Utah Rehabilitation Hospital

**(801) 475-2102**

Gudbin ayaa looga baahan yahay dhakhtar wixii adeegyadan ah.

Faakis ugu dir gudbinta bixiyaha: (801) 475-2294.

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

Xasuuso, daawaynta xarumahan caafimaadku bixiyaan caymiskaaga caafimaadku wuuna bixin karaa mana bixin karo. Waa inaad waydiiso shirkada caymiska wixii kharash suuragal ah daawaynta kahor si markaa aad u garato waxa aad filan karto.

## Kooxaha Taageerada

Dadka qaba COVID dheer waxay la kulmi karaan khalkhal, warwar, iyo isku buuq. Waxaa sidoo kale adkaan kara in kaalinta masuuliyad ama daryeele cid loo noqdo. Waxaa jira kooxo Utah ku sugan oo bixiya taageerada lodka oo siiya dadka qaba khibradaha isku midka ah.

---

**Bateman Horne Center** waxay leeyihiin koox taageero dadka qaba COVID dheer iyo taageerayaashooda iyo qarabaadooda.

Khasab maaha inaad noqoto bukaan ku sugan BHC si aad uga qayb gasho. Ka raadi kaalendar cusub oo wata linkiyada la iska diiwaangelinayo barta

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

**University of Utah College of Nursing** waxay bixisaa 2 kooxood oo taageero oo kala duwan. Kooxda Taageerada Kasoo Kabashada waxa loogu talagalay dadka la tacaalaya mushkiladaha shucuurta ee uu keeno COVID dheer. Kooxda Taageerada Murugada waxay taageeraan dadka ku waayay cid COVID-19. La hadal 801-585-9522 si aad isku duwaan geliso ama booqo <https://nursing.utah.edu/caring-connections>.

---

## COVID dheer laxaad la'aan ahaan

Hadii COVID dheer si weyn u xadido mid ama wax ka badan oo kamid ah hawlaha nolosha ee waawayn, markaa waxaa uu noqonayaa laxaad la'aan sida ay dhigayaan tilmaamaha Sharciga Maraykanka Laxaadka La' (ADA).

- U.S. Tilmaamaha Waaxda Adeegyada Caafimaadka iyo Bilaa Aadanka ee ku saabsan "COVID Dheer" ee in uu yahay Laxaad La'aan Sida uu Dhigayo ADA <https://www.hhs.gov/civil-rights/for-providers/civil-rights-covid19/guidance-long-covid-disability/index.html>
- Utah Disability Law Center (800) 662-9080 ama <https://disabilitylawcenter.org/>

Waxa aad sidoo kale u qalmi kartaa gunooyinka sida Medicaid ama Caymiska Laxaad La'aanta Sooshaal Sekuuritiga. Macluumaad dheeraad ah ka oggow <https://www.ssa.gov/benefits/disability/> ama la xidhiidh hay'ad caawisa dadka dalbanaya gunooyinkan:

- Ability 1st Utah 801-373-5044 ama <https://ability1stutah.org/contact-us/>
- Waaxda Adeegyada Shaqaalaha Utah <https://jobs.utah.gov/usor/dds/index.html>
- Adeegyada Sharciga Utah <https://www.utahlegalservices.org/>

Macluumaad dheeraad ah ka oggow: <https://coronavirus.utah.gov/covid19-long-haulers/>