

## A. kwayaskomowewin

### A. General Information

## tânekohk ê-akosek ohci COVID

### What is Long COVID?

- âtiht ayisiyiniwak ayiwâk mosihtâwin êkwa pikweyihtamowin kwatakiowina ayiwâkes ispayina aphô tânitahto-pîsimowa kakwê ayâhkihk COVID-19. ôma âskaw isiyihkkâtew "kinohtaw COVID", "kisipi-COVID", "kisipi-COVID-19 isayawin" aphô "kisipi-COVID-19 isâyâwin".

## tânimatahto ayisinowak nawatinikwak kinohtaw COVID?

### How many people get Long COVID?

- ê-mâwacihciketakayak wihtamâwina Aberta, ohci mîna kotaka piskihtahastahkana, êkwa ohci misiweyita askîy ôma kinohtaw COVID. atiht nitawikiskeyimiwena miskamohk 10% ôki ayisiyiniwak kakî âyacik COVID-19 ayâwak tamahcinowina nantaw 12 ayamihewkîsikâwa aphô ayiwâkes, maka ôma akihtâsowin ahpô êtikwê mistahi tahto 25%.

## tanehkanimaka atiht ayisiyiniwak ka ayacik kinohtaw COVID?

### Why do some people get Long COVID?

- namôya kiskeyihtenow tanehki ayisiyiniwak âhkosehiwe tamahcinowina nawach kinwes aphô tanitahto pîsim êkwa atiht namôya. kakwecihkemowina âhkame tôtamihk.
- Kinohtaw COVID kakî piko ana awîyak- kihtehayak aphô oskâyak, ayisiyiniwak ka miyomahcihocik, êkwa ayisiyiniwak kiki aphô ekâ ka ahkosicik. Kakî ispayin aphô kiki-kisatinikawin ohci COVID-19 aphô kîspin apisis tamahcinowina.

## kikwaya mowac iyini ay-itinamawêwina ôma kinohtaw COVID?

### What are the most common signs of Long COVID?

- ayisiyiniwak kakî âyawak peyak aphô ayiwâk ayimowina ôhi ohci:

yehewina	<ul style="list-style-type: none"><li>• nayawiw</li><li>• ostostotaskiw</li><li>• kipoikatowanet</li></ul>
wîsaketamowin	<ul style="list-style-type: none"><li>• Âniskôkanân êkwa/aphô micêstatay wîsakahitumowin</li><li>• <a href="#">wîsakikohtâkanêw</a></li><li>• <a href="#">teyistikwanewin</a></li></ul>
mihtawakaya/miskîsikwa	<ul style="list-style-type: none"><li>• <a href="#">mêskwâphtapowin</a></li><li>• <a href="#">mêskwâpehtamowin</a></li><li>• <a href="#">ciwêhtawakêwin</a> (tinnitus)</li></ul>
nesowâtisiwin/nestowayawin	<ul style="list-style-type: none"><li>○ ka nestosik</li><li>○ ayîwak isâyâwin ka kisi waskawîk</li><li>○ nipewâspinewin</li></ul>
micisowin / mîciwin kamiyoskâkohk	<ul style="list-style-type: none"><li>○ ka âyimîk ka mîcisok, ka minihkwek, kohchipayihk</li></ul>

	<ul style="list-style-type: none"><li>o ekâ ka nistospakwahk êkwa/aphô êka ka pasohohk</li><li>o <a href="#">Sâposowin</a>, <a href="#">kispikaciwin</a>, <a href="#">mâyimahowin êkwa pwakomowin</a></li></ul>
pikweyhtamowin tamahcinowina	<ul style="list-style-type: none"><li>o pihtos mâmtoneyihcikewin</li><li>o âyamihik kiskisiwin êkwa/aphô mâmitoneyihcikewin</li><li>o ahkosiweyhtamowin</li><li>o pihkwetamowin</li><li>o kaskeyihtamâyâwin</li></ul>
kotaka âhkosiwin mosihtâwina	<ul style="list-style-type: none"><li>o <a href="#">katâstape aphô ahaspihtaw pahkawikow</a></li><li>o <a href="#">kisisowin (namôya ê-kî-sipwehtemakak)</a></li><li>o <a href="#">kîskweyâpamowin</a></li><li>o <a href="#">ahskitowin</a></li></ul>

### Tânimayikohkêskamikohk nikâyan kinohtaw COVID ayimisiwina?

#### How long will I have Long COVID problems?

- ayisk kinohtaw COVID oskâyi âhkosiwin, âyimak neyak wihcikatek tansi pepeyak ayisiyiniw itamahcihiwin. kekâc kahkiyaw ayisiyiwak nawac miyomahcihowak sêmak ohci kîkway ka âyimekohcik mîna ka âpacitâcik kwayaskomowewin êkwa pamîstâkêwin wîchikok. atihk ohci ayisiyiniwak, otâkosiwinawa nawachi mâyâspinêw êkwa kinwesiwana.

### ayisiyiniwak ka ayâcik kinohtaw COVID keyâpic kakî âsôpayin?

#### Are people with Long COVID still contagious?

- namôya maskochi ayisiyiniw kakî miyowayat ohci COVID-19 infection is still contagious. kakî âsôskamak. maka, pimitisaha Public Health ka kitinakihk âhkosiwin. kîspin ayisiyiniw maci âhkosiwayaw êkwa iteyihtam COVID-19, kakî piskihtaskenet êkwa wapam maskihkiyiniw, kiyam ahpô âsay kicîstahocawin.

## B. tanispihk êkwa tanita ka miskaman wichitowin

### B. When and where to find help

### tanispihk kakî sewepitaman 911 aphô ka itoteyan ahkosiwikamikohk?

#### When should I call 911 or go to the Emergency Department?

- kîspin sisikoci kimaci-âhkosin, tapiskoch ôhi:
- yehesiwin (ka nestwatâmon, apisis poko ê-kî-pîkiskweyin)
- ayimihin ka waniskayin
- ka wanâhitaman
- ka tikinêpayek
- wisakaskanewin

### tânispikh kakî nitawi wapamak maskihkiwiyiniw?

When should I see my doctor?

- papihtos isi miyoyaw kahkiyaw kakî isi ayâhk COVID-19. mistahi ispihteyetakowan maskihkiwiyiniw kîspin:
  - kiwaneyihtamekon kâmiyomahcihwin
  - nanohtetâhtamon êkwa namôya ê-kî-miyoyayin, kiyam pikoyikohk kocitayin
  - ka nohte tâhtamon mîna kîkwaya kakî wehchasika itotamon
  - miskaman kinâkateyihkewin, kikiskisiwin, kimâmtoneyihcikewin, aphô kimâskâwatisowin namoya ê-kî-miyomahchihok
  - kîkwaya ka nakanikwiwin ka itotamon tahto kisikaw aphô âyiman ka totamon – mâcikôcicâk, ka nakatokatisowin aphô kawi atoskeyin aphô kiskinwahamâkosiyin
  - ka kaskeyihtamâmon, ka papâseyihtamon, aphô ê-moshtayin moya ê-kî-miyoyayin

### tansi nika kî-misken kwayaskomowewin êkwa ka wîchikoyin ê-âyan kohtaw COVID?

How can I get information and help if I have signs of Long COVID?

- papihtos ôma kiyanaw, wâwîs ohci ôma COVID-19. mâwaci ayisiyiniwak wîchisowak kawi ka miyoyacik ohci kohtaw COVID, maka kotakak nitaweyihtamohk wîchitowin. ôhi masinahikansihk kastahk nawasonikewina ka wichikon kanakatokiyin kimâyimahcihowina:
  - ka wicihisok isîhcikêwina osîtawak ohci ayisiyiniwak ka wîkikihk Alberta. kamisken ôta [MyHealth.Alberta.ca](https://myhealth.alberta.ca) misoweskamihk nitawatawin. ka kinitonen pâskekinikan isi anihi kwatakisowina ka âya yin. ôma isîhcikêwin ihtakon nistosâp pikiskwewina.
  - âcimostakewin ohci otahkosiwak astêwa AHS misoweskamihk nitawatawin Isiyikâtewa "[Getting Healthy miyaskamihk COVID-19](#)". ôma wapamowin pisik ka oskâstawak mowaci oskâstek kwayaskomowewin.
  - ôma [Rehabilitation Advice Line](#) (1-833-379-0563) sewipicikan pamîstâkêwin mosci-mêkiwin kawih miyo machihowin keskimiwewin êkwa ka isi miyo machihok ayisiyiniwak ka wîkikihk Alberta ayînanewosâp mîna ayiwâk ka ispitisicik, kakimecik ayisiyiniwak aphô êtikwê âyacik kinohtaw COVID. atoskew-sihtoskakiwiyiniw êkwa sesawiyiniw ayâwak kwayaskomowewin ohci waskawîwina êkwa waskawîwina ka wîchikoyak ohci maskawâtisiwin ka âyimahki.
  - **Health Link** (811) êsa kotak mîna sêwêpicikan ka mosci-mêkiwin kakeskimiwewin ohci maskihkiwiskwew, maskihkiwowiyanihew, êkwa sîhkatiwiyinew kiki miyo machihowin kwayaskomowewin. ôma sewepichikewin yohtekotew pisik, aphô aywêpiwi-kîsikâki.
  - **Mental Health Help Line** (1-877-303-2642) mosci-mêkiwin Kanaweyihtamâsowin êkwa ekâ kiskeyihtâkosiyin kawehtamakowin ohci mâmitoneyihcikan miyoyawin isîhcikêwina êkwa pamihiwewin. ôma sewepichikewin yohtekotew pisik, aphô aywêpiwi-kîsikâki. ayiwâk

- mâmitoneyihcikan miyoyawin kakî misken ôta misoweskamihk nitawatawin: [COVID-19 Mental Health Resources | Alberta Health Services](#).
- nakiskâwakan kimaskihkiyiniw aphô miaow miyo machihowiyniw ohci wîchitowin Kwayask âcimostakewin êkwa/aphô ka isi miyoyayin.
  - **“Supporting Your Recovery after COVID-19”** kiskinohamâtowina ihtakona ohci Alberta Healthy Living Program. kakî miyawak kiwihowin [ôta](#) aphô sewepita 403-943-2584.
  - mâmitoneyihta âniskêyin Facebook êkwa Twitter Âniskotâman ohci kotakak kayacik kinohtaw COVID tamahcihowina.

### niwikin apisisasik ôtenâs. peyakwan cî nawichikawin taskoc awîyak kawikit misi otenahk?

**I live in a small community. Will I be able to get the same help as someone living in a big city?**

- maskihkiyiniwak êkwa miyo machihowiyniwak misiweyita Alberta (kiki peyakohewamak maskihkiyiniwak êkwa mâmawâyâwin miyo machihowiyniwak) mâwacihitawak kiskitamawina tansi ka isi nâkatokik ayisiyiniwak kayacik kinohtaw COVID.
- masinatakan cikastepayicikewin mîna mâmtoneyihtamok ka apatâki.
- Itotakona maskihkîwikamikwa poko ohci kinohtaw COVID maka poko ê-takona Calgary êkwa Edmonton mekwâc. kimaskihkiyiniw aphô miyo machihowiyniw keseyihtamak kîspin kitawiten ohci kihci maskihkîwikamik.

### namôya nikî-tepinehin miyoyawin kantawîtaman. tansi ka itotaman?

**I can't afford the treatment my healthcare team says I need. What can I do?**

- âskaw mana kayâk kinohtaw COVID kimiyo machihowiyniwak kakî itwewak ê-tawetamon iyihewnihk, astoskekawin, aphô waskawîwin wîchitowina.
- mâwaci ayisiyiniwak kayacik kinohtaw COVID pamihisowak ka-ati miyo machihocik. kahkiyaw ôhi kawikateki “How can I get information” kakî âyawak Ayisiyiniwak kawîkicik Alberta, mosci-mêyawak.
- pikiskwas kimaskihkiyiniw aphô miyo machihowiyniwak kotakak wîchiwina ka itakoki eta ka wîkiyin namôya katipahin aphô âstamek.

## C. cîstahowin

### C. Vaccination

### kîspin niteyihten ayayan kinohtaw COVID kêyâpic cî nika cîstahokawin?

**If I think I have Long COVID should I still get vaccinated?**

- Alberta Health Services itowak mayaw ayisiyiniwak kaskowicik ka cîstahocik ohci wîyawâw [Alberta's COVID-19 vaccine program](#), kîspin âsay kî-âyawak COVID-19 aphô namôya. kîspin kinohte kakwecihkemowin ohci cîstahowin aphô kimiyoyawin, pikiskwas kimaskihkiyiniw aphô kimiyomachiwiyniwak.
- atiht ayisiyiniwak miskamok pihtos itamahcihocik kisihi cîstahocik, maka, ayiwâk kakwê kiskatamok tâniki.