

## masinahikewina ka tastîki Table of Contents

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## A. osâmpoko kwayaskomowewin

### A. General Information

### kîkway ôma ka kinohk COVID?

#### What is Long COVID?

- âtiht ayisiniwak kiniwes ayâwak nestosiwini, mâmitoneyihtamowin êkwa/aphô pikweyhtamowin ispayiwina aphô tahtopîsimowa kakî ayachik COVID-19.
- ka kinohk COVID nistamoci kîwîhtamahtmok otahkosiwak pisik nanihkâtâspinecik. ka-kî-isiyihkâtêw “ka kinohk awahew COVID”, miyaskamo COVID-19”, “miyaskamo COVID-19 isayawin” aphô “miyaskamo COVID-19 esayaht”.

### tanitahto ayisiniwak nawatinamok ka kinohk COVID?

#### How many people get long COVID?

- kwasyaskomowin mawachetak mekwach Alberta êkwa ohci ôma ka kinohk COVID. mihcêt miskamok nanitaw 20% ôki ayisiniwak kakî ayâcik COVID-19 âhkam âhkosewak aphô mâyimahcihowak.
- ka kinohk COVID kakî pakamiskako poko ana ayâwak – kihtehayak, oskâyahk, ayisiniwak kâmiyomahcihocik aphô ayisiniwak ka nitaw macihochik. kakî îspayan kîspin

ahkosiwikamikohk kîkî-pechiwepinikawin ohci COVID-19 aphô kîspin namoya  
ahkosiwikamikohk kîkî-pechiwepinikawin.

## kikwaya mosihtâhowina kîspin ayayan ka kinohk COVID?

What are the most common signs of long COVID?

 <p>Trouble thinking, remembering or concentrating</p>	 <p>Loss of taste or smell</p>	 <p>Fast or irregular heartbeat</p>	 <p>Weakness and fatigue all the time</p>	 <p>Shortness of breath or a cough that won't go away</p>
 <p>Stress, anxiety or depression</p>	 <p>Trouble walking or moving</p>	 <p>Been unable to go back to work</p>	 <p>Joint or muscle pain</p>	 <p>Problems swallowing</p>

- kiyoke [MyHealth.Alberta](https://myhealth.alberta.ca) ohci isi kanakatohekheh pahpeyak mâyimahcihowina.
- kwasyaskomowin tapitow ka nawapahicikatew ohci oskâyi kiskinowitamowina. tapiskoch, peyak kîkway âhkosiwâyâwin êsa nestwâyâwin, namoya poko “kihtimiwin”. waskawêwin êkwa sesawiwîn kakî mayitôtakohk ayisiniwak ka nestwâyâwiyacik ohci ka kinohk COVID êkwa ayîwak kakî mâyimahcihowak.
- mahti nakiskawik miyomahcihowin otatoskewak ohci kakeskimiwewin ohci kimiyowiyawin ahpô sewepitamawik ôta Rehabilitation Advice Line at 1-833-379-0563.

## tânispîkohk iskohk nikayan ka kinohk COVID itamachihona?

How long will I have long COVID problems?

- eyoko ohci ka kinohk CIVOD oskâyimakahk, namoya nistotâkwan tânispihokh iskohk pahpeyak ayisiniw ka ahkosow. mâwaci ayisiniwak maci miyomahcihowak nanitaw peyak-ispayin ayiwâkîs aphô pîsimok ispîhk ohci ka machi nâkateyihitahki mosihowiniwa ohci kwayaskomowewina êkwa pamihiwewina ka isi wichikocik. ahtiht ayisiniwak, kakî miyamahcihowak nawach kinewes aphô ka miyomahcihow, kawi kakî mayimahcihow kawih.
- kihcitakwan ka NAKIHK, AYIWEPIHK, êkwa PêYâHTAKOSIWIN isi tamachihokh tahtokisikaw.

## B. tanisipihk êkwa tânte kamiskaman wicihitowin

### B. When and where to find help

### tanisipihk maka kakî sêwêpitaman 911 aphô ka itohtêyan Emergency Department?

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

kakî sêwêpitaman 911 kîspin sisikoci âhkosiwayan, ahpô mina ôhi itamachihona:

- nîpâhatahtamowin (yehesiwin, pahpeyak poko itwewin êkaskitâyan)
- âyimak waniskayan
- awîyak ka wanâhihtamek
- kîpatâhtamowin ahpô tikinêpayek
- ka têtâyâskikanêk

### tanisipihk kakî wahpamak maskihkiwiyiniw?

When should I see my doctor?

kisihkimikawin kakway wahpimat maskihkiwiyiniw kîspin kikaskiwin:

- mistahi kimâmitoneyihtamekon kimiyowâyâwin.
- nanutahtamek êkwa namoya êkî miyomachihok, kiyam pikoyikohk itohtamik.
- nanutahtamek ka itohtamek kîkwaya mânah kakî itohtamek.
- miskaman nâkateyihcikewin, kiskisiwin, mâmtonyehcikewin, ahpô mâskâwatisowin namoya ê-kî-miyomachihok.
- tapihto ê-nakanikiwin ka itohtaman kîkawya ahpô nayihtâwak (taskohc. ka nâkateyimisok ahpô kawih ka atoskêk ahpô ka kiskinawahamâkosihk).
- ka kaskeyihtamik, pîkweyhtamik, ahpô nanihkâtisiwin êkwa namoya ê-kî-miyomachihok.

### tânisi nika ninaten kwayaskomowin êkwa wicihitowin ayan ka kinohk COVID?

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

- kahkiyaw masinahikâtewa wicihitowina ohci otâhkosiwak êkwa wahkomâkana astêw AHS misoweskamihk nitawatawin isiyihkâtêw [“Getting Healthy after COVID-19”](#).
- maskihkiwiyiniwa êkwa miyomahciho otatoskewak misiweyita Alberta ayâwak tânsi kanakatokek ayisiniwak kayacik ka kinohk COVID.
- kakî itohtân maskihkîwikamikohk oyaskinahiwek ka kinohk COVID. misoweskamihk nitawatawin ka apatan osam ohci eta kawîchik.

### namoya nikî tîpinehin nanâtawihowin kanitawihitam. tânsi nikî itohtên?

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

- âskaw mana kîspin kitayan ka kinohk COVID miyomahciho atoskêwak wihtamok kitaweyihtên yêhyêwipichikan, kanaweyihichikasoyan, aphô ka sesawinikasowin.
- kakiyaw kwayaskomowewin êkwa kiskinawahamakosiwin astew AHS misoweskamihk nitawatawin ihtakon tahto ka wîkicik Alberta, mosci-mêkiwin.

- pikiskwas maskihkiyiniw aphô miyomahciho atoskêwak ohci kotaka wichitona ka ayaki eta ka wîkiyan namoya kîkway ka mestinikeyan aphô nîkitipahikeyan.

## C. cîstahowin

### C. Vaccination

### kîspin niteyihten ayayan ka kinohk COVID kiyâpac cî ka cîtahokawiyan?

If I think I have long COVID should I still get vaccinated?

- âha. Alberta Health Services sîhkimiwak ayisiniwak mitoni sakaskine cîstahocik mayow ê-kaskihtâcik itwewak [Alberta's COVID-19 vaccine program](#), kiyam ahpô asay ê-kî-cîtahocik ahpô namoya. ka ayak COVID namoya peyakwan cîtahowin.
- kîspin kiyanan kakewecihkemowina ohci cîtahowin aphô kimiyomahcihowin, piskiskwas maskihkiyiniw aphô miyomahciho atoskêwak.
- âtiht ayisiniwak pihtos amahcihowak ka cîtahocik, tânâ sipoko, kêyâpic poko ka kiskeyihtakwak ayiwâk.

**22-74-19-CA-EN-CR Long COVID FAQ for patients (revisions) – image translation page 2**

<b>ENGLISH</b>	<b>PLAINS CREE</b>
Trouble thinking, remembering, or concentrating	namoya kwayask kiteyihten, ka kiskisiyan, aphô mâmitoneyihtaman
Loss of taste or smell	ka wanihitak nistospicikewin aphô pasiwin
Fast or irregular heartbeat	katâstapehk aphô ahaspihtaw pahkawikowin
weakness and fatigue all the time	nesowâtisiwin êkwa nestowayawin tapitawi
shortness of breath or a cough that won't go away	kipatâhtamowin aphô ostostotamowin moya ponihtakiwin
stress, anxiety, or depression	nanihkâtisiwin, pihkwetaowin aphô ka kaskiyihtamâyâhk
trouble walking or moving	ka ayimihik ka pimohtek aphô ka waskawek
been unable to go back to work	namoya kaskîtak kawi ka atoskêk
joint or muscle pain	âniskôkanân aphô wîsakahpinewin
problems swallowing	namoya kohchipayihcikehk