

# Su'aalaha Inta Badan La Isweediyo ee loogu talagalay Bukaannada Qaangaarka ah-

## Astaamaha Cilladaha Dambe COVID ama Walaacyada Caafimaadka ee Bukaannada

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### A. Warbixin Guud

(A. General information )

#### Waa maxay cillada dambe COVID?

(What is long COVID?)

- Dadka qaarkood waxaa sii haya dhibaatooyin raaga oo jireed, garaad iyo/ama maskaxeed toddobaadyo ama bilo kadib marku ku dhaco COVID-19.
- Cillada dambe COVID waxaa markii ugu horreysay sheegay bukaannada qabay dhibaatooyin jira. Arrinkaan waxaa sidoo kale loogu yeeraa "cillada dheer ee COVID", "cillada dambe COVID Kadib", "Xaaladda COVID-19 kadib" ama "xaaladda dambe COVID-19".

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### Immisa qof ayaa qaada COVID?

(How many people get long COVID?)

- Macluumaad ayaa laga uruurinayaa gudaha Alberta iyo daafaha caalamka oo dhan oo ku saabsan cillada dambe COVID. Daraasado badan ayaa muujinaya in qiyaastii 20% dadka uu ku dhacay COVID-19 ay sii qabaan astaamo raaga ama muddo dheer.
- Cillada dambe COVID waxay saamayn kartaa qof kasta – yar ama weyn, dadka caafimaadka qaba, iyo dadka qaba dhibaatooyinka kale ee caafimaad. Way dhici kartaa haddii isbitaal lagu dhigay COVID-19 ama haddii aanan lagu dhigin.

### Waa maxay calaamadaha ugu badan ee cillada dambe COVID?

(What are the most common signs of long COVID?)

 <p>Dhibaato dhanka fikiridda, wax xasuusashada ama xoogsaarida</p>	 <p>Luminta dhadhanka ama urta</p>	 <p>Wadna garaac degdeg ah ama aan caadi ahayn</p>	 <p>Tabardaro iyo daal waqti kasta ah</p>	 <p>Neef-yari ama qufac aan bogsoon</p>
 <p>Walwal, walbahaar ama niyad-jab</p>	 <p>Dhib ku qabida socodka ama dhaqdhaqaaqa</p>	 <p>Awoodid la'aanta inaad dib shaqada ugu laabto</p>	 <p>Kalagoysyo ama murqo xanuun</p>	 <p>Dhib ku qabida wax liqidida</p>

- Booqo [MyHealth.Alberta](https://myhealth.alberta.ca) si aad u hesho faahfaahin ku saabsan maareynta astaamaha shakhsiyeed.
- Macluumaadka ayaa si joogto ah dib-u-eegis loogu sameeyaa si loo muujiyo waxyaabo laga baran karo ee cusub. Tusaale ahaan, hal astaan oo caam ah waa daal xad-dhaaf ah, ma ahan 'daal' qura. Hawl qabasho iyo jimicsi ayaa laga yaabaa inay dhib miiran ku noqdaan dadka daalka badan qaba ayadoo taasi uga imaanayso cillada dambe COVID waxaana laga yaabaa inay xataa sababto sii darsashada calaamadaha.
- Fadlan la xiriir bixiyaha daryeelka caafimaadkaaga si aad u hesho talo ku saabsan qorshahaaga baxnaaninta shakhsiyeed ama ka soo wac Rehabilitation Advice Line lambarka 1-833-379-0563.

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### Intee in le'eg ayaan lahaan doonaa dhibaatooyinka cillada dambe COVID?

(How long will I have long COVID problems?)

- Maadaama cillada dambe COVID ay cusub tahay, way adag tahay in la saadaaliyo dheerarka waqtiga ay saamayn doonto qof walba. Dadka badankood way yara fiicnadaan dhawr toddobaad ama bilood kadib markay la tacaalaan astaamahooda iyagoo adeegsanaya macluumaad iyo adeegyo si ay u caawiyaan. Dadka qaarkood, dhibaatooyinka ayaa qaata muddo intaas ka sii dheer ama wey soo roonaadaan, kadibna way ka sii daraan.
- Waa muhiim in la JOOGSADO, NASTO, IYO LOO SOCDO si waafaqsan sida aad dareemeyso maalin walba.

### B. Goorta iyo meesha laga raadsado caawimaad

(B. When and where to find help)

#### Goormaan wacaa 911 ama aan aadaa Waaxda Gurmada degdegga ah?

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

Waa inaad wacdo 911 haddii aad qabto xaalad caafimaad oo degdeg ah, taasoo ay ka mid noqon karaan:

- Neefsashada oo dhib kugu ah (kugu adag tahay in neefsato, keliya aad awooddo in aad dhahdo 1 erey markiiba)
- Inay kugu adag tahay inaad soo toosto
- Aad dareemayso jahwareersan badan
- Miyir daboolmid ama suuxid
- Aad qabto laab xanuun

#### Goormeen arki karaa dhakhtarkayga?

(When should I see my doctor?)

Waa muhiim in aad aragto dhakhtarkaaga haddii adiga:

- Aad ka walwalsan tahay soo kabashadaada.
- Aad dareemaysid neef-yari oo aadan ka soo reyneyn, si kasta aan wax isugu daydo.
- Aad dareento neef-yari markaad samaynayso waxyaabo caadi ahaan kuu fudud.
- Aad ogaato in dareenkaaga, xusuustaada, fikirkaaga, ama heerarka tamartaada aysan soo fiicnaanayn.
- Aad qabto dhibaatooyin kaa hor istaagaya inaad samayso hawlahaaga joogtada ah ama ka dhigaaya kuwo ay adag tahay in la sameeyo (tus. daryeelka naftaada ama ku noqoshada shaqada ama dugsiga).
- Aad dareento niya- jab, walaac, ama walbahaar oo dareenkaagu uusan isdhimayn.

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## Sideen ku heli karaa macluumaad iyo caawimaad haddii aan qabo calaamadaha cillada dambe COVID?

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

- Liis dhammaystiran oo ku qoran yihiin dhigaalada loogu talagalay bukaannada iyo qoysaska ayaa ah ku jira mareegta AHS waxaana loo yaqaan ["Noqoshada Caafimaad-qab kadib COVID-19"](#)
- Dhakhaatiirta iyo shaqaalaha daryeelka caafimaadka ee ku sugan Alberta waxay helaan macluumaad ku saabsan sida loo daryeelo dadka qaba astaamaha cillada dambe COVID.
- Waxaa lagu gudbin karaa rug caafimaad oo ku takhasustay cillada dambe COVID. Daryeelka fogaan-aragga ayaa la isticmaali karaa iyadoo ay ku xiran tahay halka aad joogto.

## Ma awoodi karo daaweynta kooxda daryeelka caafimaadka ay sheegeen inaan u baahanahay. Maxaan sameyn karaa?

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

- Mararka qaarkood markaad qabto cillada dambe COVID kooxda daryeelka caafimaadkaaga waxay kuu soo jeedin karaan inaad u baahan karto daaweynta neefsashada, shaqada, ama jirka.
- Dhammaan macluumaadka iyo waxbarashada kujira qaybta kore ee mareegta AHS waxay ku heli karaan dadka ku nool Alberta, si lacag la'aan ah.
- Kala hadal dhakhtarkaaga ama kooxda daryeelka caafimaadkaaga adeegyada kale ee laga heli karo aagga aad deggan tahay ee aan wax kharash ah kaaga bixi doonin.

## C. Tallaalka

(C. Vaccination )

## Haddii aan u malaynayo inaan qabo cillada dambe COVID miyay tahay inaan weli is tallaalo?

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

- Haa. Alberta Health Services waxay aad u soo jeedinayaan in dadka si buuxda loo tallaalo isla marka ay u-qalmaan sida ku cad [barnaamijka tallaalka COVID-19 ee Alberta](#), haddii horay ay u qaadeen COVID-19 iyo haddii kaleba. Inaad qabto COVID lama mid ahan inaad qaadata tallaalka.
- Haddii aad qabtid su'aalo ku saabsan tallaalka ama caafimaadkaaga, la hadal dhakhtarka qoyskaaga ama kooxda daryeelka caafimaadkaaga.
- Dadka qaarkood waxay ogaadeen in astaamahoodu is-beddelaan kadib tallaalka, hase yeeshee, cilmi-baaris badan ayaa socota si tani loo darso.