

# Astaamaha COVID-ka dheer ama walaacyada Caafimaadka - Su'aalaha Inta Badan La Isweediyo

(Long COVID Symptoms or Health Concerns - Frequently Asked Questions)

## A. Warbixinta Guud

(A. General information)

### Waa maxay COVID-ka Dheer?

(What is Long COVID?)

- Dadka qaarkood waxay qabaan dhibaatooyin caafimaad jireed iyo mid maskaxeed toddobaadyo ama bilo kadib marku ku dhaco COVID-19. Arrinkaan waxaa mararka qaar loogu yeeraa "COVID Dheer", "COVID Kadib", "Xaaladda COVID-19 kadib" ama "Xaaladda COVID-19 kabacdi".

### Immisa qof ayaa qaada COVID-ka dheer?

(How many people get Long COVID?)

- Waxaan macluumaad kasoo ururinaynaa Alberta, gobolada kale, iyo daafaha aduunka oo dhan wixii ku saabsan COVID-ka dheer. Daraasadaha cilmi-baarista qaarkood waxay muujinayaan in qiyaastii 10% dadka qaba COVID-19 ay leeyihiin astaamo 12 toddobaad ama ka badan, laakiin tiradaasi waxay noqon kartaa sida ugu badan 25%.

### Muxuu dadka qaar ugu dhacaa COVID-ka dheer?

(Why do some people get Long COVID?)

- Ma garanayno sababta ay dadka qaar u yeeshaan calaamado toddobaadyo ama bilo socda qaarna aanay u lahayn. Cilmi-baaris ayaa socota.
- COVID-ka dheer wuxuu saamayn karaa qof kasta — oo weyn ama yar, dadka caafimaadka qaba, iyo dadka qaba ama aan qabin dhibaatooyin caafimaad oo kale. Way dhici kartaa haddii isbitaal lagu dhigay COVID-19 ama haddii aad leedahay astaamo khafiif ah.

### Waa maxay calaamadaha ugu badan ee COVID-ka dheer?

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

- Dadku waxey yeelan karaan hal ama dhowr dhibaato oo ah kuwa soo socda:

Neefsiga/Neefsashada	<ul style="list-style-type: none"> <li>• Dareemida neefta qabasho</li> <li>• Qufac aan baxaynin</li> <li>• Sanka oo ciriiri ah (caburyo)</li> </ul>
Xanuun	<ul style="list-style-type: none"> <li>• Kalxamo iyo/ama murqo xanuun</li> <li>• <a href="#">Sore throat</a> (Dhuun xanuun)</li> <li>• <a href="#">Headaches</a> (Madax xanuun)</li> </ul>
Indhaha/Dhagaha	<ul style="list-style-type: none"> <li>• <a href="#">Changes to your vision</a> (Isbeddelada aragtidaada)</li> <li>• <a href="#">Changes to your hearing</a> (Isbeddellada dhegeysigaaga)</li> <li>• <a href="#">Ringing in your ears</a> (Ka dhawaaqida gudaha dhegahaaga (tinnitus))</li> </ul>
Daciifnimo/daal	<ul style="list-style-type: none"> <li>○ Dareemidda daciifnimo aad ah iyo/ama daal</li> <li>○ Dareemidda ka sii darida shaqada kadib</li> <li>○ Dhibaatooyinka hurdada</li> </ul>
Cunista/Dheefshiidka	<ul style="list-style-type: none"> <li>○ Cunista, cabbida, liqidda oo adag</li> <li>○ Luminta dhadhanka iyo/ama urta</li> <li>○ <a href="#">Diarrhea</a> (Shuban), <a href="#">constipation</a> (Calool istaag), <a href="#">nausea and vomiting</a> (lalabo iyo matag)</li> </ul>
Astaamaha caafimaadka maskaxda	<ul style="list-style-type: none"> <li>○ Maskax adeega/isbeddelada fikirka</li> <li>○ Dhibaatooyinka xagga xusuusta iyo/ama u fiirsaho la'aanta</li> </ul>

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	<ul style="list-style-type: none"><li>o niyad jab</li><li>o Walwal</li><li>o walbahaar</li></ul>
Astaamaha kale ee jirka	<ul style="list-style-type: none"><li>o <a href="#">Fast or irregular heart beat</a> (Wadna garaaac dhaqso ah ama aan joogto ahayn)</li><li>o <a href="#">Fever</a> (Qandho (ma baxdo ama way imataa oo way baxdaa))</li><li>o <a href="#">Feeling dizzy</a> (Dareemidda wareer)</li><li>o <a href="#">Skin rash</a> (Finanka maqaarka)</li></ul>

## Intee in le'eg ayaan yeelan doonaa dhibaatooyinka COVID-ka dheer?

(How long will I have Long COVID problems?)

- Sababtoo ah COVID-ka dheer ayaa aad u cusub, way adag tahay in la saadaaliyo sida ay u saamayn doonto qof walba. Dadka badankood way fiicnadaan dhawr toddobaad ka dib markay la tacaalaan dhibaatooyinkooda iyagoo adeegsanaya macluumaad iyo adeegyo si ay u caawiyaan. Dadka qaarkood, dhibaatooyinka aad ayey ugu daran yihiin wayna sii daba dheeraadaan.

## Dadka qaba COVID-ka dheer weli ma yihiin kuwo la kala qaado?

(Are people with Long COVID still contagious?)

- Uma badna qof laga sifeeyay caabuuqii hore ee COVID-19 in uu weli yahay mid lakala qaado. Si kastaba ha ahaatee, tallaabooyinka ka hortaga Public Health (Caafimaadka Dadweynaha) ee socda waa in la raaco. Haddii qofku yeesho dhibaatooyin cusub oo noqon kara COVID-19, waa inuu is go'doomiyaa oo uu isa soo baaraa, xitaa haddii uu qaatay tallaalka.

## Goorta iyo meesha laga raadsado caawimaad

(B. When and where to find help)

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

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

- Haddii aad qabto xaalad caafimaad oo degdeg ah, taasoo ay ku jiri karto:
- Neefsashada oo dhib kugu ah (oo ay kugu adag tahay in neeftaada aad qabato, oo keliya aad awoodo in aad dhahdo 1 eray markiiba)
- ku adagtahay inaad soo toosto
- dareemayso in aad aad u jahwareersan tahay
- miyir daboolmid ama suuxdin
- qaba laab xanuun

## Goormeen arkayaa dhakhtarkayga?

(When should I see my doctor?)

- Soo kabashada COVID-19 ka dib way ku kala duwantahay qof walba. Waa muhiim in aad aragto dhakhtarkaaga haddii adiga:
  - o aad ka walwalsantahay ka soo kabashadaada

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- aad dareemaysid neef aad u yar oo aan kasoo reyneyn, si kasta oo aad isugu daydo
- aad dareento neef aad u yar adigoo samaynaya waxyaabo inta badan kuu fudud
- aad raadiso in dreenkaaga, xusuustaada, fikirkaaga, ama heerarka tamartaada aysan fiicnaanayn
- aad leedahay dhibaatooyin kaa hor istaagaya inaad samayso shaqooyinkaaga joogtada ah ama ka dhigaaya kuwo adag in la sameeyo - tusaale ahaan, daryeelka naftaada ama ku noqoshada shaqada ama iskool
- aad dareento niyad jab, walaac, ama walbahaarka dareenadana aysan ka soo kabanaynin

## Sideen ku heli karaa macluumaad iyo caawimaad haddii aan qabo calaamadaha COVID-ka dheer?

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

- Qof kastaa wuu ka duwan yahay ku kale, gaar ahaan marka laga hadlayo COVID-19. Dadka badankood waxay daryeeli karaan ka soo kabashadooda COVID-ka dheer, laakiin qaar kale ayaa laga yaabaa inay u baahdaan daryeel dheeraad ah. Liiskan soo socda waxaa ku jira ikhtiyaarrada kaa caawinaya inaad daryeesho calaamadahaaga:
  - **Agab qofku asagu maamulanaayo** ayaa loo sameeyay dadka ku nool Alberta. Waxaa laga heli karaa shabakadda [MyHealth.Alberta.ca](https://myhealth.alberta.ca). Waxaad raadin kartaa bogga adiga oo ku salaynaya dhibaataada(dhibaatooyinka) aad qabto. Qoraalkaan waxaa lagu heli karaa 13 luqadood.
  - **Macluumaad loogu talagalay bukaanada** waxaa lagu soo dhejiyay shabakada AHS ee la dhaho [“Getting Healthy after COVID-19”](#) (Helitaanka Caafimaadka kadib COVID-19). Boggan si joogto ah ayaa loo cusboonaysiin doonaa si uu u lahaado macluumaadka ugu dambeeyay.
  - [Rehabilitation Advice Line](#) (1-833-379-0563) waa adeeg taleefan oo bixiya talo baxnaanin oo bilaash ah iyo macluumaadka caafimaadka guud oo loogu talagalay dadka ku nool Alberta ee ka weyn 18 sano, oo ay ku jiraan dadka leh astaamaha COVID-ka dheer. Daaweeyayaasha xirfada iyo dhaawac-daaweeyaha ayaa bixiya macluumaad ku saabsan waxqabadyada iyo jimicsiyada kaa caawiya buskeynta dhibaatooyinka jirka.
  - **Health Link** (811) waa ikhtiyaar kale oo taleefoon oo bixiya talo bilaash ah oo ka timaada kalkaaliyayaasha, farmashiistayaasha, iyo dhakhaatiirta cuntada iyo macluumaadka caafimaadka guud. Khadkan wuxuu furan yahay 24-saac maalintii, oo ay ku jiraan fasaxyada.
  - **Mental Health Help Line** (1-877-303-2642) wuxuu bixiyaa talo qarsoodi ah oo aan la garan karin oo bilaash ah oo ku saabsan barnaamijyada iyo adeegyada caafimaadka dhimirka. Khadkan wuxuu furan yahay 24 saac maalintii, oo ay ku jiraan fasaxyada. Illo badan oo caafimaadka maskaxda ah ayaa laga heli karaa bogga shabkada: [COVID-19 Mental Health Resources | Alberta Health Services](#).
  - La xiriir **dhakhtarkaaga qoyska ama kooxdaada daryeelka caafimaadka** si lagaaga caawiyo helitaanka macluumaadka saxda ah iyo/ama daryeelka si laguugu caawiyo bogsashadaada.

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- **“Taageerida Soo-bogsashadaada COVID-19 kadib” (Supporting Your Recovery after COVID-19)** fasallada waxbarashada waxaa laga heli karaa Alberta Healthy Living Program (Barnaamijka Noloshaha Caafimaadka Leh ee Alberta). Waxaad iska diiwaangelin kartaa internetka [here](#) (halkaan) ama wac 403-943-2584.
- Ka fikir inaad ku biirto **gole onlayn ah** oo ah Facebook iyo Twitter si aad ula xiriirto kuwa kale ee la kulma astaamaha COVID-ka dheer.

## **Waxaan ku dhex noolahay tuulo yar. Ma awoodi karaa inaan helo isla caawinaada uu helaayo qof ku nool magaalo weyn**

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

- Dhakhaatiirta iyo shaqaalaha daryeelka caafimaadka ee ku baahsan Alberta (oo ay ku jiraan dhakhaatiirta qoyska iyo bixiyeyaasha daryeelka bulshada) waxay helayaan macluumaad ku saabsan sida loo daryeelo dadka leh astaamaha COVID-ka dheer.
- Isticmaalka daryeelka internetka lagu bixinaayo waa wax sidoo kale la eegaayo.
- Waxaa jira xarumo caafimaad oo ku takhasusay COVID-ka dheer laakiin laga helayo Calgary iyo Edmonton oo qura xiligaan. Dhakhtarkaaga ama shaqaalaha kale ee daryeelka caafimaadka ayaa go'aamin doona haddii aad u baahan tahay in lagugu arko rug caafimaad oo khaas ah.

## **Ma awoodi karo daaweynta kooxdaada daryeelka caafimaadku ay dhahayaan waan u baahanahay. Maxaan sameeyaa?**

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

- Mararka qaarkood markaad qabto COVID dheer kooxdaada daryeelka caafimaadku waxay kuu soo jeedin karaan inaad u baahan karto daaweynta neefsashada, shaqada, ama daaweynta jirka.
- Dadka badanaa qaba COVID-ka dheer wuxuu ka taxadari karaa dhibaatooyinkooda ayagoo soo bogsanaaya. Dhammaan macluumaadka kor ku taxan ee “Sideen ku heli karaa macluumaad” qeybtaas waxaa heli kara dadka ku nool Alberta, oo bilaash lacag la'aan ah.
- Kala hadal dhakhtarkaaga ama kooxdaada daryeelka caafimaadka adeegyada kale ee laga heli karo aaggaaga oo aan lahayn wax kharash ah ama qiimo jaban.

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## C. Tallaalka

(C. Vaccination)

### Haddii aan u malaynayo inaan qabo COVID-ka dheer miyaan weli is tallaalaya?

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

- Alberta Health Services waxay soo jeedinayaan in dadka la tallaalo isla marka ay u-qalmaan marka loo eego [Alberta's COVID-19 vaccine program](#) (barnaamijka tallaalka Alberta ee COVID-19), haddii ay horay u qaadeen COVID-19 iyo haddii kaleba. Haddii aad qabtid su'aalo ku saabsan tallaalka ama caafimaadkaaga, la hadal dhakhtarka goyskaaga ama kooxdaada daryeelka caafimaadka.
- Dadka qaarkood waxay ogaadeen in astaamahoodu is-beddelaan tallaalka kadib, hase yeeshee, cilmi-baaris badan ayaa socota si tan loo daraaseeyo.