

# Meta Long COVID?

Long COVID mi wewe ngeni sokopatun osuksukan samwau mi tori aramas murin ar eani COVID-19.

Ika ka pochokul sefal seni COVID-19 nge ka chuen mefi semwen mi tufich nge en mi eani ewe Long COVID.

A chomong sokun osuksukan semwen mi fis seni Long COVID. Mi tongeni epwe nomw tori wonu maram murin omw pochokul sefal seni COVID-19 ika nomotamela fitu maram ika fen ier murin an toruk.

**Ekkewe aramas mi piin urir Long COVID fan chomong repwe mefi:**

## Melapen:

Pekkus ika molulu, pwichikar, asisilen semwen mi lapala me murin oturesin inis me ekiék

## Ngasangas me Foun Ngasengas:

Mor, weires le ngasangas, metekin fan mwar, pung mutirin ngasangas(taipichipichin ngasangas)

## Ekkoch:

Metekin kupukupin inis ika lon fituk, kilingaw, kesiwilin fetalen semwenin maram

## Tupuach me waan inisich:

weires le ekiék ika affota ekiékich won mettoch, metek lon mekur, weires le annut, liketoutou inis, mwaliel, osuksukan lon ekiék, lolilen ika nuwokus.

## Pekin Atatakisi Mongo lon Nukach:

Feil seni, metek nuk

**Ekkei asisilen semwen mi tongeni weires ar repwe pwa, ach sipwe awewei me tumunu**

## Long COVID FAQs

### Io mi tongeni uri Long COVID?

Io mi uri COVID mi tongeni eani asisilen semwenin Long COVID. Lapengeni mi uri iir kewe mi watte ngenir ewe semwenin COVID-19.

### Ifa usun Long COVID epwe pwa? Ewe tokter epwe nengeni uruwon ewe fiti ewe COVID-19 mi piin fis me mwan

Ese wor kensan pwarata ika emon mi eani Long COVID. Ewe tokter epwe nengeni uruwon ewe mi semwen fiti fengen me ewe COVID-19 mi uri me akomwan mwurin epwapw kensani.

### Ekkewe oppos mi alisi epeti Long COVID?

Pekin kao mi pwarata nge ekkewe aramas mi oppos ekkoch chok me leir epwe urir ei Long COVID, chokukun seni ekkewe resapw angai opposur.

## Tori ikenai ese fokkun wor safei mi kawor fan itan Long COVID

Ekkewe tokter ra tongeni awora och “kokot ngeni pusin tumunochum ngeni inisumw” mi fiti: safei, churi specialist, physical therapy, kapasen ourour. Ekkei mettoch ra tongeni alisi le amwirino asisilen semwen me ochu manaw.

