

# Meac elyah sikyak nuke health lun met se tukun el weak COVID?

Long COVID el kain in mas ma e sikyak nusin met elos weack COVID-19.

Fin kom kelac ke COVID-19 tusruk kom srak pula mwe akucl kac, e kuh in asr elyah lun health lom an.

Puhslac elyah in mahno ku health ma ke sripen COVID. E kuh in sikyak tukun mahlem onkohsr (6) tukun kom kelac tari ke COVID-19 ac ku in som na mahlem ku yac tukun kom weak mas u.

**Met ma pula elyah in mahno tukun COVID koana pula:**

## Ip yohk se:

Ulac ku totalah, fol ac mihsrihsr, ku akul kac upaclac fine srike kuiyac in lain.

## Respiratory ac Heart

Cough, mahl, ngal inliwac, pisrpirslac beat lun heart la (heart pisrpir).

## Ma sahyac:

Kupasr ac muscle waek, srihng, eklac mas mutan la

## Neurological

Upac in nunak kuh lohang, ngal sifac, elyah ke mutul, pula fakfuck ke mahno, sruhi, supacr, kofla monglac

## Digestive:

Fohk sohrohr, ngal insiyac.

**Akucl nge kuh in upac in sukokyak, akuteyuki, ku karinginyukyak**

## Kisensiyuk wo kom in etuh ke long COVID

### Suc ku in weack long COVID?

Met nukewa ma weak COVID ku in asr se akucl ke long COVID. Yokna mwet pula upac nu se ke COVID.

### Koneyukyak fukah COVID?

Wangin test ku in konacack lah asr sum Long COVID. Mwet lohm ono ah e lie health history lom weang lah kom fukah ke kom weacng COVID met ah, ac oru health exam lom an.

### Kuh vaccine ku in kosraclah COVID?

IResearch akalemye lah mwet eis fakfuck ke COVID u sukac weack long COVID likina met ma tiac eis fakfuck ke COVID u.

## Unweyacn long COVID **Ne ingena wangin unweyacn long COVID**

Mwet orekma lohm ono ah ku in oracla sie plan in ono ah lom pa nuke nihm ono, eis kasruh sin specialist, asrosr, counsel ku mwet in lipsre kom. Ma inge kuh in kasruh pula lom ac akeyekom.

