

Dahkot Long COVID?

Long COVID iei soangen soumwahu kei en roson en paliwar me ekei aramas ahneki mwurin arail iangada COVID-19.

Ma komw mwahula sang COVID-19 ahpw wie kekehnte irair kan en soumwahu o, mweinte komw iang soumwahu en Long COVID.

Tohto soumwahu en roson en paliwar me kin pidada Long COVID. Re kak tepida sounpwong weneu mwurin omw mwahula sang COVID-19 oh reireiki sounpwong kei de pil kakete lel sounpar kei mwurin eh dierekda.

Aramas kan me iang soumwahu en long COVID kin kalapw kehn mepwukat:

Pali Laud en Ahnsou:

Pwang de pwangada laud, karakar, irair kan me kin suwedla sang mahs mwurin mwekimwekd de madamadau laud

Esingek oh Mongiong:

Kopokop, epwel en esingek, medek nan mwarmware, nohn pitipit kumwukumw en mongiong (heart palpitations)

Soahng teikan:

Medek nan kakon de muscle en paliwar, pwudong, wekidekla kan ong soumwahu en lih

Mehkan me dokedoke mwaliel de nerve kan (Neurological):

Apwal en madamadau de medewe mehkot erein ahnsou ahnsou ieu, moang medek, apwal en meir, kehn mwomwen dikek doakdoakoa wasa kan ni paliwere, sahliel, pahou laud, pwunod

Digestive :

Mehn tang, kapehd medek

Irair en soumwahu pwukat kakete apwal en dierek, kawehwe oh apwalih.

Peidek Kan Me Aramas Kin Kalapw Idek Duwen Long COVID

Ihs me kak alehdi Long COVID?

Sohte lipilpil aramas me alehdi COVID kak alehdi irair kan en Long COVID. E kin kalapw wiawi ong aramas kan me soumwahukihda laud soumwahu en COVID-19 o.

Ia mwomwen Long COVID eh kin dierekda?

Sohte keseu wiawihda pwehn diar ma aramas emen ahneki Long COVID. Toahkte men pahn kilang oh tehk duwen roson en aramaso sang mahs lel ahnsou wet, iangahki soumwahu en COVID-19 me e iangadao, oh kasawih irair en eh roson.

Doken silasil kan kak pere aramas sang Long COVID?

Roporop kasalehda me aramas kan me ale doken silasil sohte nohn keper ong irail en alehdi Long COVID duwehte irail kan me sohte ale doken silasil.

Sohte sawas en wini ong Long COVID ni ahnsou wet

Toahke kan kak pein koasoanehdi elen sawas kan ong apwalih soumwahu wet iangahki wini kan me konehng, kohla rehn toahkte semen teikan, ale sawas en therapy, oh sawas sang sounkaweid kan. Me pwukat kak sewese mwur kamwahwiala irair kan en soumwahu o oh roson en mour.

