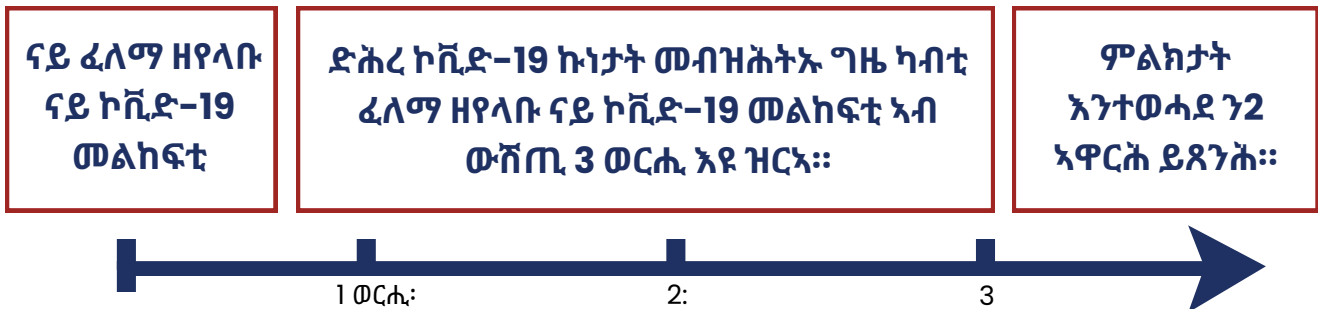


ድሕረ ኮቪድ-19 ኩነታት እንታይ እዩ?

ድሕረ ኮቪድ-19 ኩነታት ወይ 'ሎንግ ኮቪድ' መብዛሕትኡ ግዜ ካብቲ ዘየለቡ ናይ ኮቪድ-19 መልክፍቲ ኣብ ውሽጢ 3 ወርሒ ዝርኣ ኮይኑ እንተወሐደ ንክልተ ወርሒ ዝጸንሕ እዩ። እቶም ምልክታት ይፈላለዩ እዮም ፡ ምስ ግዜ ድማ ክቕየሩ ወይ ክገዱ ይክእሉ። ከምእውን ኣብ መዓልታዊ ህይወት ብዓቢኡ ጽልዋ ከምዘሕድሩ ውድብ ጥዕና ዓለም ይሕብር።^[1]



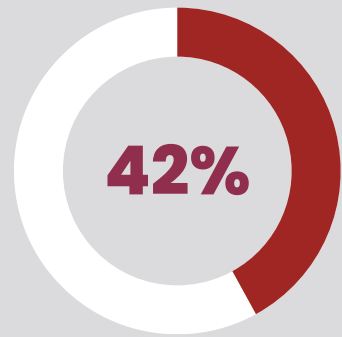
ልመዳት ምልክታት

- ድኻም
- ሕጻሪት ትንፋስ
- ድኻም ሓንጎል
- ቃንዛ
- ናይ ድቃስ ጸገማት
- ድሒሩ ዝመጽእኣኣላውን ምራላውን ምጽላእ^[2]

ንዝያዳ ምልክታት ኣብዚ ኣብ ታሕቲ ዘሎ መወከሲ ስእሊ 2፣ ስእሊ 3ን ስእሊ 4 ርኣ።^[3]

3.5 ሚልዮን

ኣብ ካናዳ ዝርከቡ ዓባይቲ ሰባት ድሕሪ ዝተረጋገጸ ወይ ዝተጠርጠረ ናይ ኮቪድ መልክፍቲ (ክሳብ ሰኔ 2023) ናይ ነዊሕ ግዜ ምልክታት ኣጋጢሞም እዮም።^[4]



ዳርጋ ፍርቂ ካብቶም ዝተለኽፉ ምስቲ ምልክታት ን 1 ዓመት ወይ ልዕሊኡን ጸኒሖም።^[4]

- » ብ ኮቪድ-19 ተታሒዘካ ዶ ኔርካ?
- » ዘይጠፍኣ ምልክታት ነይሩካ ዶ?

ብዛዕባ ምልክታትካ እንተተሻቂልካ ምስ ወሃብቲ ጥዕና ተዛራረብ።



ንዝያዳ ዝርዝር ሓበሬታ ብዛዕባ ድሕሪኮቪድ-19 ኩነታትን ናይ ካናዳ ድሕሪ ኮቪድ-19 ኩነታት (CAN-PCC) ሃገራዊ መምርሒታትን ነቲ QR code ስካን (scan) ግበሮ።



[1] World Health Organization. "Post COVID-19 Condition." <https://www.who.int/teams/health-care-readiness/post-covid-19-condition>

[2] Vøllestad, Nina K., and Mengshoel, Anne Marit. "Post-Exertional Malaise in Daily Life and Experimental Exercise Models." *Frontiers in Physiology*, 2023. <https://pubmed.ncbi.nlm.nih.gov/38111900/>

[3] O'Mahoney LL, Routen A, Gillies C, Ekezie W, Welford A, Zhang A, et al. "The prevalence and long-term health effects of Long Covid among hospitalised and non-hospitalised populations: a systematic review and meta-analysis." 2023 Jan 1;55:101762. <https://pubmed.ncbi.nlm.nih.gov/36474804/>

[4] Government of Canada. "Fall 2023 Report" <https://health-infobase.canada.ca/covid-19/post-covid-condition/fall-2023-report.html#>