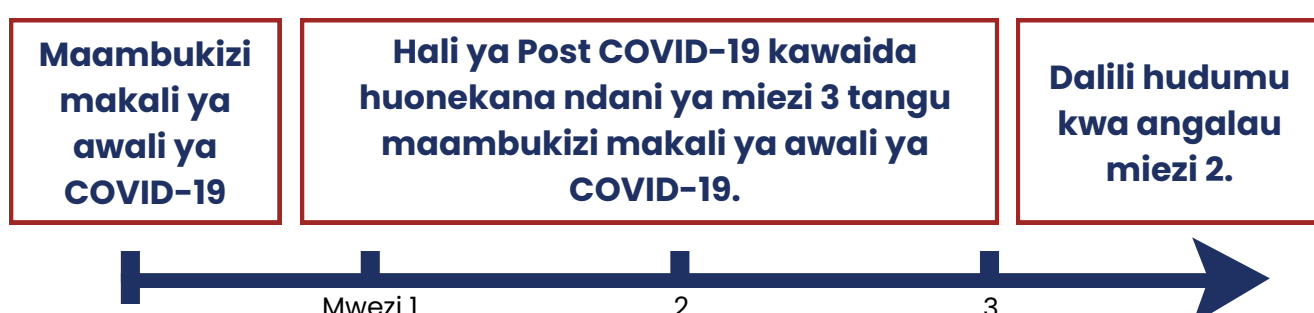


Ni nini hali ya baada ya COVID-19?

Hali ya Post COVID-19, au Long COVID, kawaida huonekana ndani ya miezi mitatu tangu maambukizi makali ya COVID-19 na hudumu kwa angalau miezi miwili. Dalili hutofautiana, na zinaweza kubadilika au kuzidi kwa muda, na kuathiri kwa kiasi kikubwa maisha ya kila siku, kulingana na Shirika la Afya Duniani (WHO).^[1]



Dalili za kawaida



Uchovu



Upungufu wa kupumua



Ukungu wa ubongo



Uchungu



Matatizo ya usingizi

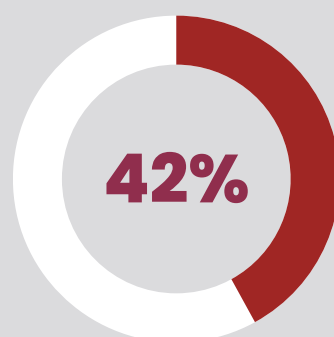


Ugonjwa wa baada ya bidii^[2]

Kwa dalili zaidi, angalia Mchoro 2, Kielelezo 3 na Kielelezo 4 katika kumbukumbu hapa chini.^[3]

milioni 3.5

Watu wazima nchini Canada wametonesha dalili za muda mrefu baada ya maambukizi ya COVID-19 yaliyothibitishwa au yanayoshukiwa (Kama ilivyo Juni 2023).^[4]



Karibu nusu ya wale wamepitia dalili kwa mwaka 1 au zaidi.^[4]

- Je, umewai kuwa na COVID-19?
- Je, umewai kuwa na dalili ambazo hazijaondoka?

Zungumza na mtoa huduma wako wa afya ikiwa una wasiwasi kuhusu dalili zako.

Changanua msimbo wa QR kwa maelezo zaidi kuhusu Hali ya Baada ya COVID-19 na Miongozo ya Kitaifa ya CAN-PCC.



[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#>