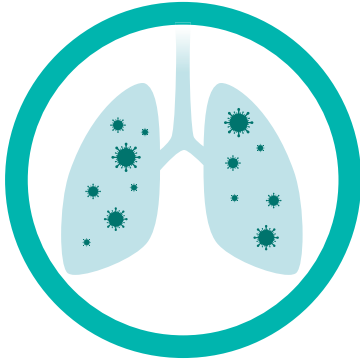




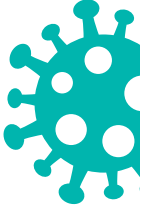
Waraka bayan Matsananciyar Cutar COVID-19



Mutanen da su ka yi fama da matsananciyar cutar COVID-19, na buƙatar kulawa domin murmurewa daga illolin inji mai tallafawa numfasshi, da kuma illolin rashin motsa jiki saka makon doguwar jinya. Illolin sun haɗa da:



- gajiyawar **aikin hunhu**
- matsanancin raunin **jijiyoyin jiki**
- kagewar **gabobin jiki**
- gajiya
- gazawar **motsin jiki** da **ayyukan yau-da-kullum**
- samun **ruɗani** da raguwar **kaifin tunani**
- matsalolin **magana** da **haɗiyar abinci/ruwa**
- lalurar **kwakwalwa** da ta zamantakewa



Physiotherapy zai taimaka wajen taka muhimmiyar rawa a farfadowar mutanen da suka yi fama da matsananciyar cutar COVID-19 a asibiti ko wasu gurare.

Wadannan mutanen na cikin haɗarin kamuwa da matsanancin matsalolin jiki, kwakwalwa, damuwa, da kuma zaman takewar yau-da-kullum.

Likitocin physiotherapy na matuƙar taka mahimmiyar rawa a wajen farfadowar lafiyar jikin waɗanda suka kamu da matsanciyar cutar COVID-19. Za su taimaka mu ku a wajen:

Akan ɗauki lokaci mai tsawo wajen murmurewa daga matsananciyar rashin lafiya – likitan physiotherapy zai taimaka muku a wajen nuni da hanya mafi dacewa domin samun lafiyar jikin ku.

Likitocin physiotherapy na yin aiki tare da sauran kwararrun jami'an lafiya wajen taimakawa buƙatun ku

- gaggauta fara **motsi** da tattaki
- **atisaye**
- komawa gudanar da **al'amuran yau-da-kullum**
- **samun lafiyar** hunhu
- inganta **numfashi**
- rage **gajiyar jiki**
- samun dai-daito tsakanin **motsi** da **hutuwa**



Likitan physiotherapy zai taimake ku yadda za kuyi atisaye, gami da motsa jiki domin cigaba da al'amuran yau-da-kullum

Ciwon Gajiya Sakamakon Kamuwa Kwayoyin Cutar Virus

10% daga cikin mutanen da suka kamu da COVID-19 na iya kamuwa da Ciwon Gajiya. Idan sauki bai samu ba, ko kuma damuwar gajiya na karuwa idan an yi aiki, to sai a tuntubi likitan physiotherapy ko malaman lafiya domin a gano ko kana da Ciwon Gajiya. Akwai hanyoyi daban-daban wajen kulawa da Ciwon Gajiya sakamakon COVID-19.



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