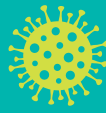


Yini iLong-COVID?



World
PT Day
2021

I Long COVID ichazwe okokuqala njengobukhona bezibonakaliso nezimpawu zokugula eziqala ngenkathi noma ezilandela ukutheleleka ngokugula okuhambisana ne-COVID-19 okuqhubeka amasonto ayi-12 noma ngaphezulu.

Ngokwejwayelekile, ibizwa nge-acute COVID-19 kuze kube amasonto ama-4 ne-COVID-19 eqhubekayo kusuka kumaviki ama-4 kuye kwayi-12



**Ivamise kangakanani
iLong COVID?**

I-1 kwezingu-10
kuwo wonke amacala izok-
hombisa izimpawu isikhathi
esingamasonto **ayi-12**
noma ngaphezulu



Abantu abaningi abaphila nalesi sifo phambilini babeyimiqemane futhi bephilile.



Izingane zizwa izimpawu ze-COVID ezinde ezifana nabantu abadala futhi cishe invamisa ngezanga elifanayo.

I Long COVID ithinta abantu abake balaliswa esibhedlela nge-COVID-19 enzima nalabo abalulamela ekhaya. Abantu ababhekane ne-COVID-19 engenabunzima noma ebucayi bangaqhubeka nokuba nezimpawu ezinde noma bathole iLong-COVID.

I Long COVID yisifo esinezindlela eziningi; kunezimpawu ezibalwayo ezingaphezulu kuka-200 ezenzeka zihlangane ngokushintshana futhi ezingaguquguquka kuzo zombili izindlela ezingalindeleka nezingalindelekile zokwenyuka kokugula Kanye nokwehla kokugula.

**Izimpawu ezivame kakhulu ngemuva
kwezinyanga eziyi6:**



Ukukhathala ngokweqile (ukukhathala) ukwanda kwezimpawu zokugula eziqhubeka ngamandla (i-PESE) post-exertional symptom exacerbation



Izinkinga ngokukhumbula nokugxila (inkungu ebuchosheni)

Ezinye izimpawu ezivamile:



ukuncipha kokuphefumula



ubuhlungu besifuba noma ukucinana



ubunzima bokulala (ukuqwasha)



ukushaya ngamandla kwenhliziyo



isiyezi



ubuhlungu bemisipha



ubuhlungu bamalunga



ukudangala kanye nexhala



i-tinnitus, ubuhlungu bezindlebe



ukuzizwa ugula, ukuhuda, ubuhlungu besisu, ukuphela kokulangazelela ukudla



ukushisa okuphezulu, ukukhwehlela, ikhanda elibuhlungu, umphimbo obuhlungu, ukushintsha kokuzwa iphunga noma ukunambitha



ukuqubuka

Bekungakavunyelwana jikelele mayelana nencazelo yomhlaba wonke yesimo seCovid Ende. Kodwa-ke, kunobufakazi obandayo bokuthi iLong COVID ivamile futhi iqeda amandla. Sekwenziwe imizamo yokuhlukanisa iLong COVID njengesimo sokugula okuqhubezelekayo okuhlanganisa izimpawu eziningi Kanye nokukhubazeka okukhulu.



World
Physiotherapy

www.world.physio/wptday