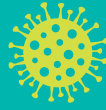


Gini bu Long COVID?



World
PT Day
2021

Akowara Long COVID ka njirimara na adaputa n'ime oge ma obu oge sotere oria COVID-19. O na-adigide ruo izuuka iri na abuo ma obu karia.

COVID-19 ruru izuuka ano ka a na-akpo COVID mbido mana o noro gaba wee ruo izuuka iriabuo, o buru Long COVID.



Long COVID
Ogbasara ebe nile?

Otu n'ime uzo iri ndi nile nwere ya ga egosi njirimara a ruo izuuka 12 ma obu karia



Otutu ndi nwere oria bu ndi ahu gbasiri ike n'oge mbu.



Umu ntakiri n'egosi njirimara Long COVID dika nke ndi okenye.

Long COVID n'emekwa ndi nobugoro n'ulo ahuike maka oria COVID nakwa ndi nooro n'ulo ha wee dikwa mma. Ndi nwere COVID n'udi ntakiri ma obu n'udi riri nne nwekwara ike iga n'ihu nwee Long COVID.

Long COVID bu oria n'emetuta akuku ime ahu mmadu di iche iche. E nwere uzo njirimara kariri nari abuo.

O na-agbanwekwa n'otutu uzo ndi amaara na n'udi amaghii.

Njirimara ya ma onokaria onwa isii:



oke ike ogwugwu

oria ikawanye njo mgbe imeghariri nke ukwu



oke ichefu ihe

Njirimara ya ndi ozo:



ume ichu oso



obi mgbu na ihe mkpodo



enweghi ike irahu ura



obi iku kpumpkum



aju



mgbu n'akwara



mgbu na njiko okpukpu



enweghi onu na itu uche



nti ime mkpotu nakwa nti mgbu



ahu onwunwu, afo osisa, afo mgbu, enweghi aguu ihe oriri



ahu oku, ukwara, isi owuwa, akpiri ntachi, anughi isisi ma obu nweta uto n'ire



akpikpa ahu

Mba uwa enwebeghi nkwekorita zuru oke n'ihe gbasara Long COVID mana nnyocha n'egosi na odi ubara n'egbutukwa mmadu nke ukwu. A na-agba mbo ka akowaputachaa ya dika o si emetuta akuku ime ahu mmadu n'ebutekwa nkwaru.



World
Physiotherapy

www.world.physio/wptday