



Australian Government



Txojkev mob ntev ntawm COVID-19

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Cov neeg mob COVID-19 feemcoob, yuav mob ntev li ob-peb lis-piam tomqab xwb ces zoo lawm. Qhov tias yuav zoo qeeb los sai ntawd kuj txawv ntawm ib tug mus rau ib tug. Nws ntsuas xyuas saib thaum kis tau COVID-19 ntawd koj mob hnyav npaum lidas. Tshooj ntiv no kuj yuav ntsuas xyuas ntiv saib koj puas muaj lwm yam mob hauv lub cev uantej thiab.

Nws muaj ib txhia neeg yuav mob mus ntev tomqab kis tau COVID-19. Muaj qho zaub tus mob COVID-19 yuav ua rau tus neeg mob tsis txawj zoo ntev mus ntau lub hlis. Yog mob lino ces hu tias mob “long COVID” uas yog mob COVID ntev. Mob COVID ntev yog yuav mob ntev mus ntau lub lis-piam losyog ntau lub hlis, txawm tias tus neeg mob ntawd twb tsis muaj tus kabmob nyob hauv nws lub cev lawm.

Tus mob COVID ntev yog mob rau cov neeg uas tau mob COVID-19 hnyav. Tabsis txawm tias muaj ib txhia neeg uas mob COVID-19 me-ntsis thiab yeej tsis tau mob txaus mus kho tom tsev khomob los yeej mob tau COVID ntev tibi thiab.

Cov tsos-mob COVID-ntev

Mob COVID ntev yog ib yam mob uas muaj cov tsos-mob ntau-ntau yam thiab tejzaum sawvaws yuav mob tsis zoo sibthooj. Cov tsos-mob pheej tseem muaj mus ntiv tomqab tus neeg mob COVID-19 twb zoo lawm.

Cov tsos-mob pom muaj ntau thiab cov kev mob uas ceebтом tuaj qhia yog:

- nkees -nkees - tiredness
- ua-pa hnyuab tsawv - difficulty breathing
- hnood tsis paub zoo - a persistent cough
- mob hauv-siab - chest pain
- mob pob qej-txha - joint pain
- tsis muaj zog ncaj tes-taw li - not enough energy to exercise
- ua daus-no - fever
- mob taub-hau - headaches
- cim xeeb ua tem-toob thiab xav dabtsi los tsis tawm (lub hlwb pos-fuab nti – brain fog)
- nyuab siab losyog txhawj - depression or anxiety.

Kev tiv-thaiv mob COVID ntev

Txojkev tiv-thaiv mob COVID ntev zoo tshaj plaws ces yog tiv-thaiv koj tus kheej kom tsis txhob kis tau kabmob COVID-19 xwb.

Kev txhaj tshuaj tiv-thaiv kabmob yog qhov zoo tshaj uas yuav pab kev sibkis COVID-19 kom tsawg-zog tuaj.

Kev tshawb-fawb qhia tias cov neeg uas tau txhaj tshuaj tiv-thaiv COVID-19 lawm tsis pom tuaj qhia tias muaj cov tsos-mob COVID ntev ntau npaum cov neeg uas tsis tau txhaj tshuaj tiv-thaiv kabmob.

Xovxwm ntxiv

Yog koj twb kuaj paub tias mob COVID-19 ob-peb lub lispam dhau los lawm, thiab koj pheej tseem mob tsis zoo li, ces mus cuag koj tus kws khomob.

Yog xav tau xovxwm ntxiv mus xyuas hauv health.gov.au/covid19-vaccines-languages, losyog hu rau the National Coronavirus Helpline uas xovtooj 1800 020 080. Xaiv option 8 rau kev pabcuam txhais-lus pub dawb.