Tasirin COVID-19 na dogon lokaci

27 ga Yuni 2022

Yawancin mutanen da suka sami COVID-19 za su sami alamu na ɗan gajeren lokaci sannan su warke cikin ƴan makonni. Lokacin da ake ɗauka don samun lafiya daga COVID-19 ya bambanta ga kowa. Wannan ya dogara da yadda kuka kasance da COVID-19. Hakanan yana iya dogara akan ko kuna da wasu yanayin kiwon lafiya.

Akwai wasu mutanen da suka fuskanci matsalolin lafiya na dogon lokaci bayan sun kamu da COVID-19. Wani lokaci COVID-19 yana sa mutum ya ji rashin lafiya tsawon watanni da yawa bayan rashin lafiya ta farko. Ana kiran wannan 'dogon COVID'. Dogon COVID na iya ɗaukar makonni da watanni masu yawa, koda bayan mutum bashi da cutar.

Dogon COVID yana yiwuwa a cikin mutanen da ke da COVID-19 mai tsanani. Koyaya, har ma mutanen da ke da ƙwayar cuta ta COVID-19 mai sauƙi kuma ba sa buƙatar zuwa asibiti na iya bunkasa dogon COVID.

## Alamomin dogon COVID

Dogon COVID na iya haifar da alamomi da yawa kuma maiyuwa ba zai shafi kowa da kowa ba a hanya ɗaya. Alamomi na iya ci gaba bayan kamuwa da cuta, ko kuma suna iya dawowa bayan mutum ya murmure daga COVID-19.

Mafi yawan bayyanar cututtuka da yanayin da aka ruwaito sun haɗa da:

* gajiya
* wahalar numfashi
* tari mai tsayi
* ciwon kirji
* ciwon haɗin gwiwa
* rashin isasshen kuzari don motsa jiki
* zazzaɓi
* ciwon kai
* matsaloli tare da ƙwaƙwalwar ajiya da wahalar tunani a sarari ('hazo kwakwalwa')
* bakin ciki ko damuwa.

## Hana dogon COVID

Hanya mafi kyau don hana dogon COVID ita ce kare kanka daga kamuwa da cutar ta COVID-19.

Alurar riga kafi ita ce hanya mafi kyau don rage haɗarin COVID-19.

Bincike ya nuna cewa mutanen da aka yi wa rigakafin COVID-19 ba su da yuwuwar ba da rahoton dogon alamomi COVID fiye da mutanen da ba a yi musu allurar ba.

## Don ƙarin bayani

Idan kun gwada inganci na COVID-19 fiye da ƴan makonni da suka gabata, kuma har yanzu kuna jin rashin lafiya, yi magana da likitan ku.

Don ƙarin bayani, ziyarci [health.gov.au/covid19-vaccines-languages](http://www.health.gov.au/covid19-vaccines-languages), ko kuma a kira Layin Taimakon Coronavirus na Ƙasa akan 1800 020 080. Zaɓi lamba 8 don ayyukan fassara.