

Te au rāvenga no te long COVID

No te ma'ata'anga o te tangata, ka meitaki te au 'akairo-maki COVID-19 i roto i teta'i 4 'epetoma. Ko te au 'akairo-maki te ka tere 'ua atu no teta'i au 'epetoma, me kore ra, au marama, mei te tū'ia'anga mua i te 'long COVID', e kāre e 'akamārama'anga mei teta'i atu turanga maki.



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Ko'ai te ka tū'ia i te long COVID?

I te 'ākara'anga, e tupu putuputu ana ki te aronga, tei tū'ia ana ite au 'akairo-maki kino pakari i te 'akamata'anga, māri ra, ka tū'ia teta'i 'ua atu. Kāre e kite putuputu'ia ana ki runga i te tamariki, e te au māpu tamariki.

Te au mea te 'ēkōkō'ia nei, te ka 'akamaki iā koe:

- te turanga pakari
- me e au maki kē atu to'ou
- no to'ou ma'atama'ata (obesity)
- me e vaine koe
- te 'apaina'ia'anga ki roto i te 'aremaki no te COVID-19.



Ea'a teta'i aronga ka tū'ia ai i te long COVID?

Kāre e pa'u'anga takataka, e te anoano'ia nei teta'i atu kimikimi'anga kite. 'Inārā, no runga pa'a i te:

- kaveinga e tutuki ana te manumanu i to'ou kōpapa
- te no'o'anga tinamou o teta'i manumanu ki roto i to'ou kōpapa, e te 'akatupu'anga i te au 'akairo-maki motukore
- te 'anga'anga pakari'anga o to'ou turanga tamaki i te maki (immune system), i te tamaki i te manumanu.

Kua 'āite to teta'i aronga au 'akairo-maki long COVID, kite chronic fatigue syndrome.



Ea'a te au 'akairo-maki?

Tūkētūkē 'ua atu rāi te au tū 'akairo-maki, e ka tūkē atu pa'a mei te au 'akairo-maki COVID-19, tei mātau'ia. E turanga meitaki to teta'i tei tū'ia i te long COVID no teta'i 'epetoma 'okota'i, e ka kino atu a terā'o mai 'epetoma.

Tei roto i te au 'akairo-maki te:

- umauma mamae, tukituki'anga puku'atu (palpitations)
- ro'iro'i, pīva, mamae, maki-kōpu
- ānini, kāre e moe meitaki ana, pa'upa'u'anga mamae, manatā i te ma'ara'ara'anga, 'akaānini
- mamae karaponga, mamae taringa, ngaro'anga o te tongi/'ongi 'aunga
- poupou a'o, mare.

Kua kite katoa te tangata i te taitaiā, maromaroā, me kore ra, i te post-traumatic stress disorder (PTSD). Ka tupu teia, me kite pa'a koe e kua tū'ia koe i te long COVID, te no'o'anga ki roto i te 'aremaki, me kore ra, te au maki kāre tākiri e meitaki'anga, e ka tāmanamanatā teia i to'ou roro, e te tomo'anga ki roto i te tangata.



Ka 'akape'ea te rapakau'anga i teia?

Kāre e rapakau'anga tau, no reira, ka anoano'ia koe kia kite i te 'aka'aere'anga i to'ou au 'akairo-maki.

No te turu'anga e te 'aka'aere'anga i te au 'akairo-maki long COVID, komakoma atu ki to'ou taote, nēti, me kore ra, tangata 'oko vairākau – i te taime tikai me tū'ia koe i te au 'akairo-maki 'ōu, me kore ra, me kino atu to'ou au 'akairo-maki.

E mea pu'apinga kia kore koe e rapurapu kia meitaki to'ou maki. 'Akapāpu meitaki kia rava ta'au 'akangāro'i'anga, ma te 'aere marie – parāni'ia ta'au e anoano ra i te rave, e 'auraka e rave ma'ata.

'Ākara'ia ta matou kupenga uira no te au tāmānako'anga no runga i te:

- au 'akano'ono'o'anga kōpapa, kia māmā mai to'ou 'akaea'anga
- 'aka'aere'anga i te ro'iro'i (fatigue)
- 'oki'anga ki te tā'anga'anga i te kōpapa, ete 'akamātūtū'anga kōpapa.



Āru meitaki i to'ou au 'akairo-maki

Ka tauturu te rekōti'anga i to'ou au 'akairo-maki ki roto i teta'i tiānara 'akairo-maki kia mārama i te reira, te kite i te mea kino rava atu kiā koe, e te kite i te au tauī'anga, me kore ra, au 'akapapa'anga.

Ka rauka āinei i te au vairākau-pāruru i te 'akatopa mai i to'ou tū'ia'anga i te long COVID?

Ko te 'akapae'anga i te maki COVID-19, te rāvenga pu'apinga rava atu i te pāruru, i te long COVID. Ko te pātia'ia'anga ki te vairākau-pāruru COVID-19, te rāvenga pu'apinga rava atu i te tū'ia'anga i teia. Te karanga nei te 'akairo e, ka 'akatopa mai te pātia'ia'anga ki te vairākau-pāruru, te tū'ia'anga i te long COVID, i muri ake i te tū'ia'anga i te COVID.

Ka no'o tinamou āinei te long COVID ki roto iāku?

Ka meitaki tākiri te ma'ata'anga o te tangata, māri ra, ka tūkētūkē mei teta'i tangata ki teta'i, te roa o te tuātau e meitaki ei. 'Ākara matatio i to'ou au 'akairo-maki, ma te kimi tauturu atu, me kāre koe e meitaki'anga. Ui atu ki to'ou taote no runga i te 'oki'anga ki te 'anga'anga, e teta'i atu au 'oro'oro'anga.



Ka 'aere au ki 'ea no te turu?

Ka rauka i to'ou taote i te 'ōronga atu i te rapakau'anga motukore, tāmānako atu i te au turanga turu, e te 'ōronga atu i te au pēpa no te 'anga'anga. 'Akama'ara, kāre e ko koe anake 'ua – te kite nei te tangata katoa o teia nei ao i te long COVID.

- Pupu pukamata – **Long COVID Support Aotearoa**
- Pupu pukamata – **COVID-19 Long Haulers Support**
- Twitter – **@LongCovidNZ**
- **Complex Chronic Illness Support – Te Moana a Toi**



Kimi'ia teta'i atu:

www.healthify.nz/long-covid