

English	繁體中文 Chinese (Traditional)
<p>What is long COVID?</p> <p>This information is for people aged 18 and over. Contact your GP or paediatric team directly if you're worried about possible long COVID symptoms and you're either:</p> <ul style="list-style-type: none">• under 18• a parent, guardian or carer of a young person or child <p>While most people recover quickly from coronavirus (COVID-19), some people may have ongoing symptoms. These can last for a few weeks or longer. This has been referred to as long COVID.</p> <p>These symptoms are not limited to people who were seriously unwell or hospitalised with coronavirus.</p>	<p>甚麼是新冠長期症狀？</p> <p>此資訊適用於 18 歲及以上的人士。如果你擔心自己可能有新冠長期症狀，並且你屬於下面任一類情況，請直接聯繫你的 GP 或兒科醫生：</p> <ul style="list-style-type: none">• 未滿18歲• 青少年或兒童的父母、監護人或照護人 <p>雖然大部分人在患新冠病毒病（2019 冠狀病毒病）後很快康復，部分人可能會有持續的症狀。這些症狀可以持續幾個星期或更久。這情況稱為新冠長期症狀。</p> <p>這些症狀並不限於曾因新冠病毒病而嚴重不適或進院治療的人士。</p>
<p>How long does long Covid last?</p>	<p>新冠長期症狀會持續多久？</p>

Most people's symptoms of coronavirus get better within 4 weeks. But for some people, symptoms can last longer, or new ones can develop. Symptoms can also change over time and can affect anywhere in the body.

Healthcare professionals may refer to long COVID as:

- ongoing symptomatic COVID-19 (4 to 12 weeks)
- post-COVID-19 syndrome (over 12 weeks)

As this is a new condition, our understanding is developing all the time. Experts are learning more about how long symptoms will last, and it'll vary from person to person. There can be different symptoms which often overlap. It can't be said exactly how long coronavirus symptoms will last. The reassuring evidence is that symptoms improve over time in most cases.

Advice is based on:

- evidence from research so far
- experience and expert knowledge of healthcare professionals

Research is ongoing, so advice may change when its results are known.

大部分人的新冠病毒病症狀會在 4 個星期內好轉。但對於部分人士，症狀可能會持續較久，或者有新的症狀出現。症狀亦可能隨着時間過去而改變，並可能影響身體的任何部分。

專業醫護人員所指的新冠長期症狀，可能是：

- 持續有症狀的 2019 冠狀病毒病（4 至 12 個星期）
- 2019 冠狀病毒病後遺症（超過 12 個星期）

因為這是新的病症，我們對它的瞭解仍處於尚在發展的階段。專家們正在研究症狀持續的時長，症狀持續時長也會因人而異。可能出現不同的症狀，而且症狀經常互相重疊。我們暫時無法確定新冠症狀會持續多長時間。但有令人信服的證據表明，在大多數情況下，症狀會慢慢改善。

這個建議說法是基於：

- 到目前為止的研究證據
- 醫護人員的經驗和專業知識

專家們正在持續進行研究，如有更進一步的結果，建議說法可能有變。

Signs and symptoms of long COVID

Signs and symptoms after coronavirus can be different from person to person. The most common ones include:

- cough
- breathlessness
- fatigue
- muscle and joint pain
- sleep problems
- loss of smell or taste
- low mood
- 'brain fog', loss of concentration or memory issues (cognitive impairment)
- anxiety

[Read further information about the signs and symptoms of long COVID](#)

新冠長期症狀的病徵和症狀

患新冠病毒病後的病徵和症狀可以人人不同。最常見的包括：

- 咳嗽
- 氣促
- 疲勞
- 肌肉和關節痛
- 睡眠問題
- 嗅覺或味覺喪失
- 情緒低落
- 「腦霧」現象，不能集中精神或記憶出現問題（認知功能障礙）
- 焦慮

[進一步閱覽關於新冠長期症狀的病徵和症狀的資訊](#)

Assessing long COVID symptoms

Nobody else understands your symptoms as well as you. Some people can carry on their day to day life managing long COVID symptoms themselves. Others may need further help from a healthcare

評估新冠長期症狀

沒有人比你更清楚你自己的症狀。有些人能夠自行應付新冠長期症狀，繼續過日常生活。其他人可能需要專業醫護人員的進一步協助。

<p>professional.</p> <p>You're the best person to help your healthcare professional understand how your symptoms affect you.</p> <p>Your symptoms can be assessed in several ways, which will include looking at your physical and mental wellbeing.</p> <p>Read further information about assessing long COVID symptoms</p>	<p>你就是幫助專業醫護人員了解症狀如何影響你的最適當人選。</p> <p>有幾種方法可以評估你的症狀，其中包括檢查你的身體和精神健康。</p> <p>進一步閱覽關於評估新冠長期症狀的資訊</p>
<p>Planning your care</p> <p>When planning your care, it's important that you're involved in discussions and decisions that affect you.</p> <p>After your assessment, your healthcare professional will discuss with you and agree on what support you need and how you can get it.</p> <p>Read further information about your recovery</p>	<p>計劃你的護理</p> <p>當計劃自己的護理時，你應該參與會影響你的討論和決定，這是很重要的。</p> <p>在評估之後，你的專業醫護人員會和你討論，以便彼此同意你所需要的支援及獲得支援的方法。</p> <p>進一步閱讀關於你的康復的資訊</p>
<p>Vaccination</p> <p>It's now known whether vaccines have any effect on the ongoing symptoms of coronavirus. NHS Scotland recommend you get the coronavirus vaccine when offered it. Vaccines can help reduce the risk of further infection.</p>	<p>疫苗接種</p> <p>我們現在已知道疫苗對新冠長期症狀有影響。但是NHS蘇格蘭建議你收到新冠疫苗邀請後盡快接種。疫苗可以減少進一步感染的風險。</p>

<p>Read further information about the coronavirus vaccine.</p>	<p>進一步閱覽關於新冠疫苗的資訊</p>
<p>Patient information booklet</p> <p>There's a patient information booklet for people who have symptoms that last more than 4 weeks. It's written by experts from the National Institute for Health and Care Excellence (NICE), the Royal College for General Practitioners (RCGP) and the Scottish Intercollegiate Guidelines Network (SIGN).</p> <p>Read the patient information booklet</p>	<p>患者須知手冊</p> <p>我們有一本「患者須知手冊」專門針對新冠症狀持續超過 4 週的人士。本手冊由英國國家健康與照顧優化研究所 (NICE)、英國皇家全科醫師學會 (RCGP) 及蘇格蘭聯合學會指引網絡 (SIGN) 的專家們聯合撰寫。</p> <p>閱讀「患者須知手冊」</p>
<p>NHS inform helpline</p> <p>If you're well, but have a question about long COVID, you can phone 0800 22 44 88. The helpline is open 7 days a week, from 8.00am to 8.00pm</p>	<p>NHS inform 援助熱線</p> <p>如果你身體健康，但對於新冠長期症狀有疑問，你可以致電 0800 22 44 88。該熱線每星期開放 7 天，由上午 8 時至晚上 8 時</p>
<p>For more information in Chinese (Traditional) go to www.nhsinform.scot/translations/languages/chinese</p>	<p>如欲獲得更多繁體中文的資訊，可瀏覽 www.nhsinform.scot/translations/languages/chinese</p>
<p>January 2022</p>	<p>2022 年 1 月</p>