

English	繁體中文 Chinese (Traditional)
<h2 data-bbox="188 421 1102 480">Signs and symptoms of long COVID</h2> <p data-bbox="188 512 1142 655">There are many different signs and symptoms of long COVID. Your symptoms may change over time. The most common symptoms include:</p> <p data-bbox="188 708 663 746">Breathing (respiratory symptoms)</p> <ul data-bbox="237 799 501 911" style="list-style-type: none"><li data-bbox="237 799 501 837">• breathlessness<li data-bbox="237 874 376 911">• cough <p data-bbox="188 959 857 997">Heart and circulation (cardiovascular symptoms)</p> <ul data-bbox="237 1050 1028 1235" style="list-style-type: none"><li data-bbox="237 1050 501 1088">• chest tightness<li data-bbox="237 1125 434 1163">• chest pain<li data-bbox="237 1200 1028 1235">• heartbeats that can become noticeable (palpitations) <p data-bbox="188 1283 622 1321">Brain (neurological symptoms)</p>	<h2 data-bbox="1180 421 1825 480">新冠長期症狀的病徵和症狀</h2> <p data-bbox="1180 517 2022 619">新冠長期症狀有很多不同的病徵和症狀。你的症狀可能隨着時間過去而改變。最常見的症狀包括：</p> <p data-bbox="1180 676 1485 715">呼吸（呼吸系統症狀）</p> <ul data-bbox="1229 772 1346 884" style="list-style-type: none"><li data-bbox="1229 772 1346 810">• 氣促<li data-bbox="1229 847 1346 884">• 咳嗽 <p data-bbox="1180 943 1612 981">心臟和血液循環（心血管症狀）</p> <ul data-bbox="1229 1038 1644 1235" style="list-style-type: none"><li data-bbox="1229 1038 1346 1077">• 胸悶<li data-bbox="1229 1118 1346 1157">• 胸痛<li data-bbox="1229 1198 1644 1235">• 可注意得到的心跳（心悸）

- ['brain fog'](#), loss of concentration, or memory issues (cognitive impairment)
- headache
- [broken sleep](#)
- pins and needles, and numbness (peripheral neuropathy symptoms)
- dizziness
- sudden confusion (delirium) particularly in older people
- difficulties moving around (mobility impairment)
- difficulty with or changes to your sight (visual disturbance)

Digestive system (gastrointestinal symptoms)

- abdominal pain
- feeling sick (nausea)
- diarrhoea
- weight loss and reduced appetite

腦部（神經系統症狀）

- 「腦霧」現象，不能集中精神或記憶出現問題（認知功能障礙）
- 頭痛
- 斷斷續續的睡眠
- 刺痛感和麻痺（周圍神經病症狀）
- 暈眩
- 突然精神混亂（神志失常），特別在較年長的人士中
- 走動出現困難（行動力受損）
- 視力出現困難或變化（視覺障礙）

消化系統（胃腸的症狀）

- 腹痛

Joints and muscles (musculoskeletal symptoms)

- [muscle and joint pain](#)

Mental health (psychological/psychiatric symptoms)

- symptoms of [depression](#) for example low mood, poor sleep, lack of concentration and feeling helpless
- symptoms of [anxiety](#) for example feeling on edge, excessive worry and difficulties sleeping
- symptoms of post-traumatic stress disorder, especially in people with more severe coronavirus (COVID-19) symptoms that needed intensive care in hospital

Ear, nose and throat symptoms

- [loss of taste and/or smell](#)
- ringing in the ears (tinnitus)
- earache

- 感到想嘔吐（噁心）
- 腹瀉
- 體重下降和食慾降低

關節和肌肉（肌骨骼症狀）

- 肌肉和關節痛

精神健康（心理/精神病症狀）

- 抑鬱症症狀，例如情緒低落，睡眠欠佳，難以集中精神及感到無助
- 焦慮症症狀，例如感到緊張不安，過分擔心和難以入睡
- 創傷後應激障礙症症狀，特別是新冠症狀嚴重需住院接受重症監護的人士

- sore throat
- dizziness

Skin (dermatological symptoms)

- skin rashes
- hair loss

Other general symptoms can include fatigue, fever and pain.

Some people with long COVID may have symptoms of [postural tachycardia syndrome \(PoTS\)](#) which may need further investigation.

PoTS is an abnormal increase in heart rate that happens after standing up. Symptoms include light headedness, palpitations and fatigue.

耳朵、鼻子和咽喉症狀

- 喪失味覺和/或嗅覺
- 耳內鳴響（耳鳴）
- 耳痛
- 咽喉痛
- 暈眩

皮膚（皮膚病症狀）

- 皮疹
- 脫髮

其他一般症狀可包括疲勞、發燒和痛楚。

一些存在新冠長期症狀的人士可能會出現「端坐性心搏過速症」（PoTS）的症狀，這可能需要做更多檢查。PoTS 是站立

	後發生的心率異常加速。症狀包括頭暈，心悸和疲勞。
<p>Managing your symptoms</p> <p>Contact your GP practice if:</p> <ul style="list-style-type: none">• you're worried about your symptoms• your symptoms are getting worse <p>The team within your GP practice can provide advice.</p> <p>Further information about assessing your symptoms</p> <p>Further information about managing:</p> <ul style="list-style-type: none">• cough• fatigue• breathlessness• muscle and joint pain	<p>處理你的症狀</p> <p>如果出現以下情況，應聯絡你的 GP 診所：</p> <ul style="list-style-type: none">• 你對症狀感到擔憂• 你的症狀正在惡化 <p>你的 GP 診所團隊能提供建議。</p> <p>有關評估你的症狀的進一步資訊</p> <p>關於處理症狀的進一步資訊：</p> <ul style="list-style-type: none">• 咳嗽• 疲勞• 氣促• 肌肉和關節痛

- [sleep problems](#)
- [low mood and depression](#)
- [anxiety](#)
- [brain fog](#)

- [睡眠問題](#)
- [情緒低落和抑鬱症](#)
- [焦慮](#)
- [腦霧](#)

Support available

Chest Heart & Stroke Scotland's Advice Line nurses provide confidential advice, support and information to help people living with long COVID, or their family members.

To contact the Advice Line nurses:

- phone 0808 801 0899 (free from landlines and mobiles)
- email advice@chss.org.uk
- text NURSE to 66777

提供的支援

Chest Heart & Stroke Scotland 的諮詢熱線的護士可提供保密建議、支援和資訊，幫助受新冠長期症狀影響的人士及其家庭成員。

要聯絡該諮詢熱線的護士：

- 致電 0808 801 0899（固網電話及手提電話免費來電）
- 發電郵至 advice@chss.org.uk
- 發短訊 NURSE 到 66777

For more information in Chinese (Traditional) go to www.nhsinform.scot/translations/languages/chinese	如欲獲得更多繁體中文的資訊, 可瀏覽 www.nhsinform.scot/translations/languages/chinese
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