

English	繁體中文 Chinese (Traditional)
<p>Long COVID: Muscle and joint pain</p> <p>You may experience pain after coronavirus (COVID-19), especially if you were in hospital or less active than usual as a result of the virus. Most pain should eventually go away, but sometimes it might carry on for longer. There are ways to manage pain that you may have after coronavirus.</p>	<p>新冠長期症狀：肌肉和關節痛楚</p> <p>你可能在患新冠病毒病（2019 冠狀病毒病）之後出現痛楚，特別是如你因病毒關係曾經住院或比平時較不活躍。大部分痛楚最後應該會消失，但有時則會持續較久。有些方法可以處理患上新冠病毒病後可能出現的痛楚。</p>
<p>Do:</p> <ul style="list-style-type: none">• plan the things you need to do each day to help you keep on top of your pain• pace yourself – if your pain is stopping you completing a task you can try again later• try to relax – this can be hard, but finding something which relaxes you will reduce the stress of pain	<p>應做的事：</p> <ul style="list-style-type: none">• 每天計劃你需要做的事情，以幫助你成功地應付痛楚• 自我調整節奏——如果你的痛楚妨礙你完成工作，你可以遲些再試• 嘗試放鬆自己——這可能會很困難，但找些能令你感到輕鬆的事物會幫助減少痛楚的壓力

- take regular enjoyable exercise – even a small amount if you can, like going for a walk, will make you feel better and help keep your muscles and joints moving
- talk to others – such as family and friends – about pain you're experiencing and why you may need to do things differently at the moment
- do things you enjoy – this makes you feel good and can reduce pain
- speak to your community pharmacist for advice about pain management
- take prescribed medicine if advised by a healthcare professional

Speak to your GP practice if:

- your pain is affecting your day to day life
- you're worried about your symptoms

- 如果可以的話，則定時做你享受的運動——即使只是少量（例如出外散步），這會令你感到較舒服及幫助維持肌肉和關節的活動
- 與別人（例如家人和朋友）傾談你所感到的痛楚，以及為何你目前要以不同的方式做事
- 做你享受的事——這會令你感覺良好及能減少痛楚
- 向你的社區藥劑師查詢怎樣處理痛楚的建議
- 如專業醫護人員建議，則服用處方藥物

如果出現以下情況，應告訴你的 GP:

- 你的痛楚正影響日常生活
- 你對症狀感到擔憂

<p>For more information in Chinese 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>October 2021</p>	<p>2021 年 10 月</p>