

| English | 简体中文 Simplified Chinese (Mandarin) |
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| <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>什么是新冠长期症状？</p> <p>此信息适用于 18 岁及以上的人。如果您担心可能患有新冠长期症状，且属于以下任一情形，请直接联系您的 GP 诊所或儿科团队：</p> <ul style="list-style-type: none"> • 18 岁以下 • 年轻人或小孩的父母、监护人或照护者 <p>大多数人患2019新冠肺炎（COVID-19）后都能迅速恢复，但有些人的症状可能持续存在。这些症状可持续几周或更长时间。这被称为新冠长期症状。</p> <p>这些症状并不局限于感染新冠病毒后严重不适或住院的人。</p> |
| <p>How long does long Covid last?</p> | <p>新冠肺炎症状会持续多久？</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症状在 4 周内好转。但对于一些人，症状可能持续更久，或可以出现新症状。症状也可以随时间变化，可能影响身体的任何部位。

医护专业人员可能把新冠长期症状称为：

- 持续症状性 COVID-19（4 到 12 周）
- COVID-19 后综合征（超过 12 周）

这是一种新型疾病，我们对它的认识一直在刷新。专家们正在加强了解新冠肺炎症状会持续多久。该疾病因人而异。该疾病可表现为不同的症状，多重叠。无法确切地说新冠肺炎症状会持续多久。令人安心的证据表明，在大多数情况下，新冠肺炎症状会随着时间的推移而缓解。

建议是基于：

- 迄今为止的研究证据
- 医护专业人员的经验和专业知识

研究正在进行中，所以当结果出来时，建议也会随之变更。

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](#)

新冠长期症状的体征和症状

新冠病毒感染后的体征和症状在不同的人中可能有差异。最常见的包括：

- 咳嗽
- 呼吸急促
- 疲劳
- 肌肉疼痛和关节疼痛
- 睡眠问题
- 失去嗅觉或味觉
- 情绪低落
- “脑雾”、专注力减退或记忆问题（认知障碍）
- 焦虑

[阅读更多关于新冠长期症状体征和症状的信息](#)

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

评估新冠长期症状的症状

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| <p>symptoms themselves. Others may need further help from a healthcare 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>没有其他人能像您一样了解自己的症状。一些人可以通过自行管理新冠长期症状来继续日常生活。其他人可能需要来自医护专业人员的进一步帮助。</p> <p>您是帮助医护专业人员了解症状如何影响您的最佳人选。</p> <p>可以通过几种方式评估您的症状，包括了解您的身体和心理健康。</p> <p>阅读更多关于评估新冠长期症状的症状的信息</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>计划您的治疗</p> <p>在计划您的治疗时，您亲自参与影响您的讨论和决策有重要意义。</p> <p>在您的评估后，您的医护专业人员将与您讨论，并就您需要什么支持以及如何获得支持达成一致。</p> <p>阅读更多关于您恢复的信息</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>疫苗接种</p> <p>现在已经知道疫苗是否会对持续存在的新冠肺炎症状产生效果。NHS Scotland 建议您在被提供新冠肺炎疫苗接种机会时进行接种。疫苗可帮助降低进一步感染风险。</p> |

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| Read further information about the coronavirus vaccine. | <p>阅读更多有关新冠肺炎疫苗的信息。</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>患者信息手册</p> <p>现推出一本患者信息手册，面向症状持续超过 4 周的人士。该手册由英国国家健康与护理卓越研究所 (National Institute for Health and Care Excellence, NICE)、英国皇家全科医师学院 (Royal College for General Practitioners, RCGP) 和苏格兰学院间指南网络 (Scottish Intercollegiate Guidelines</p> <p>阅读这本患者信息手册</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 帮助热线</p> <p>如果您没有不适，但有一些关于新冠长期症状的问题，您可以致电 0800 22 44 88。帮助热线每周 7 天每天 8.00am 至 8.00pm 开放。</p> |
| <p>For more information in Chinese (Simplified) go to www.nhsinform.scot/translations/languages/chinese</p> | <p>更多简体中文信息 · 请浏览 www.nhsinform.scot/translations/languages/chinese</p> |
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