

English	简体中文 Simplified Chinese (Mandarin)
<p>Signs and symptoms of long COVID</p> <p>There are many different signs and symptoms of long COVID. Your symptoms may change over time. The most common symptoms include:</p> <p>Breathing (respiratory symptoms)</p> <ul style="list-style-type: none"> • breathlessness • cough <p>Heart and circulation (cardiovascular symptoms)</p> <ul style="list-style-type: none"> • chest tightness • chest pain 	<p>新冠长期症状的体征和症状</p> <p>新冠长期症状有很多不同的体征和症状。您的症状可能随时间变化。最常见的症状包括：</p> <p>呼吸（呼吸症状）</p> <ul style="list-style-type: none"> • 呼吸急促 • 咳嗽 <p>心脏和循环（心血管症状）</p> <ul style="list-style-type: none"> • 胸闷

<ul style="list-style-type: none"> • heartbeats that can become noticeable (palpitations) <p>Brain (neurological symptoms)</p> <ul style="list-style-type: none"> • '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) <p>Digestive system (gastrointestinal symptoms)</p>	<ul style="list-style-type: none"> • 胸部疼痛 • 可能未被察觉的心跳（心悸） <p>大脑（神经系统症状）</p> <ul style="list-style-type: none"> • “脑雾”、专注力减退或记忆问题（认知障碍） • 头痛 • 睡眠断断续续 • 针刺感和麻木（外周神经病症状） • 头晕 • 突然糊涂（谵妄），尤其是老年人 • 难以四处移动（行动障碍） • 视力困难或视力改变（视觉障碍）
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<ul style="list-style-type: none"> • abdominal pain • feeling sick (nausea) • diarrhoea • weight loss and reduced appetite <p>Joints and muscles (musculoskeletal symptoms)</p> <ul style="list-style-type: none"> • muscle and joint pain <p>Mental health (psychological/psychiatric symptoms)</p> <ul style="list-style-type: none"> • 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 	<p>消化系统（胃肠症状）</p> <ul style="list-style-type: none"> • 腹痛 • 想呕吐（恶心） • 腹泻 • 体重下降和食欲减退 <p>关节和肌肉（肌肉骨骼症状）</p> <ul style="list-style-type: none"> • 肌肉疼痛和关节疼痛 <p>心理健康（心理/精神症状）</p> <ul style="list-style-type: none"> • 抑郁的症状，例如情绪低落、睡眠差、缺乏专注力和感觉无助。 • 焦虑的症状，例如过度警觉、过度担忧、睡眠困难
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<p>Ear, nose and throat symptoms</p> <ul style="list-style-type: none"> • loss of taste and/or smell • ringing in the ears (tinnitus) • earache • sore throat • dizziness <p>Skin (dermatological symptoms)</p> <ul style="list-style-type: none"> • skin rashes • hair loss <p>Other general symptoms can include fatigue, fever and pain.</p> <p>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</p>	<ul style="list-style-type: none"> • 创伤后应激障碍症状，尤其是那些具有较严重新冠肺炎症状且需在医院接受重症监护的人群 <p>耳、鼻、喉症状</p> <ul style="list-style-type: none"> • 失去味觉和/或嗅觉 • 耳朵里嗡嗡响（耳鸣） • 耳痛 • 喉咙痛 • 头晕 <p>皮肤（皮肤症状）</p> <ul style="list-style-type: none"> • 皮疹 • 脱发
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<p>rate that happens after standing up. Symptoms include light headedness, palpitations and fatigue.</p>	<p>其他全身症状可以包括疲劳、发热和疼痛。</p> <p>一些具有新冠长期症状的人可能出现直立性心动过速综合征 (PoTS)，这可能需要进一步调查。PoTS 指的是当人站立起来后心率异常升高。症状包括轻微头痛、心悸和疲劳。</p>
<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 	<p>管理您的症状</p> <p>如果出现以下情况，联系您的 GP：</p> <ul style="list-style-type: none"> • 对症状感到担心 • 症状恶化 <p>您 GP 诊所内的团队可以提供建议。</p> <p>更多关于评估您的症状的信息</p>

- [fatigue](#)
- [breathlessness](#)
- [muscle and joint pain](#)
- [sleep problems](#)
- [low mood and depression](#)
- [anxiety](#)
- [brain fog](#)

更多关于管理的信息：

- [咳嗽](#)
- [疲劳](#)
- [呼吸急促](#)
- [肌肉和关节疼痛](#)
- [睡眠问题](#)
- [情绪低落和抑郁](#)
- [焦虑](#)
- 脑雾

<p>Support available</p> <p>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.</p> <p>To contact the Advice Line nurses:</p> <ul style="list-style-type: none"> • phone 0808 801 0899 (free from landlines and mobiles) • email adviceline@chss.org.uk • text NURSE to 66777 	<p>可用的支持</p> <p>Chest Heart & Stroke Scotland 的 Advice Line 护士提供保密建议、支持和信息，以帮助患有新冠长期症状的人们或他们的家人。</p> <p>Advice Line 护士联系方式：</p> <ul style="list-style-type: none"> • 电话 0808 801 0899 （固定电话和手机免费） • 电子邮件 adviceline@chss.org.uk • 发送短信 NURSE 至 66777
<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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