

<b>English</b>	<b>简体中文 Simplified Chinese (Mandarin)</b>
<p data-bbox="203 507 1064 563"><b>Assessing long COVID symptoms</b></p> <p data-bbox="203 595 1122 687">If your healthcare professional thinks you have long COVID, they may:</p> <ul data-bbox="253 743 1122 962" style="list-style-type: none"><li>• take a medical history and ask about whether you have had, or think you have had, coronavirus (COVID-19)</li><li>• examine you to find out more about any physical or mental health symptoms you have if required</li></ul> <p data-bbox="203 1018 1133 1273">If you need it, please ask about extra support during your assessment. For example having extra time for your appointment or having an interpreter. Your healthcare professional may ask to include your family or carers in discussions. They'll agree this with you.</p>	<p data-bbox="1171 520 1753 576"><b>评估新冠长期症状的症状</b></p> <p data-bbox="1171 635 2000 759">如果您的医护人员认为您患有新冠长期症状，他们可能会：</p> <ul data-bbox="1220 834 2000 1137" style="list-style-type: none"><li>• 采集病史，询问您是否曾或认为自己曾感染新冠病毒（COVID-19）</li><li>• 如果需要，会对您进行检查以了解有关您的任何身体或心理健康症状的更多信息</li></ul> <p data-bbox="1171 1209 2000 1305">如果您需要，请寻求在评估过程中获得额外支持，例如延长您的看诊时间或安排一名口译员。您的医护人员可能会</p>

	<p>要求让您的家人或照护者也参与讨论。他们会事先征得您的同意。</p>
<p><b>How your symptoms will be assessed</b></p> <p>Your healthcare professional will talk to you about the wide range of possible long COVID symptoms, and how they may come and go over time. They may suggest some tests - for example a blood test.</p> <p>You'll generally be able to manage most of your symptoms on your own but you may need some help from your primary care team. Your primary care team could include a:</p> <ul style="list-style-type: none"> <li>• GP</li> <li>• nurse</li> <li>• pharmacist</li> <li>• physiotherapist</li> <li>• occupational therapist</li> </ul>	<p><b>将如何评估您的症状</b></p> <p>您的医护专业人员将询问您一系列广泛的新冠长期症状的可能症状以及它们如何随着时间的推移而出现和消失。他们可能会建议一些检查- 例如血液检查。</p> <p>您通常可以自行管理大部分症状，但您可能需要社区医护团队的一些帮助。您的社区医护团队可能包括：</p> <ul style="list-style-type: none"> <li>• GP</li> <li>• 护士</li> <li>• 药剂师</li> </ul>

<p>In some cases, you may be referred for more specialist advice.</p> <p>If you have a severe mental health condition or your healthcare professional is concerned that you're at risk of serious self-harm or suicide, you'll be referred urgently for assessment by a mental health professional.</p> <p>You may be referred urgently to hospital if you have any signs that could be a life-threatening condition, for example:</p> <ul style="list-style-type: none"> <li>• a low level of oxygen in your blood</li> <li>• severe lung disease</li> <li>• chest pain</li> </ul>	<ul style="list-style-type: none"> <li>• 物理治疗师</li> <li>• 作业治疗师</li> </ul> <p>在某些情况下，为了获得更多专家建议，您可能会被转诊。</p> <p>如果您有严重的心理健康问题或者如果您的医护专业人员担心您有严重的自我伤害或自杀风险，则您会被紧急转诊由心理健康专业人士进行评估。</p> <p>如果发现任何可能危及生命的迹象，您可能会被紧急转诊到医院，例如：</p> <ul style="list-style-type: none"> <li>• 血氧水平低</li> <li>• 严重肺病</li> <li>• 胸部疼痛</li> </ul>
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## Tests

Your healthcare professional may carry out some tests to investigate your signs and symptoms. This will also help them rule out other conditions. As a general rule, the healthcare professional who arranges your test will also discuss with you how you'll receive your results.

Tests may include:

- blood tests
- an exercise tolerance test suited to your ability (for example a 1 minute sit-to-stand test)
- lying and standing blood pressure and heart rate
- pulse oximetry (a sensor is attached to your finger to measure oxygen levels)
- a chest X-ray if you still have breathing difficulties (for example a cough or breathlessness)

您的医护人员可能会进行一些检查，以调查您的体征和症状。这也将帮助他们排除其他疾病。作为一条一般原则，安排您进行检查的医护人员还将与您讨论您将如何收到自己的结果。

这些检查可能包括：

- 血液检查
- 适合您的能力的运动耐力检查（例如 1 分钟坐立测试）
- 平躺和站立血压和心率
- 脉搏血氧仪（一种连接在您手指上以测量氧气水平的传感器）

<p>If you have mental health symptoms such as anxiety or depression, you may be referred:</p> <ul style="list-style-type: none"> <li>• for psychological therapies</li> <li>• to a liaison psychiatry service if you have more complex physical and mental health needs</li> </ul> <p>If your healthcare professional thinks your symptoms are not related to coronavirus and may be due to another condition, you may be offered other tests. You may also be referred to a specialist in that condition.</p>	<ul style="list-style-type: none"> <li>• 如果您仍有呼吸急促（例如咳嗽或呼吸急促），胸部 X 光检查</li> </ul> <p>如果您有心理健康症状，如焦虑或抑郁，您可能会被转诊：</p> <ul style="list-style-type: none"> <li>• 接受心理治疗</li> <li>• 接受照会精神医学服务，如果您有更复杂的身体和心理健康需求</li> </ul> <p>如果您的医护专业人员认为您的症状与新冠病毒无关，可能因另一种疾病导致，则可能会让您做其他检查。您也可能被转诊给一名该病的专家。</p>
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<p><b>After your assessment</b></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. To work out what support you need and make a plan with you about your recovery, your healthcare professional will talk to you about:</p> <ul style="list-style-type: none"> <li>• the overall impact of your symptoms on your life</li> <li>• how your symptoms may change or come and go</li> <li>• how you might need different levels of support at different times</li> </ul>	<p><b>在您的评估后</b></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。为了确定您需要什么样的支持并与您一起制定恢复计划，您的医护专业人员将与您讨论：</p> <ul style="list-style-type: none"> <li>• 您的症状对您生活的总体影响</li> <li>• 您的症状可能会如何改变或出现和消失</li> <li>• 在不同时间您可能需要如何不同程度的支持</li> </ul>
<p>For more information in Chinese (Simplified) go to <a href="http://www.nhsinform.scot/translations/languages/chinese">www.nhsinform.scot/translations/languages/chinese</a></p>	<p>更多简体中文信息，请浏览 <a href="http://www.nhsinform.scot/translations/languages/chinese">www.nhsinform.scot/translations/languages/chinese</a></p>

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