

| English | 简体中文 Simplified Chinese (Mandarin) |
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| <p>Your recovery</p> <p>Recovery from coronavirus (COVID-19) can take time. The length of time will vary from person to person. The symptoms can also vary, so not everyone is affected in the same way. It's important not to compare yourself to others.</p> <p>To improve your physical and mental health, it's important you:</p> <ul style="list-style-type: none"> • listen to your body • prioritise sleep • eat healthily • balance activity and rest | <p>您的康复</p> <p>从新冠病毒 (COVID-19) 中恢复可能需要时间。时间长度因人而异。症状也可能不同，因此不是每个人都以相同的方式受影响。不要拿自己和他人比较，这很重要。</p> <p>为改善身心健康，做到以下几点至关重要：</p> <ul style="list-style-type: none"> • 倾听您的身体 • 将睡眠放在首位 • 保持饮食健康 • 劳逸结合 |

Things you can do for yourself

To help with your recovery, you should consider:

- setting realistic goals, if needed, with the help of your healthcare professional
- keeping a symptom diary
- having someone to contact if you're worried about your symptoms or need more support

There are lots of sources of advice and support. These include:

- support groups
- online forums and apps
- support from other services, including [social care](#), [housing](#), and [employment](#), and [advice about financial support](#)

You can find services near you using [Scotland's Service Directory](#).

您能为自己做的事情

为了帮助您恢复，您应该考虑：

- 在您的医护专业人员的帮助下制订现实目标（如需要）
- 记录症状日志
- 如果您担心自己的症状或需要更多支持，请与他人联系

有很多建议和支持渠道。包括：

- 支持小组
- 在线论坛和应用程序
- 来自其他服务的支持，包括 [社会关怀](#)、[收容](#)和[就业](#)，以及关于财务支持 [的建议](#)

您可以使用 [Scotland's Service Directory](#)找到您附近的服务。

阅读以下内容：

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| <p>Read about:</p> <ul style="list-style-type: none"> • eating well • sleeping well • keeping active | <ul style="list-style-type: none"> • 吃好 • 睡好 • 积极向上 |
| <p>Who will be involved in my care?</p> <p>During your journey, you may see a range of professionals with various specialist skills. They'll help with different aspects of your recovery.</p> <p>You may be referred for more specialist advice or help with your rehabilitation and recovery. The team at your GP practice will work with you and arrange any referral to the right service in your local health board. This could include:</p> <ul style="list-style-type: none"> • occupational therapy • physiotherapy • rehabilitation | <p>谁来照顾我？</p> <p>在您的康复历程中，您可能会遇到很多具有各种专业技能的专业人士。他们将在您恢复的各个方面提供帮助。</p> <p>您可能会被转诊，以寻求更多的专家建议或康复及恢复帮助。</p> <p>您 GP 诊所的团队将与您合作，安排针对您当地卫生委员会的正确服务的任何转诊。这可能包括：</p> <ul style="list-style-type: none"> • 作业治疗 • 物理治疗 • 康复 • 临床心理学和精神病学 |

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| <ul style="list-style-type: none"> • clinical psychology and psychiatry <p>Other specialists may be brought in depending on your specific symptoms, for example:</p> <ul style="list-style-type: none"> • a dietitian • an eye specialist • a speech and language therapist | <p>根据您的具体症状，可能会聘请其他专家，例如：</p> <ul style="list-style-type: none"> • 营养师 • 眼科医生 • 言语语言治疗师 |
| <p>How will my care be planned?</p> <p>Your healthcare professional should always talk about your care with you, so you can agree on it together.</p> <p>Knowing the right questions to ask can make all the difference.</p> <p>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"> • the overall impact of your symptoms on your life | <p>将如何计划我的治疗？</p> <p>您的医护专业人员应始终与您讨论您的治疗，这样您就可以一起就此达成一致。</p> <p>知道什么是正确的问题非常关键。</p> <p>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"> • 您的症状对您生活的总体影响 |

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| <ul style="list-style-type: none"> • how your symptoms may change or come and go • how you might need different levels of support at different times <p>Your healthcare professional may also talk with you about whether you need further appointments to check your progress and recovery.</p> <p>If your symptoms change, let your healthcare professional know. It could mean you need to be referred to a specialist or have more tests.</p> | <ul style="list-style-type: none"> • 您的症状可能会如何改变或出现和消失 • 在不同时间您可能需要如何不同程度的支持 <p>医护专业人员还可能与您讨论您是否需要进一步预约，以检查您的进度和恢复情况。</p> <p>如果您的症状发生变化，请告诉您的医护专业人员。这可能意味着您需要被转诊至专科医生或者进行更多测试。</p> |
| <p>Returning to work</p> <p>The longer-term effects of coronavirus will be different for everyone. Some people may need time off work. Your return to work will depend on:</p> <ul style="list-style-type: none"> • how you're feeling • the type of job you do | <p>复工</p> <p>新冠病毒感染的长期影响因人而异。一些人可能需要请假。是否复工取决于：</p> <ul style="list-style-type: none"> • 您现在感觉如何 • 您所从事的工作的类型 • 雇主的灵活安排 |

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| <ul style="list-style-type: none"> the level of flexibility offered by your employer <p>It's important that you work with your employer to manage your return to work. Some people will need a phased return to work following recovery from coronavirus. A phased return means you gradually build up your hours and days at work.</p> <p>Where available, take advice from your Occupational Health department or talk to your line manager.</p> <p>When you return to work, you may find yourself feeling more tired. This is normal. During this time, it's important that you try and pace yourself both at work and at home.</p> <p>Further information about returning to work:</p> <ul style="list-style-type: none"> Society of Occupational Medicine: COVID-19 Return to work guide for recovering workers (PDF, 2.1 MB) Working Health Services Scotland Acas: COVID-19 advice for employers and employees | <p>重要的是，您应该与雇主一起努力处理复工事宜。有些新冠病毒感染者康复后需要分阶段复工。分阶段复工是指逐步增加工作时间和工作天数。</p> <p>如果可以，请咨询Occupational Health部门的建议，或和您的直属经理谈谈。</p> <p>复工后，您可能感觉更疲倦。这是正常现象。在这段时间里，无论是在工作中还是在家中，您都要努力调整自己的节奏，这一点很重要。</p> <p>更多复工相关信息：</p> <ul style="list-style-type: none"> Society of Occupational Medicine: COVID-19 Return to work guide for recovering workers (PDF, 2.1 MB) Working Health Services Scotland Acas: 针对雇主和职员的COVID-19建议 |
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| <p>Other support</p> <p>If you're older or have a disability, you may be offered more support. This could include:</p> <ul style="list-style-type: none"> • a short term care package • advance care planning • support with looking after yourself | <p>其他支持</p> <p>如果您年龄较大或者您是残障人士，则可能会向您提供更多支持。这可能包括：</p> <ul style="list-style-type: none"> • 短期护理套餐 • 预立医疗照护计划 • 自我照顾方面的支持 |
| <p>Money and caring responsibilities</p> <p>You may be worried about your finances after having coronavirus. You may have caring responsibilities. There are resources available to help:</p> <ul style="list-style-type: none"> • Citizens Advice Scotland | <p>经济和照顾责任</p> <p>感染新冠病毒后，您可能会担心自己的经济状况。您可能有照顾责任。已有渠道提供帮助：</p> <ul style="list-style-type: none"> • Citizens Advice Scotland • Money Advice Scotland: 新冠病毒-处理债务和财务问题 • Care Information Scotland |

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| <ul style="list-style-type: none"> • Money Advice Scotland: Coronavirus - dealing with debt and money worries • Care Information Scotland | |
| <p>Chest Heart & Stroke Advice Line</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>Chest Heart & Stroke Advice Line</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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| January 2022 | 2022年1月6日 |
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