

English	繁體中文 Chinese (Traditional)
<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>你的康復</p> <p>從新冠病毒病（2019 冠狀病毒病）康復可能需要時間。每個人所需的時間將會不同。症狀亦可能會不同，所以並非每個人皆受到同樣的影響。不要將自己和別人比較，這是很重要的。</p> <p>為了改善你的身體和精神健康，以下各項對你很重要：</p> <ul style="list-style-type: none">• 留意你的身體在告訴你甚麼• 睡眠優先於一切• 注意飲食健康• 平衡活動與休息

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](#).

Read about:

你可以為自己做的事

要幫助自己康復，你應該考慮：

- 訂立實際可行的目標，如需要的話，讓你的專業醫護人員協助你這樣做
- 寫症狀日記
- 如果你對自己的症狀感到擔憂或需要支援，有可以聯絡的人

建議和支援的來源很多，包括：

- 支援小組
- 網上論壇及應用程式
- 來自其他服務部門的支援，包括[社會護理部](#)、[房屋部](#)及[就業部](#)，以及給予[有關財務支援的建議](#)

你可以使用 [Scotland's Service Directory](#) 找到在你附近的服務

<ul style="list-style-type: none"> • eating well • sleeping well • keeping active 	<p>部門。</p> <p>閱讀有關以下各項的資訊：</p> <ul style="list-style-type: none"> • 吃得好 • 睡得好 • 保持活躍
<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 	<p>誰會參與我的護理？</p> <p>在康復之路上，你將可能接受一系列有不同專科技能的專業人士所提供的服務。他們將在各方面為你的康復提供協助。</p> <p>你可能獲轉介以獲得更多專科建議或對康復和復原的協助。你的 GP 診所團隊將協力安排，把你轉介至當地健康委員會的相關服務部門。這可能包括：</p> <ul style="list-style-type: none"> • 職業治療師

<ul style="list-style-type: none"> • physiotherapy • rehabilitation • 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 	<ul style="list-style-type: none"> • 物理治療師 • 康復服務 • 臨床心理及精神病治療服務 <p>; 視乎你的特定情況，可能會引入其他專科人員，例如：</p> <ul style="list-style-type: none"> • 營養師 • 眼科專家 • 言語治療師
<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</p>	<p>會怎樣計劃我的護理？</p> <p>你的專業醫護人員必須和你討論你的護理，以便彼此能同意有關的安排。</p> <p>懂得怎樣提出適當的問題可能令效果截然不同。</p>

about your recovery, your healthcare professional will talk to you about:

- the overall impact of your symptoms on your life
- how your symptoms may change or come and go
- how you might need different levels of support at different times

Your healthcare professional may also talk with you about whether you need further appointments to check your progress and recovery.

If your symptoms change, let your healthcare professional know. It could mean you need to be referred to a specialist or have more tests.

為了知道你需要甚麼支援及與你一起訂立康復計劃，你的專業醫護人員可能會和你討論：

- 你的症狀對生活的整體影響
- 你的症狀可能怎樣改變或時有時無
- 你可能怎樣在不同時候需要不同水平的支援

你的專業醫護人員也可能會同你討論，以確定你是否需要預約更多檢查並了解你的康復情況。

如果你的症狀出現變化，請通知你的專業醫護人員。你可能需要轉診去看專家或進行更多檢查。

Returning to work

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:

- how you're feeling
- the type of job you do
- the level of flexibility offered by your employer

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.

Where available, take advice from your Occupational Health department or talk to your line manager.

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

恢復工作

新冠病毒病對每個人的較長期影響均會不同。有些人也許需要暫停工作。你能否恢復工作將視乎：

- 你的感覺如何
- 你從事哪一類工作
- 你的僱主可提供的彈性程度

你應該和僱主一起處理恢復工作的安排，這是很重要的。有些人從新冠病毒病康復後，需要分階段恢復工作。分階段恢復表示你會逐漸增加工作的小時和日數。

如有提供的話，應接受你的 Occupational Health 部門的建議，或者和你的上司討論。

當你恢復工作時，你可能會發現自己感到更疲倦。這是正常的。在此期間，你應嘗試在工作場所及家中都調整自己的節

<p>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>奏，這是很重要的。</p> <p>關於恢復工作的進一步資訊：</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: 對僱主及僱員有關 2019 新冠的建議
<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>其他支援</p> <p>年齡較大或患有殘疾的人士可獲得更多支援。這可能包括：</p> <ul style="list-style-type: none"> • 短期的護理計劃 • 預立臨終照護計劃 • 為自行護理的人士提供支援

<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 • Money Advice Scotland: Coronavirus - dealing with debt and money worries • Care Information Scotland 	<p>財務和照顧責任</p> <p>患上新冠病毒病後，你可能會對自己的財務狀況感到擔心。你可能有照顧別人的責任。以下是可提供援助的資源：</p> <ul style="list-style-type: none"> • Citizens Advice Scotland • Money Advice Scotland: 新冠病毒病——應付債務及對財務的擔憂 • 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) 	<p>Chest Heart & Stroke Advice Line</p> <p>Chest Heart & Stroke Scotland 的諮詢熱線護士可提供保密建議、支援和資訊，幫助受新冠長期症狀影響的人士及其家庭成員。</p> <p>要聯絡該諮詢熱線的護士：</p>

<ul style="list-style-type: none"> • email advice@chss.org.uk • text NURSE to 66777 	<ul style="list-style-type: none"> • 致電 0808 801 0899 (固網電話及手提電話免費來電) • 發電郵至 advice@chss.org.uk • 發短訊 NURSE 到 66777
<p>For more information in Chinese (Traditional) 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>
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