

| English | 繁體中文 Chinese (Traditional) |
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| <p data-bbox="203 422 741 478">Long COVID: Fatigue</p> <p data-bbox="203 512 1088 657">During your recovery from any illness, including coronavirus (COVID-19), you may experience fatigue. Fatigue affects what you're able to do.</p> <p data-bbox="203 710 976 746">As well as for moving around, you also use energy for:</p> <ul data-bbox="253 802 546 1129" style="list-style-type: none">• concentration• attention• problem solving• talking• making decisions <p data-bbox="203 1182 1070 1273">Fatigue means you have less physical, mental and emotional energy to do these daily activities.</p> | <p data-bbox="1173 422 1686 478">新冠長期症狀：疲勞</p> <p data-bbox="1173 518 2119 619">你在任何疾病——包括新冠病毒病（2019 冠狀病毒病）——的康復期間，可能會感到疲勞。疲勞會影響你能夠做些甚麼事。</p> <p data-bbox="1173 678 1868 715">除了周圍走動之外，你還需要精力做以下的事情：</p> <ul data-bbox="1223 774 1402 1121" style="list-style-type: none">• 集中精神• 留意事物• 解決問題• 與人談話• 作出決定 <p data-bbox="1173 1182 2105 1281">疲勞表示你用於進行這些日常活動的體力、腦力及情緒能量都會減少。</p> |

Coping with fatigue

There are ways to help you manage fatigue.

Conserving energy

During your recovery, you may wish to use your energy for things that are important to you. The Royal College of Occupational Therapists have advice on conserving energy. You can use the '3 Ps' to do daily tasks so you have more energy throughout the day:

- plan
- prioritise
- pace

[How to conserve energy](#)

Plan your day and prioritise your activities

Try to break your day into small parts and set easy goals to begin with. Rest between activities and only do what you feel able to do.

應付疲勞

有些方法可以幫助你處理疲勞。

保存精力

在康復期間，你不妨考慮把精力用於對你重要的事情上。Royal College of Occupational Therapist 對保存精力有所建議。你可以採取稱為「3P」的三個步驟處理日常事務，使自己從早到晚能有更多精力：

- 計劃
- 訂立優先次序
- 調整節奏

[怎樣保存精力](#)

計劃每一天，為你的活動訂立優先次序

You can keep a daily activity diary, where you write down each activity you've completed. This lets you track your energy levels and avoid activities that cause setbacks.

Remember to include mental and emotional activities in your activity diary. This can help you plan ahead and prioritise what is important to you.

Pace yourself

Try to avoid doing lots of things one day and then nothing the next few days. Instead, pace yourself and spread out what you're doing during the week. It's normal for your energy levels to be different on different days.

If you feel more tired and unwell when you try to build up your activity, do not keep increasing it. Instead, work with what you're able to do without increasing your fatigue.

Move around

嘗試把整天分為多個細小部分，在開始時先訂立容易達到的目標。在活動之間休息，只做你覺得自己能辦到的事情。

你可以寫日記來記錄每天的活動，記下你已完成的每項活動。這讓你能追蹤自己的精力水平，避免進行引致挫折的活動。

記得要把腦力及情緒活動包括在內。這能夠幫助你預先計劃和優先處理對你重要的事情。

自我調整節奏

嘗試避免在一天內做很多事情，然後接着的幾天卻無所事事。相反，要自我調整節奏，把你正在做的事情在該星期內分開進行。你在不同日子會有不同的精力水平，這是正常的。

如果在嘗試增加活動時感到更疲倦和不適，切勿不斷增加。相反，只應處理你力所能及而不會增加疲勞的事情。

周圍走動

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| <p>It's important to avoid sitting in one position for too long. Get up each hour to have a stretch or get a glass of water.</p> <p>Remember to use any walking aids you need.</p> <p>Speak to your GP practice if:</p> <ul style="list-style-type: none">• your fatigue is not improving• you're worried about your symptoms <p>Speak to your GP practice if:</p> <ul style="list-style-type: none">• your fatigue is not improving• you're worried about your symptoms | <p>應避免以同一姿勢坐下太久，這是很重要的。每小時都應站起來舒展筋骨，或者喝一杯水。</p> <p>記得使用你需要的任何助行器。</p> <p>如果出現以下情況，應告訴你的 GP:</p> <ul style="list-style-type: none">• 你的疲勞沒有改善• 你對症狀感到擔憂 <p>如果出現以下情況，應告訴你的 GP:</p> <ul style="list-style-type: none">• 你的疲勞沒有改善• 你對症狀感到擔憂 |
| <p>For more information in Chinese 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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