

English	繁體中文 Chinese (Traditional)
<p>Long COVID: Breathlessness</p> <p>After an illness you may find you have difficulty catching your breath and feel short of breath more easily. This is called breathlessness. This can happen if you've had coronavirus (COVID-19), even if you did not need treatment in hospital.</p> <p>Breathless can feel scary but there are several things you can do to help.</p>	<p>新冠長期症狀：氣促</p> <p>在患病後，你可能發現自己會氣喘和很容易便呼吸急促。這現象稱為氣促。如果你曾患新冠病毒病（2019 冠狀病毒病），即使你並不需要進院治療，仍可能出現這種情況。</p> <p>氣促可能令人感到恐慌，但你可以做一些對此有幫助的事情。</p>
<p>How to ease breathlessness</p> <p>Using a different position will allow your breathing muscles to work better and help you to feel less short of breath. You might find one position works best for you.</p> <p>Feelings of panic will often make your breathlessness worse. So, trying to relax in your preferred position will also help.</p>	<p>怎樣舒緩氣促</p> <p>採取不同的姿勢，讓你的呼吸肌肉能更好地發揮功能，幫助你感到呼吸沒有那麼急促。你可能發現其中一個姿勢對你效果最好。</p> <p>恐慌的感覺時常會令你的氣促惡化。因此，嘗試採用較喜歡的姿勢並放鬆自己也有幫助。</p>

Lying on your front can help reduce breathlessness if you're recovering from coronavirus. Adding pillows under your chest or pelvis may make this position more comfortable. Only use this position if you feel comfortable and it helps your breathing.

如果你正從新冠病毒病康復，俯臥能幫助減少氣促。在胸下或骨盆處加些枕頭可能會令這個姿勢更舒適。只在你感到舒適及能幫助你呼吸的情況下，才採用這個姿勢。

Breathing techniques to reduce breathlessness

Breathing control

1. Sit in a relaxed position in a chair with your back well supported.
2. Place one hand on your tummy.
3. Slowly take a deep breath in through your nose.
4. As you breathe in, allow your tummy to rise up.
5. As you breathe out slowly, feel your tummy relax down.

This may take some practice but can be very useful to help reduce breathlessness.

減少氣促的呼吸技巧

控制呼吸

6. 以放鬆的姿勢坐在椅子上，背部要有良好支撐。
7. 把一隻手放在腹部。
8. 緩緩地通過鼻子作深呼吸。
9. 當你吸氣時，讓你的腹部隆起。
10. 當你緩緩呼氣時，應感覺你的腹部放鬆下來。

這會需要一些練習，但對幫助減少氣促可以十分有用。

擻嘴呼吸

Pursed lip breathing

This can be useful to control breathlessness when you're walking or being more active.

Take a breath in through your nose. Gently breathe out through your mouth with your lips pursed, just like when you're whistling or blowing out a candle. Try to breathe out for longer than you breathe in.

Blow as you go

Breathe in before you start to move, then breathe out when you're making a big effort, such as bending down, lifting something heavy or going up stairs.

Speak to your GP practice if:

- your breathlessness is not improving
- your breathlessness gets worse when you lie flat and your ankles are also swollen
- you're worried about your symptoms

當你走路或比較活躍時，這對於控制氣促可以很有用。

通過鼻子作深呼吸。雙唇撅起，輕柔地通過嘴巴呼氣，如同你正在吹口哨或把蠟燭吹熄一樣。嘗試用比吸氣更長的時間呼氣。

發力時呼氣

在動作開始之前吸氣，然後在你努力進行該動作時呼氣，例如在蹲下，提起重物或上樓梯的時候。

如果出現以下情況，應告訴你的 GP:

- 你的氣促沒有改善
- 當你平躺時氣促惡化，而且你的腳踝腫脹
- 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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