

	简体中文 Simplified Chinese (Mandarin)
<h2>Long COVID: Brain fog</h2> <p>Brain fog is not a medical term but used to describe a range of symptoms including:</p> <ul style="list-style-type: none"> <li>• poor concentration</li> <li>• feeling confused</li> <li>• thinking more slowly than usual</li> <li>• fuzzy thoughts</li> <li>• forgetfulness</li> <li>• lost words</li> <li>• mental fatigue</li> </ul> <p>Brain fog can feel similar to the effects of sleep deprivation or stress. It's not the same as dementia and does not mean structural damage to the brain.</p>	<h2>新冠长期症状：脑雾</h2> <p>脑雾不是一个医学术语，但用于描述一系列症状，包括：</p> <ul style="list-style-type: none"> <li>• 注意力不集中</li> <li>• 感到迷糊</li> <li>• 思维比平常更慢</li> <li>• 模糊思维</li> <li>• 健忘</li> <li>• 忘词</li> <li>• 精神疲劳</li> </ul> <p>脑雾的感觉类似于睡眠剥夺或压力大产生的效应。它不同于痴呆，也不意味着脑部受到结构性损伤。</p>

<p>People usually recover from brain fog. You may get similar symptoms after other infections, a minor head injury or during the menopause. Brain fog is also common if you have depression, anxiety or stress.</p> <p>While recovering from coronavirus (COVID-19), some people experience brain fog. Symptoms may vary and change over time. It's not just people who were hospitalised with coronavirus who can develop brain fog. It's a common part of long COVID.</p> <p>Anxiety, low mood and fatigue all play a role in affecting how your brain functions.</p>	<p>人们通常会从脑雾中康复。其它感染、脑部轻微受伤或更年期期间也会产生类似症状。如果您抑郁、焦虑或有压力，也往往会有脑雾症状。</p> <p>从新冠肺炎康复期间，有些人会出现脑雾症状。症状可能各有差异，并且会随时间推移而变化。并非只有住院治疗新冠肺炎患者才可能出现脑雾症状。它是新冠长期症状的常见组成部分。</p> <p>焦虑、情绪低落和疲劳在影响大脑功能方面都起着作用。</p>
<p><b>How to help brain fog</b></p> <p>There are some things you can do to help manage your symptoms.</p> <p>Do</p> <ul style="list-style-type: none"> <li>• stay hydrated</li> <li>• get enough sleep</li> <li>• take regular exercise, ideally outside</li> <li>• eat a healthy, balanced diet</li> <li>• keep to a healthy weight</li> </ul>	<p><b>如何应对脑雾</b></p> <p>您可以做一些事情来应对这些症状。</p> <p>做</p> <ul style="list-style-type: none"> <li>• 多喝水</li> <li>• 获得充足的睡眠</li> <li>• 经常锻炼（最好在户外）</li> <li>• 健康均衡的饮食</li> <li>• 保持健康的体重</li> </ul>

<ul style="list-style-type: none"> <li>• try meditation</li> <li>• take regular breaks</li> <li>• do things you enjoy – for example socialising with friends and family</li> <li>• stick within low-risk alcohol drinking guidelines</li> <li>• stop smoking if you smoke</li> </ul> <p>Read about <a href="#">low-risk alcohol drinking guidelines and stopping smoking</a>.</p> <p>You can speak to your employer about what <a href="#">reasonable adjustments</a> can be made to help you at work.</p> <p>If you're having memory problems, it can help to:</p> <ul style="list-style-type: none"> <li>• plan and pace your day</li> <li>• have a daily routine that works well for you</li> <li>• use reminder apps or post-it notes if needed to write important information down</li> <li>• remove distractions if you can</li> <li>• keep using your memory – try to not rely on lists for all tasks</li> </ul> <p><a href="#">Conserving your energy</a> can also help with brain fog.</p>	<ul style="list-style-type: none"> <li>• 尝试冥想</li> <li>• 定期休息</li> <li>• 做一些您享受的事情，例如与朋友和家人相聚</li> <li>• 遵循低风险饮酒指南</li> <li>• 戒烟（如果您是吸烟者）</li> </ul> <p>阅读<a href="#">低风险饮酒指南和戒烟</a>。</p> <p>您可以和您的雇主讨论可以做出哪些<a href="#">合理的调整</a>来帮助您工作。</p> <p>如果您有记忆力问题，它可能有助于：</p> <ul style="list-style-type: none"> <li>• 规划和设定您一天的工作节奏</li> <li>• 制定出适合您的每天例行事项</li> <li>• 如有需要，则使用提醒应用程序或便条来写下重要的信息</li> <li>• 克服分心（如果您能够做到）</li> <li>• 不断使用您的记忆力——尝试不要依赖于任务列表</li> </ul> <p><a href="#">保存体力</a>也可能有助于应对脑雾。</p>
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<p><b>Speak to you GP practice if:</b></p> <ul style="list-style-type: none"> <li>• your brain fog is not improving</li> <li>• brain fog is affecting your day to day life</li> <li>• you're worried about your symptoms</li> </ul>	<p><b>如有下列情况，请与您的 GP 诊所沟通：</b></p> <ul style="list-style-type: none"> <li>• 脑雾症状未缓解</li> <li>• 脑雾正在影响您的日常生活</li> <li>• 您担心自己的症状</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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