

繁體中文 Chinese (Traditional)

Long COVID: Brain fog

Brain fog is not a medical term but used to describe a range of symptoms including:

- poor concentration
- feeling confused
- thinking more slowly than usual
- fuzzy thoughts
- forgetfulness
- lost words
- mental fatigue

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.

People usually recover from brain fog. You may get similar symptoms after

新冠長期症狀：腦霧

「腦霧」不是醫學術語，只是用來描述包括下面的一系列症狀：

- 注意力不集中
- 覺得困惑
- 思考力較平時慢
- 想法模糊
- 健忘
- 失語
- 精神疲勞

腦霧的感覺和睡眠不足或壓力大的影響相似。腦霧和癡呆症不同，大腦沒有出現結構性損傷。

受腦霧影響的人士通常會恢復過來。你也可能會在感染其他病

other infections, a minor head injury or during the menopause. Brain fog is also common if you have depression, anxiety or stress.

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.

Anxiety, low mood and fatigue all play a role in affecting how your brain functions.

毒、頭部受輕傷或更年期期間，出現類似的症狀。腦霧在受到憂鬱症、焦慮或壓力等困擾的人群中也很常見。

有些人感染新冠病毒，恢復後也會出現腦霧。症狀可能會隨著時間而有所不同。不單只是因新冠住院的人士會出現腦霧。腦霧也是新冠長期症狀的常見症狀。

焦慮、情緒低落和疲勞都會影響你的大腦的運作。

How to help brain fog

There are some things you can do to help manage your symptoms.

Do

- stay hydrated
- get enough sleep
- take regular exercise, ideally outside
- eat a healthy, balanced diet
- keep to a healthy weight
- try meditation

如何對抗腦霧

你可以做一些事情來控制腦霧症狀。

請

- 保持身體水分充足
- 保證充足睡眠
- 定期運動，最好在戶外
- 保持飲食健康、均衡
- 保持體重健康
- 嘗試精心冥想

- take regular breaks
- do things you enjoy – for example socialising with friends and family
- stick within low-risk alcohol drinking guidelines
- stop smoking if you smoke

Read about [low-risk alcohol drinking guidelines and stopping smoking](#).

You can speak to your employer about what [reasonable adjustments](#) can be made to help you at work.

If you're having memory problems, it can help to:

- plan and pace your day
- have a daily routine that works well for you
- use reminder apps or post-it notes if needed to write important information down
- remove distractions if you can
- keep using your memory – try to not rely on lists for all tasks

[Conserving your energy](#) can also help with brain fog.

Speak to you GP practice if:

- 定期休息
- 做你喜歡的事情，例如和家人、朋友聊天
- 遵守低風險飲酒指引
- 吸煙人士戒煙

閱讀[低風險飲酒指引和戒煙](#)。

你可以和僱主商議在工作中做一些[合理調整](#)來幫助你適應工作。

如果你的記憶力有問題，可以：

- 預先計劃、安排你的時間
- 做有一個適合你的日常例行安排
- 如有需要，用提醒 APP 或便利貼來寫下重要資訊
- 盡可能消除干擾
- 調用你的記憶力，盡量不要依賴清單來做所有事情

[保留體力](#)也有助於對抗腦霧。

如發生以下狀況，請聯繫你的 GP 診所：

<ul style="list-style-type: none"> • your brain fog is not improving • brain fog is affecting your day to day life you're worried about your symptoms 	<ul style="list-style-type: none"> • 你的腦霧沒有改善 • 腦霧影響到你的日常生活 • 你很為你的症狀而擔心
<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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