

English	简体中文 Simplified Chinese (Mandarin)
<p>Long COVID: Loss of smell or taste</p> <p>After having coronavirus (COVID-19), you may still have a loss of, or change in, sense of smell or taste. It can take time for your sense of smell or taste to recover. You may find that foods smell or taste differently after having coronavirus. Food may taste bland, salty, sweet or metallic. These changes don't usually last long, but they can affect your appetite and how much you eat. For a very small number of people, your change of sense of smell or taste may be more long-term.</p>	<p>新冠长期症状：嗅觉或味觉丧失</p> <p>从新冠肺炎康复后，您的嗅觉或味觉可能仍然丧失或改变。您的嗅觉或味觉需要一段时间才能恢复。从新冠肺炎康复后，您可能会发现食物的气味或味道与以往不同。食物可能尝起来乏味、太咸、太甜或者有金属味。这些改变通常不会持续很久，但可能会影响您的胃口和用餐量。对极少数人而言，嗅觉或味觉的改变可能持续较久。</p>
<p>What you can do to help</p> <p>It's important not to compare yourself to others. Everyone's recovery is different.</p>	<p>您可以如何应对</p> <p>不要与他人作比较，这点很重要。每个人的康复速度是不同的。</p> <p>您也许只有一点点嗅觉或味觉，或者您也许会发现某些气味或味道令人不快。您也许会每时每刻都闻到不好的气味，例如闻到烟味或汽油味。</p>

<p>You may only be able to smell or taste a little, or you may find certain smells or tastes unpleasant. You may experience a bad smell all the time – for example smelling smoke or petrol.</p> <p>Do</p> <ul style="list-style-type: none"> • learn about your condition from trustworthy sources • eat cool or room temperature foods • take small mouthfuls – don't give up too quickly as you may get used to the taste • try bland foods like rice, boiled potatoes and pasta • try flavours that appeal to you • keep trying things – what you like can change from week to week • keep your mouth clean and healthy by brushing your teeth morning and evening • rinse your mouth with water if it feels dry or uncomfortable • make sure you eat enough protein like beans, pulses, fish, eggs, meat and other proteins 	<p>做</p> <ul style="list-style-type: none"> • 从可信的来源了解您的症状 • 吃凉食物或常温食物 • 小口吃食物，不要太早就放弃，因为您可能会适应这种味道 • 尝试吃米饭、水煮的土豆和意大利面等味道清淡的事物 • 尝试吃您喜欢的美食 • 保持尝试，您喜欢的食物可能每周都不同 • 早晚都刷牙，以保持口腔清洁卫生 • 如果感觉干涩或不舒服，则用水漱口 • 确保您摄入足量的蛋白质，例如豆类、鱼、蛋、肉和其它蛋白质 • 尝试添加调味品或香料来提味，但不要添加太多糖或盐 <p>阅读所建议的每天糖和盐摄入量</p>
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<ul style="list-style-type: none"> • try adding strong flavours or spices to help with taste – though don't add too much sugar or salt <p>Read about the recommended daily intake of sugar and salt</p>	
<p>Try smell training</p> <p>Losing smell may have practical safety concerns – for example gas, smoke, out of date food and poor ventilation. If you don't have a sense of smell, it's important to be aware of these. You might want to:</p> <ul style="list-style-type: none"> • visually check your cooker is off • make sure you have a working smoke alarm • check expiry dates on food <p>Read further information about loss of, or change in, sense of smell</p>	<p>尝试进行嗅觉训练</p> <p>嗅觉丧失可能会带来切实的安全顾虑，例如气体、烟气、过期食物和通风不良。如果您的嗅觉丧失，请务必注意这些。您可能想：</p> <ul style="list-style-type: none"> • 目视检查您的炊具是否已关闭 • 确保您有一个正常运行的烟雾探测器 • 查看食物的有效期 <p>阅读更多关于嗅觉丧失或改变的信息</p>
<p>Speak to your GP practice if:</p> <ul style="list-style-type: none"> • your symptoms are not improving • your symptoms are affecting your day to day life • you're worried about your symptoms 	<p>如有下列情况，请与您的 GP 诊所沟通：</p> <ul style="list-style-type: none"> • 症状未缓解 • 症状正在影响您的日常生活 • 您担心自己的症状

<ul style="list-style-type: none"> • you also have other nasal symptoms like blocked nose 	<ul style="list-style-type: none"> • 您有其它鼻部症状，例如鼻
January 2022	2022 年 1 月