

	繁體中文 Chinese (Traditional)
<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>新冠長期症狀：喪失嗅覺或味覺</p> <p>感染新冠病毒後，你的嗅覺或味覺可能會喪失或發生變化。你的嗅覺或味覺可能需要一段時間才恢復。感染新冠病毒後，你可能會覺得食物的氣味或味道有所不同。食物吃起來可能會淡、鹹、甜或有金屬味。這些變化通常不會持續太長時間，但會影響你的食慾和進食量。極少數人的嗅覺或味覺可能有長期的變化。</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>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>你可以做什麼來緩解</p> <p>最重要的是，不要將自己和他人進行比較。每個人的恢復情況都不一樣。</p> <p>你可能只能聞到或嚐到一點點，或者可能覺得某些氣味或味道讓你很不舒服。你可能會一直聞到難聞的氣味，如煙味或汽油味。</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 • 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>請</p> <ul style="list-style-type: none"> • 通過可信賴的來源了解自己的狀況 • 吃冷的或室溫的食物 • 小口慢慢吃，不要太快放棄，你有可能會習慣這種味道 • 嘗試清淡的食物，如米飯、煮薯仔和意大利面 • 嘗試你喜歡的口味 • 不斷嘗試——你喜歡的食物每週都可能會變 • 早晚刷牙，保持口腔清潔健康 • 如果覺得口乾舌燥或不舒服，用水漱口 • 確保進食足夠的蛋白質，如豆類、魚蛋肉和其他蛋白質 • 嘗試添加口味重的香料或調味品來調味，但不要添加過多的糖或鹽 <p>了解糖和鹽的每日推薦攝入量</p>
<p>Try smell training</p>	<p>嘗試訓練聞氣味</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Losing smell may have practical safety concerns – for example gas, smoke, out of date food and poor ventilation.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>聞不到氣味可能會有實際的安全隱患，例如煤氣、煙霧、過期的食品 and 通風不良。如果你喪失嗅覺，重要的是要意識到這點。你可能要：</p> <ul style="list-style-type: none"> • 目視檢查你的炊具是否已關閉 • 確保你的煙霧報警器正常工作 • 檢查食品的有效期 <p>閱讀有關嗅覺喪失或變化的更多資訊</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 • you also have other nasal symptoms like blocked nose 	<p>如出現以下情況，請聯繫你的 GP 診所：</p> <ul style="list-style-type: none"> • 症狀沒有改善 • 症狀影響到您的日常生活 • 你很為你的症狀而擔心 • 你還有其他鼻部症狀，如鼻塞
<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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