

English	简体中文 Simplified Chinese (Mandarin)
<p>Long COVID: Cough</p> <p>Coughing is the body's way of protecting the lungs and getting rid of things that irritate them. This is a normal and important function.</p>	<p>新冠长期症状：咳嗽</p> <p>咳嗽是人体保护肺部，并清除肺部刺激物的一种方式。这是一项正常而又重要的功能。</p>
<p>Types of cough</p> <p>Some infections can leave you with a dry cough because your lungs have been irritated. This should slowly disappear during the course of your recovery. It's not clear how long after coronavirus (COVID-19) you may have a cough and it can be frustrating at times.</p> <p>A dry cough is one of the most common coronavirus symptoms, but some people may have a cough with phlegm (thick mucus).</p>	<p>咳嗽的类型</p> <p>有些感染会使您干咳，因为您的肺部受到刺激。在您恢复的过程中，这种症状会慢慢消失。目前尚不清楚感染新冠病毒(COVID-19)后多久会出现咳嗽症状，这有时会令人沮丧。</p> <p>干咳是最常见的新冠病毒感染症状之一，但有些人可能咯痰（粘稠的粘液）。</p>

It can be difficult to control your cough but there are a few ways to help.

咳嗽很难控制，但也有几种方法可以帮助到您。

Ways to help a dry cough

Do:

- keep yourself well hydrated by drinking small amounts often throughout the day
- soothe your throat by drinking a warm drink, such as honey and lemon
- take small sips of liquid if you feel yourself starting to cough
- suck a sugary sweet if you feel yourself starting to cough
- try swallowing repeatedly if you have a cough and don't have a drink near you
- blow your nose if you have a runny nose – try not to sniff

You can also use [positions to ease breathing](#) if you cough when you go to bed.

有助于控制干咳的方法

应该做的事情：

- 每天少量多次喝水，保持水分充足
- 您可以喝一些温热的饮料，如蜂蜜柠檬水，来帮助舒缓咽喉不适。
- 如果您感觉自己要咳嗽了，请小口啜饮少量的水。
- 如果您觉得自己开始咳嗽，含一块润喉糖
- 如果您咳嗽时身边没有饮料，请尝试反复吞咽口水。
- 如果您有鼻涕就擤 – 尽量不要去倒吸

如果您上床睡觉时咳嗽，可以考虑使用[减轻呼吸急促的姿势](#)。

避免会让人咳嗽的事物，例如：

Avoid things that make you cough, for example:

- smoking
- smoky atmospheres
- air fresheners
- strong smelling candles
- strong perfumes or deodorants

- 吸烟
- 身处烟雾弥漫的环境
- 使用空气清新剂
- 使用气味浓郁的蜡烛
- 使用浓烈的香水或除臭剂

Ways to help a cough with phlegm

Do:

- stay hydrated
- inhale steam
- try lying on either side as flat as you can to help drain the phlegm
- try moving around to help to move the phlegm

有助于缓解咯痰的方法

应该做的事情：

- 保持身体水分充足
- 吸入蒸汽
- 尽量侧卧，这有助于排痰
- 多走动，帮助排痰
- 如果前往温度不同的场所，尝试使用上述方法控制呼吸

- try breathing control techniques if you move to an area with a different temperature
- try to breathe in through your nose – breathing in through your mouth can make you cough more

[Read further information about breathing control techniques and positions to ease breathlessness](#)

Speak to your GP practice if:

- your cough is not improving
- you're waking up at night coughing
- your cough is changing for example coughing up blood or phlegm turning dirty
- breathlessness is not improving
- you're worried about your symptoms

- 尝试用鼻子吸气——如果用嘴吸气，可能会咳得更厉害

[阅读有关呼吸控制技术和姿势的更多信息以缓解呼吸急促](#)

如有下列情况，请告知GP：

- 您的咳嗽没有改善
- 您在晚上醒来咳嗽
- 您的咳嗽正在恶化，例如咳血或痰变脏
- 呼吸急促没有改善
- 对症状感到担心

<p>For more information in Chinese (Simplified) go to www.nhsinform.scot/translations/languages/chinese</p>	<p>更多简体中文信息，请浏览 www.nhsinform.scot/translations/languages/chinese</p>
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