

English	简体中文 Simplified Chinese (Mandarin)
<p data-bbox="203 507 741 560">Long COVID: Fatigue</p> <p data-bbox="203 596 1088 740">During your recovery from any illness, including coronavirus (COVID-19), you may experience fatigue. Fatigue affects what you're able to do.</p> <p data-bbox="203 794 976 831">As well as for moving around, you also use energy for:</p> <ul data-bbox="253 887 546 1214" style="list-style-type: none">• concentration• attention• problem solving• talking• making decisions	<p data-bbox="1173 507 1671 560">新冠长期症状：疲劳</p> <p data-bbox="1173 603 2114 703">在任何疾病（包括新冠病毒感染(COVID-19)）的康复期间都有可能出现疲劳。疲劳会影响您的行为能力。</p> <p data-bbox="1173 762 1581 799">除了走动外，您还需要精力：</p> <ul data-bbox="1223 855 1402 1206" style="list-style-type: none">• 集中精神• 关注事物• 解决问题• 交谈• 做决定 <p data-bbox="1173 1267 2024 1303">疲劳是指在进行这些日常活动时身体、精神和情绪活力不足。</p>

Fatigue means you have less physical, mental and emotional energy to do these daily activities.

Coping with fatigue

There are ways to help you manage fatigue.

Conserving energy

During your recovery, you may wish to use your energy for things that are important to you. The Royal College of Occupational Therapists have advice on conserving energy. You can use the '3 Ps' to do daily tasks so you have more energy throughout the day:

- plan
- prioritise
- pace

[How to conserve energy](#)

Plan your day and prioritise your activities

应对疲劳

您可以采取以下措施来缓解疲劳。

保存精力

在恢复过程中，您可能希望把精力用到重要的事情上。Royal College of Occupational Therapists 给出了如何保存精力的建议。您可以使用'3 Ps'来完成日常任务，以在全天拥有更多精力：

- 计划
- 区分轻重缓急
- 自我调节

[如何保存精力](#)

规划好每一天，区分事情的轻重缓急

Try to break your day into small parts and set easy goals to begin with. Rest between activities and only do what you feel able to do.

You can keep a daily activity diary, where you write down each activity you've completed. This lets you track your energy levels and avoid activities that cause setbacks.

Remember to include mental and emotional activities in your activity diary. This can help you plan ahead and prioritise what is important to you.

Pace yourself

Try to avoid doing lots of things one day and then nothing the next few days. Instead, pace yourself and spread out what you're doing during the week. It's normal for your energy levels to be different on different days.

If you feel more tired and unwell when you try to build up your activity, do not keep increasing it. Instead, work with what you're able to do without increasing your fatigue.

尝试将一天分成若干小部分，从容易实现的目标开始。在活动的间隙休息，并且只做一些力所能及的事情。

您可以制作日常活动日志，记录您已经完成的每项活动。这样，您就可以跟踪自己的精力水平，避免会带来挫折的活动。

记得在活动日志中记录精神和情绪活动。这可以帮助您提前做好计划，优先完成重要事项。

自我调节

设法避免一天做很多事情，随后几天又无事可做的情况。相反，您应该自我调节，在一周内逐步完成要做的事情。不同的日子，您的精力水平也不同，这很正常。

如果在活动增加时感到更疲倦和不适，请减少活动。相反，您应该做一些力所能及的事情，这样才不会增加疲劳感。

四处走动

<p>Move around</p> <p>It's important to avoid sitting in one position for too long. Get up each hour to have a stretch or get a glass of water.</p> <p>Remember to use any walking aids you need.</p> <p>Speak to your GP practice if:</p> <ul style="list-style-type: none"> • your fatigue is not improving • you're worried about your symptoms <p>Speak to your GP practice if:</p> <ul style="list-style-type: none"> • your fatigue is not improving • you're worried about your symptoms 	<p>避免久坐不动，这很重要。每小时站起来一次，伸展一下腿脚或者喝杯水。</p> <p>如果需要，请记得使用助行器。</p> <p>如有下列情况，请告知GP：</p> <ul style="list-style-type: none"> • 您的疲劳没有改善 • 对症状感到担心 <p>如有下列情况，请告知GP：</p> <ul style="list-style-type: none"> • 您的疲劳没有改善 • 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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