

English	简体中文 Simplified Chinese (Mandarin)
<p>Long COVID: Breathlessness</p> <p>After an illness you may find you have difficulty catching your breath and feel short of breath more easily. This is called breathlessness. This can happen if you've had coronavirus (COVID-19), even if you did not need treatment in hospital.</p> <p>Breathless can feel scary but there are several things you can do to help.</p>	<p>新冠长期症状：呼吸急促</p> <p>患病后，您可能感到呼吸困难，并且更容易感到气短。这被称为呼吸急促。如果您感染了新冠病毒(COVID-19)，即使不需要住院，也可能出现这种情况。</p> <p>呼吸急促可能让人害怕，但您可以采取一些措施来缓解呼吸急促。</p>
<p>How to ease breathlessness</p> <p>Using a different position will allow your breathing muscles to work better and help you to feel less short of breath. You might find one position works best for you.</p>	<p>如何缓解呼吸急促</p> <p>使用不同的姿势，让您的呼吸肌能够更好地工作，帮助您减少气短。您可能找到最适合自己的姿势。</p>

Feelings of panic will often make your breathlessness worse. So, trying to relax in your preferred position will also help.

Lying on your front can help reduce breathlessness if you're recovering from coronavirus. Adding pillows under your chest or pelvis may make this position more comfortable. Only use this position if you feel comfortable and it helps your breathing.

恐慌感往往会加重呼吸急促。所以，尝试使用喜欢的姿势并放松也会有所帮助。

如果您处于新冠病毒感染后的康复期，脸朝下趴着（俯卧）有助于减轻呼吸急促。在胸部或骨盆下方垫一个枕头，会更加舒适。使用这个姿势时，必须只有感觉舒适且有助于呼吸。

Breathing techniques to reduce breathlessness

Breathing control

1. Sit in a relaxed position in a chair with your back well supported.
2. Place one hand on your tummy.
3. Slowly take a deep breath in through your nose.
4. As you breathe in, allow your tummy to rise up.
5. As you breathe out slowly, feel your tummy relax down.

减轻呼吸急促的呼吸方法

控制呼吸

6. 以放松的姿势坐在椅子上，背部要有支撑。
7. 把一只手置于腹部。
8. 用鼻子缓慢深吸一口气。
9. 吸气时，腹部鼓起。
10. 缓慢呼气时，腹部放松。

This may take some practice but can be very useful to help reduce breathlessness.

Pursed lip breathing

This can be useful to control breathlessness when you're walking or being more active.

Take a breath in through your nose. Gently breathe out through your mouth with your lips pursed, just like when you're whistling or blowing out a candle. Try to breathe out for longer than you breathe in.

Blow as you go

Breathe in before you start to move, then breathe out when you're making a big effort, such as bending down, lifting something heavy or going up stairs.

Speak to your GP practice if:

- your breathlessness is not improving

这种方法可能需要练习一段时间，但对帮助减轻呼吸急促非常有用。

噘嘴呼吸法

当您可以走动或比较活跃时，噘嘴吐气法可能有助于控制呼吸急促。

用鼻子吸气。噘起嘴唇，轻慢吐气，就像吹口哨或吹蜡烛一样。让吐气时间比吸气时间长。呼气时间尽量不要超过吸气时间。

活动时吐气

在开始弯腰、举起重物或上楼等大动作前，先吸气，然后在呼气的同时做动作。

如有下列情况，请告知GP：

- 您的呼吸急促没有改善
- 您的呼吸急促在您躺平时加重，而且脚踝肿胀

<ul style="list-style-type: none">• your breathlessness gets worse when you lie flat and your ankles are also swollen• you're worried about your symptoms	<ul style="list-style-type: none">• 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>
<p>October 2021</p>	<p>2021年10月</p>