

English	简体中文 Simplified Chinese (Mandarin)
<p>Long COVID: Muscle and joint pain</p> <p>You may experience pain after coronavirus (COVID-19), especially if you were in hospital or less active than usual as a result of the virus. Most pain should eventually go away, but sometimes it might carry on for longer. There are ways to manage pain that you may have after coronavirus.</p>	<p>新冠长期症状：肌肉和关节疼痛</p> <p>您在新冠病毒 (COVID-19)后可能经历疼痛，尤其是您因为病毒导致住院或活动比平时减少的情况下。大部分疼痛最终会消失，但有时候可能持续较长时间。感染新冠病毒后可能出现疼痛，您可以采取一些方法来缓解疼痛。</p>
<p>Do:</p> <ul style="list-style-type: none">• plan the things you need to do each day to help you keep on top of your pain• pace yourself – if your pain is stopping you completing a task you can try again later	<p>应该做的事情：</p> <ul style="list-style-type: none">• 计划好每天需要做的事情，帮助您控制疼痛• 自我调节——如果您因为疼痛无法完成某项任务，请稍后再试

- try to relax – this can be hard, but finding something which relaxes you will reduce the stress of pain
- take regular enjoyable exercise – even a small amount if you can, like going for a walk, will make you feel better and help keep your muscles and joints moving
- talk to others – such as family and friends – about pain you're experiencing and why you may need to do things differently at the moment
- do things you enjoy – this makes you feel good and can reduce pain
- speak to your community pharmacist for advice about pain management
- take prescribed medicine if advised by a healthcare professional

Speak to your GP practice if:

- your pain is affecting your day to day life

- 尝试放松——可能很难，但找到令人放松的方法可减轻疼痛带来的压力
- 经常进行有趣的运动——即使是散步等运动量小的活动，也会让您感觉更好，并有助于您的肌肉和关节保持强壮
- 与其他人（如家人和朋友）谈论您的疼痛，以及为什么您此刻需要换一种方式做事
- 做您喜欢的事情——让您感觉良好，且可缓解疼痛
- 和您的社区药剂师谈谈，获得关于疼痛管理的建议
- 遵循医护专业人员的建议，服用处方药

如有下列情况，请告知GP：

- 您的疼痛正在影响您的日常生活
- 对症状感到担心

<ul style="list-style-type: none">• you're worried about your symptoms	
For more information in Chinese (Simplified) go to www.nhsinform.scot/translations/languages/chinese	更多简体中文信息, 请浏览 www.nhsinform.scot/translations/languages/chinese
October 2021	2021年10月