

English	繁體中文 Chinese (Traditional)
<p><b>Long COVID: Cough</b></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><b>新冠長期症狀：咳嗽</b></p> <p>咳嗽是身體保護肺部及驅除刺激肺部的東西的方法。這是正常及重要的功能。</p>
<p><b>Types of cough</b></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>It can be difficult to control your cough but there are a few ways to help.</p>	<p><b>咳嗽的種類</b></p> <p>有些感染能令你乾咳，因為你的肺部受到刺激。在康復期間，這應該會慢慢消失。現時無法明確指出你在患新冠病毒病（2019 冠狀病毒病）後會咳嗽多久，而這可能有時會令人沮喪。</p> <p>乾咳是新冠病毒病其中一種最常見的症狀，但有些人的咳嗽可能會帶痰（濃稠的黏液）。</p> <p>控制你的咳嗽可能會很困難，但仍有幾種方法會有幫助。</p>

## 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.

Avoid things that make you cough, for example:

- smoking

## 對乾咳有幫助的方法

應做的事：

- 從早到晚經常地喝小量的飲品，保持自己水分充足
- 喝暖和的飲品（例如蜜糖和檸檬）以舒緩咽喉
- 如果你感到自己開始咳嗽，可小口地喝一些液體
- 如果你感到自己開始咳嗽，可吮一粒糖果
- 如果你咳嗽而附近沒有飲品，嘗試重複地吞嚥
- 如果你流鼻水則擤鼻涕——嘗試不要吸入鼻水

如果你在睡覺時咳嗽，你亦可以採用[一些姿勢以舒緩呼吸](#)。

避免令你咳嗽的事物，例如：

- 吸煙
- 煙霧瀰漫的環境
- 空氣清新劑

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

- 氣味濃烈的蠟燭
- 濃烈的香水或體香劑

### 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
- 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

### 對帶痰咳嗽有幫助的方法

應做的事：

- 保持身體水分充足
- 吸入蒸氣
- 嘗試向左或右側臥，身子盡量平直，以幫助把痰排出
- 嘗試周圍走動，幫助把痰移動
- 如果你進入溫度不同的地方，嘗試使用控制呼吸技巧
- 試以鼻子吸氣——經嘴巴吸氣可能會令你咳得更多

[進一步閱覽有關控制呼吸的技巧及姿勢，使氣促獲得改善](#)

[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

如果出現以下情況，應告訴你的 GP:

- 你的咳嗽沒有好轉
- 你在晚上因咳嗽醒來
- 你的咳嗽出現變化，例如咳血或痰轉為污濁
- 氣促沒有好轉
- 你對症狀感到擔憂

For more information in Chinese go to [www.nhsinform.scot/translations/languages/chinese](http://www.nhsinform.scot/translations/languages/chinese)

如欲獲得更多繁體中文的資訊，可瀏覽 [www.nhsinform.scot/translations/languages/chinese](http://www.nhsinform.scot/translations/languages/chinese)

October 2021

2021 年 10 月