



English	Simplified Chinese
<p>Coronavirus (COVID-19)</p> <p>Most people no longer need to take a coronavirus test. You should stay at home if unwell. Testing is still available to specific groups.</p> <p>Coronavirus, and other respiratory infections such as flu, can spread easily and cause serious illness in some people.</p> <p>Vaccinations are very effective at preventing serious illness from coronavirus. But there's still a chance you might catch coronavirus, or another respiratory infection, and pass it on to other people.</p>	<p>2019 新冠肺炎（COVID-19）</p> <p>大多数人不再需要接受新冠病毒检测。如果感觉不适，您应该待在家里。特定人群仍然可以接受检测。</p> <p>新冠病毒以及其他呼吸道感染（例如流感），很容易传播，并在某些人中引发严重疾病。疫苗接种对于预防新冠病毒引起的严重疾病非常有效。但您仍有可能感染新冠病毒或其他呼吸道感染，并将其传播给其他人。</p>
<p>Symptoms</p> <p>Stay at home and avoid contact with other people if you have symptoms of a respiratory infection such as coronavirus and you:</p> <ul style="list-style-type: none">• have a high temperature or	<p>症状</p> <p>如果您有呼吸道感染（如新冠病毒）的症状且有以下表现，则请在家隔离，并避免与他人接触：</p> <ul style="list-style-type: none">• 体温高或

<ul style="list-style-type: none"> • do not feel well enough to go to work or carry out normal activities <p>Do this until you no longer have a high temperature (if you had one) or until you feel better.</p> <p>Symptoms of coronavirus include:</p> <ul style="list-style-type: none"> • continuous cough • high temperature, fever or chills • loss of, or change in, your normal sense of taste or smell • shortness of breath • unexplained tiredness, lack of energy • muscle aches or pains that are not due to exercise • not wanting to eat or not feeling hungry • headache that's unusual or longer lasting than usual • sore throat, stuffy or runny nose • diarrhoea • feeling sick or being sick 	<ul style="list-style-type: none"> • 感觉不适导致无法工作或从事日常活动 <p>直到您退烧（如您之前有发高烧）或感觉良好为止。</p> <p>新冠病毒感染的症状包括：</p> <ul style="list-style-type: none"> • 持续咳嗽 • 体温高、发热或发冷 • 正常味觉或嗅觉丧失或改变 • 呼吸急促 • 不明原因的疲倦，精力不足 • 非因运动引起的肌肉疼痛 • 不想吃东西或不觉得饿 • 不寻常的或持续时间比平时更长的头痛 • 喉咙痛、鼻塞或流鼻涕 • 腹泻 • 感觉恶心、不舒服或出现呕吐
<p>How to help your symptoms</p> <p>Do:</p>	<p>如何缓解您的症状</p> <p>建议:</p>

<ul style="list-style-type: none"> • drink fluids like water to keep yourself hydrated • get plenty of rest • wear loose, comfortable clothing – don't try to make yourself too cold • take over-the-counter medications like paracetamol – always follow the manufacturer's instructions <p>Antibiotics will not relieve your symptoms or speed up your recovery.</p> <p>You might continue to have a cough or feel tired after your other symptoms have improved. This does not mean that you're still infectious.</p>	<ul style="list-style-type: none"> • 摄入充分液体，如多喝水，以保持体内水分充足 • 充分休息 • 穿宽松、舒适的衣服——不要让自己太冷 • 服用扑热息痛等非处方药物——始终遵循制造商的说明 <p>抗生素不会缓解您的症状或加快康复的速度。</p> <p>在其他症状改善后，您可能还会继续咳嗽或感到疲倦。但这并不意味着您仍有传染性。</p>
<p>Speak to your GP if:</p> <ul style="list-style-type: none"> • your symptoms worsen • you're concerned about your symptoms • you have symptoms that you can no longer manage at home • you're worried about your child, especially if they're under 2 years <p>If your GP is closed, phone 111. In an emergency phone 999.</p>	<p>如有以下情况，请咨询您的 GP:</p> <ul style="list-style-type: none"> • 您的症状恶化 • 您担心您的症状 • 您出现不再能在家处理的症状 • 您担心您的孩子，特别是如果他们不到2岁 <p>如果您的GP关门了，请拨打111。在紧急情况下，请拨打 999。</p>

People at higher risk of becoming seriously unwell from a respiratory infection, including coronavirus

People who are at higher risk from coronavirus and other respiratory infections include:

- older people
- those who are pregnant
- those who are unvaccinated
- people of any age [whose immune system means they're at higher risk of serious illness](#)
- people of any age with [certain long-term conditions](#)

The risk of becoming seriously unwell from coronavirus and other respiratory infections is very low for most children and young people.

Some children aged under 2 years, especially those with a heart condition or born prematurely, are at increased risk of hospitalisation from respiratory syncytial virus (RSV).

Testing

Most people in Scotland no longer need to test for coronavirus.

因呼吸道感染，包括新冠病毒，而出现严重不适的风险较高人群因呼吸道感染，包括新冠病毒，而出现严重不适的风险较高人群

对新冠病毒和其他呼吸道感染有较高风险的人群包括：

- 年纪较大的人
- 孕妇
- 未接种疫苗的人
- [免疫系统低下导致他们有较高风险患严重疾病](#)的任何年龄的人
- 患有[某些长期疾病](#)的任何年龄的人

大多数儿童和青少年因新冠病毒和其他呼吸道感染而出现严重不适的风险是非常低的。

对于一些 2 岁以下的儿童，尤其是早产儿或有心脏疾病的儿童，他们因感染呼吸道合胞病毒（RSV）而需要住院的风险更高。

检测

苏格兰的大多数人不再需要做新冠病毒检测。

You can still access testing if:

- you work in NHS health or social care settings
- you have a health condition which means [you're eligible for new coronavirus treatments](#)
- you're going into hospital for surgery or a procedure
- you're visiting a hospital or care home
- you're an unpaid carer
- you're applying for the [self-isolation support grant](#)

An unpaid carer is someone providing face-to-face care to someone due to a disability, long-term health condition or old age.

If you're a health and social care worker, you should access testing through your organisation.

If you're going into hospital, you should access testing through that service.

Anyone else who is eligible for testing can [order tests online](#) or by phoning 119.

If you have received a positive test result and have been self-isolating, you do not need to continue with any further testing unless you have been advised to do so by a health professional.

但有以下情况您仍可做检测:

- 您在NHS医疗或社会保健机构工作
- 您因为有某种健康问题, [让您有资格接受新冠病毒新疗法](#)
- 您要去医院做手术或某种治疗
- 您去医院或养老院探访
- 您是无偿照护者
- 您在申请[自我隔离支持补助金 \(self-isolation support grant\)](#)

无偿照护者是指为残疾、有长期健康问题或老年人提供面对面护理的人。

如果您是医疗和社会护理工作, 您应通过您的组织进行病毒检测。

如果您要去医院看病, 您应通过此服务机构进行病毒检测。

其他任何有资格进行检测的人可[在网上](#)或拨打119订购。

如果您的检测结果呈阳性且已自我隔离, 您无需继续进行任何进一步的检测, 除非医护专业人员建议您如此。

您无需提供阴性检测结果以结束自我隔离, 请遵循在家隔离的建议。

<p>You do not need to have a negative test result to end self-isolation, follow the stay at home advice.</p> <p>Order tests online if you're eligible</p>	<p>如果您有资格，请在网上订购检测</p>
<p>Stay at home advice</p> <p>There are things you can do to reduce the spread of infection if you have symptoms, have tested positive, or are a close contact.</p> <p>If you aren't eligible for testing and you have symptoms of a respiratory infection such as coronavirus and have a high temperature or do not feel well enough to go to work or carry out normal activities, stay at home and avoid contact with other people. Do this until you no longer have a high temperature (if you had one) or until you feel better.</p> <p>If you have a positive coronavirus test result, stay at home and avoid contact with other people for 5 days after the day you took your test, or from the day your symptoms started (whichever was earlier). You should count the day after you took the test as day 1.</p> <p>If a child or young person aged 18 or under has a positive coronavirus test result, they should stay at home and avoid contact with other people for 3 days after the day they took the test or from the day their symptoms started (whichever was earliest), if they</p>	<p>在家隔离建议</p> <p>如果您有症状、检测结果呈阳性，或为密切接触者，您可以采取一些措施以减少感染的传播。</p> <p>如果您没有资格接受检测且您有呼吸道感染（如新冠病毒）的症状且体温高或感觉不适导致无法工作或从事日常活动，请在家隔离，并避免与他人接触。直到您退烧（如您之前有发高烧）或感觉良好为止。</p> <p>如果您的新冠病毒检测结果呈阳性，您应在家隔离5天并避免与他人接触，从检测当天之后的第一天开始计算，或从您的症状开始之日算起（以较早日期为准）。您应该将您接受检测之日后的那天作为第1天。</p> <p>如果18岁或以下的儿童或青少年的新冠病毒检测结果呈阳性，他们应该在接受检测后或从出现症状那天起的3天内（以最早日期为准），尽可能在家隔离，并避免与他人接触。儿童和青少年的感染时间往往比成年人短。</p>

<p>can. Children and young people tend to be infectious for less time than adults.</p>	
<p>If you've had a positive test result, and have completed 5 days of self-isolation</p> <p>Although many people will no longer be infectious to others after 5 days, some people may be infectious to other people for up to 10 days from the start of their infection.</p> <p>If you have a high temperature or still feel unwell after the 5 days, you should follow this advice until you feel well enough to resume normal activities and you no longer have a high temperature (if you had one).</p> <p>You should avoid meeting people at higher risk of becoming seriously unwell from coronavirus, especially those whose immune system means that they are at higher risk of serious illness from coronavirus for 10 days after the day you took your test.</p>	<p>如果您的检测结果呈阳性，且已经完成了5天的自我隔离</p> <p>很多新冠病毒感染者在5天后就不会再传染给别人，但有些人在感染开始后长达10天内可能还会传染给别人。</p> <p>如果您体温高或在5天后仍然感觉不适，您应该遵循本建议，直至您感觉良好，足以恢复日常活动且您不再有体温高（如果您之前有体温高）。</p> <p>您应该避免在接受检测那天后的10天内与因新冠病毒而出现严重不适的风险较高人群会面，尤其是那些免疫系统低下导致他们有较高风险因新冠病毒患严重疾病的人群。</p>
<p>How to reduce the spread of infection</p> <p>Do:</p> <ul style="list-style-type: none"> • work from home if you can – if you can't, talk to your employer about your options 	<p>如何减少感染的传播</p> <p>建议:</p> <ul style="list-style-type: none"> • 尽可能在家工作——如果您无法做到，与您的雇主讨论您的选项

- if you've been asked to attend a medical or dental appointment in person, tell them about your symptoms or positive test
- ask friends, family or neighbours to get food and other essentials for you, if you wish
- keep your distance from the people you live with if you can
- ventilate rooms you have been in by opening windows and leaving them open for at least 10 minutes after you have left the room
- wear a well-fitting face covering made with multiple layers or a surgical face mask if you do leave home or in shared areas in your home, especially if you live with someone with a weakened immune system
- regularly clean frequently touched surfaces, such as door handles and remote controls, and shared areas such as kitchens and bathrooms
- if you do leave home, exercise outdoors in places where you will not have close contact with other people
- cover your mouth and nose when you cough or sneeze
- wash your hands regularly with soap and water for 20 seconds or use hand sanitiser after coughing, sneezing, blowing your nose, and before you eat or handle food

- 如果您被要求亲自去看诊或看牙医，请告诉他们您的症状或阳性检测结果
- 如果您需要，可以请朋友、家人或邻居为您提供食物和其他必需品
- 尽可能与同住者保持距离
- 离开房间后，打开窗户至少10分钟对您待过的房间进行通风
- 如果您确实需要离家外出或进入您家内的共用区域，特别是如果您与免疫功能低下的人同住，请佩戴多层合适面罩或外科口罩
- 定期清洁经常接触的表面，如门把手和遥控器，以及厨房和浴室等共用区域
- 如果您确实需要离家外出，请到与他人无密切接触的地方进行户外活动
- 咳嗽或打喷嚏时遮住口鼻
- 在咳嗽、打喷嚏和擤鼻涕后，以及在进餐或处理食物前，勤用肥皂和清水洗手20秒，或使用免洗洗手液搓手
- 请告诉您最近接触的人您感觉不适或检测结果呈阳性，从而使他们能够注意自己的症状
- 请告诉需要进入您家中的任何人您有症状或检测结果呈阳性，从而使他们能够保护自己

<ul style="list-style-type: none"> • tell people you have recently been in contact with that you're feeling unwell or have tested positive so they can be aware of symptoms • tell anyone who needs to come into your home that you have symptoms or have tested positive so they can protect themselves <p>Dont:</p> <ul style="list-style-type: none"> • do not have close contact with anyone who is at higher risk, especially individuals with a weakened immune system, if you can avoid it • do not go to crowded places or anywhere that is enclosed or poorly ventilated if you do leave home • do not touch your face with unwashed hands, if you can avoid it 	<p>不建议:</p> <ul style="list-style-type: none"> • 如果您可以避免, 请勿与具有感染较高风险的任何人有密切接触, 尤其是免疫功能低下的个体 • 如果您确实需要离家外出, 请勿前往人员密集的场所或任何密闭或通风不良的场所 • 如果可以避免, 请勿不洗手触摸面部
<p>Children and young people aged 18 and under</p> <p>Respiratory infections are common in children and young people, particularly during the winter months. Symptoms can be caused by several respiratory infections including the common cold, coronavirus and RSV.</p>	<p>18 岁及以下的儿童和青少年</p> <p>呼吸道感染在儿童和青少年中很常见, 特别是在冬季。症状可由几种呼吸道感染引起, 包括普通感冒、新冠病毒感染和RSV。</p> <p>大多数儿童和青少年感染这些疾病后病情都不会很严重。在多休息和摄入充分的液体后, 他们就会很快康复。</p>

<p>For most children and young people, these illnesses will not be serious. They'll soon recover following rest and plenty of fluids.</p> <p>Very few children and young people with respiratory infections become seriously unwell.</p>	<p>很少有儿童和青少年患上呼吸道感染后出现严重不适。</p>
<p>When to stay at home</p> <p>Children and young people with mild symptoms who are otherwise well, can continue to attend their education setting. Mild symptoms include a runny nose, sore throat, or slight cough.</p> <p>Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature and they're well enough to attend.</p> <p>It's not recommended that children and young people are tested for coronavirus unless advised to by a healthcare professional.</p> <p>Children and young people who usually go to school, college or childcare and who live with someone who has a positive coronavirus test result should continue to attend as normal.</p>	<p>什么时候在家隔离</p> <p>有轻微症状的儿童和青少年，如果感觉良好，可继续去上学。轻微症状包括流鼻涕、喉咙痛或轻微的咳嗽。</p> <p>身体不适且发高烧的儿童和青少年应在家隔离，并尽可能避免与他人接触。当他们退烧后并且身体感觉足够好时，便可返回学校、学院或托儿所，并恢复日常活动。</p> <p>不建议儿童和青少年接受新冠病毒检测，除非有医护专业人员的指示。</p> <p>通常去学校、学院或托儿所的儿童和青少年，如果与新冠病毒检测结果呈阳性的人同住，应继续照常上学。</p>
<p>Further support</p> <p>Testing helpline</p>	<p>更多支持</p>

<p>If you're eligible for free NHS tests and you cannot place an order online, phone 119. The helpline is free from mobiles and landlines. It's open every day from 7am to 11pm. They have a translation service. SignVideo (a free online British Sign Language interpreter service) is also available.</p> <p>Self-isolation grant</p> <p>Support is available if you're a low-income worker and need financial support to isolate or stay at home as advised.</p> <p>Read about the self-isolation support grant</p>	<p>检测服务热线</p> <p>如果您有资格享受NHS免费检测，但无法在线订购，请拨打119。可使用手机和座机免费拨打该热线。每天早上7点至晚上11点开放。并提供翻译服务。此外，还提供 SignVideo（免费在线英国手语译员服务）。</p> <p>自我隔离补助金（self-isolation grant）</p> <p>如果您是一名低收入工作者，需要经济支持来进行隔离或遵照建议待在家里，您可以获得支持。</p> <p>请阅读有关自我隔离支持补助金(self-isolation support grant)的信息</p>
<p>For more information about coronavirus (COVID-19) in Simplified Chinese go to www.nhsinform.scot/translations/languages/chinese-simplified/</p>	<p>更多有关2019新冠肺炎的中文信息，请前往 www.nhsinform.scot/translations/languages/chinese-simplified/</p>
<p>15 July 2022</p>	<p>2022 年 7 月 15 日</p>