



English	Traditional 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>冠狀病毒病 (COVID-19)</p> <p>大部分人士不再需要進行冠狀病毒檢測。如果你感到不適，就應留在家中。測試仍會提供給特定的組別。</p> <p>冠狀病毒及其他呼吸道感染（例如流感）易於傳播，並且在一些人士當中導致嚴重疾病。接種疫苗對於預防由冠狀病毒引起的嚴重疾病非常有效。但你仍有機會染上冠狀病毒病或其他呼吸道感染，並且將之傳播給其他人。</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>症狀</p> <p>如果你有例如冠狀病毒的呼吸道感染並出現以下情況，就應該留在家中及避免接觸其他人：</p> <ul style="list-style-type: none">• 發燒或

<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"> • 因為感到不適而不能去上班或進行平常的活動 <p>要這樣做，直至你不再發燒（如果你有發燒的話）或直至你覺得好轉。</p> <p>冠狀病毒病的症狀包括：</p> <ul style="list-style-type: none"> • 持續咳嗽 • 體溫高、發燒或發冷 • 平日的味覺或嗅覺喪失或改變 • 氣促 • 不能解釋的疲倦、缺乏精力 • 並非由運動引起的肌肉疼痛 • 沒有胃口或不感到肚餓 • 不尋常或比平日持續更久的頭痛 • 喉嚨痛、鼻塞或流鼻水 • 腹瀉 • 感到噁心或嘔吐
<p>How to help your symptoms</p> <p>Do:</p>	<p>怎樣舒緩症狀</p> <p>可以：</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"> • 喝飲料（例如水）以補充體內水分 • 充分休息 • 穿鬆身、舒適的衣服—不要讓自己太冷 • 服用自行從藥房購買的藥物，例如撲熱息痛—必須遵照生產商的指示服用 <p>抗生素不會舒緩你的症狀或令你更快復原。</p> <p>當你的其他症狀改善後，可能會繼續咳嗽或感到疲倦。這並不表示你仍具傳染性。</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>如果有以下情況，應告訴你的 GP：</p> <ul style="list-style-type: none"> • 你的症狀惡化 • 你對自己的症狀感到擔憂 • 你有無法繼續在家中應付的症狀 • 你擔心你的孩子，特別是如果孩子未滿兩歲 <p>如你的 GP 已休息，可致電 111。如情況緊急則打 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.

有較高風險會由於呼吸道感染（包括冠狀病毒病）而變得嚴重不適的人

對冠狀病毒及其他呼吸道感染有較高風險的人包括：

- 較年長人士
- 懷孕者
- 未接種疫苗的人
- [其免疫系統令其有較高重症風險的任何年齡人士](#)
- 任何年齡而有[某些長期病患](#)的人士

對於大部分兒童及年輕人，由於冠狀病毒病或其他呼吸道感染而變得嚴重不適的風險非常低。

有些年齡未滿兩歲的兒童（尤其是有心臟問題或早產者）因呼吸道合胞病毒（RSV）而需要入院的風險較高。

檢測

大部分在蘇格蘭的人不再需要進行冠狀病毒檢測。

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.

如果你有以下情況，仍可以獲得測試：

- 你在 NHS 保健服務或在社會護理環境工作
- 你的健康問題符合獲得新的冠狀病毒病治療的資格
- 你將進醫院接受手術程序
- 你將到醫院或護理院探訪
- 你是不受薪酬的照顧者
- 你正在申請[自我隔離支援撥款 \(self-isolation support grant\)](#)

不受薪酬照顧者就是為殘疾、有長期病患或年老人士提供面對面照顧的人。

如果你是醫護或社會護理工作者，你應該透過你的機構獲取測試。

如果你將進入醫院，你應該透過該服務獲取測試。

任何其他有資格獲得測試的人士可以在[網上訂測試](#)，或致電 119 亦可。

如果你的測試結果呈陽性及已在自我隔離，你不需要繼續進行任何進一步的檢測，除非有專業醫護人員建議你這樣做。

你不需要在獲得陰性測試結果後才結束自我隔離，而應遵從留在家中的建議。

<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>如你符合資格，應在網上訂取測試</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>留在家中的建議</p> <p>如果你有症狀、檢測結果呈陽性，或者是緊密接觸者，你可以做一些事情以減低感染傳播的風險。</p> <p>如果你不符合獲得測試的資格，以及你有例如冠狀病毒的呼吸道感染症狀，並且你發燒及因感到不適而不能去上班或進行平常的活動，應留在家中及避免接觸其他人。要這樣做，直至你不再發燒（如果你有發燒的話）或直至你覺得好轉。</p> <p>如果你有陽性的冠狀病毒檢測結果，在接受檢測那天之後或症狀開始出現那天（以較早者為準）起計的 5 天內應留在家中及避免接觸其他人。你應該把進行測試次日算作第 1 天。</p> <p>如果兒童或年齡是 18 歲或以下的年輕人的冠狀病毒檢測結果呈陽性，他們從檢測次日或症狀開始出現當天（以最早者為準）起計的 3 天內應留在家中及避免接觸其他人（如他們可以的話）。兒童及年輕人對別人具傳染性的時間傾向於較成年人為短。</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>如果你的測試結果呈陽性，並且已完成 5 天的自我隔離</p> <p>雖然有很多人在 5 天後便不對別人具傳染性，有些人可能在由感染開始時起計最多 10 天仍對別人具傳染性。</p> <p>如果你發燒及在 5 天後仍然感到不適，你應遵守此建議，直到你好轉至能夠恢復平常的活動，而且不再發燒（如你之前有的話）。</p> <p>你應該在從進行檢測次日起計的 10 天內，避免會見有較高風險會由於冠狀病毒病而變得嚴重不適的人，特別是其免疫系統令其會由於冠狀病毒病而有較高重症風險的人。</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>怎樣減低感染傳播</p> <p>可以：</p> <ul style="list-style-type: none"> • 如果你可以則在家工作，如不可以的話，就應與僱主商量你的選擇

- 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

- 如果你獲邀親身前往醫療或牙科約見，應把自己的症狀或陽性檢測結果通知他們
- 要求朋友、家人或鄰居為你購買食物或其他必需品（如你希望的話）
- 如你可以的話，應該與和你同住的人保持距離
- 讓你曾到過的房間保持空氣流通，做法是打開窗戶及讓其保持打開直至你離開該房間後最少 10 分鐘
- 如果你真的離家出外，或身處家中共用的地方，特別是如果你與免疫系統減弱的人同住，應佩戴緊貼面形及以多層構造的臉部覆蓋物或外科口罩
- 定時清潔時常觸碰到的表面（例如門柄及遙控器）及共用的地方（例如廚房和浴室）
- 如果你真的離家出外，應在不會與其他人有緊密接觸的地方做戶外運動
- 在咳嗽或打噴嚏時遮住口鼻
- 定時以肥皂和水洗手 20 秒，或在咳嗽、打噴嚏、擤鼻涕後及進食或處理食物前使用消毒搓手液
- 應該告訴你最近曾接觸過的人士你感到不適或你的檢測已呈陽性，好讓他們可以留意症狀

<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 	<ul style="list-style-type: none"> • 告訴任何需要進入你家中的人你有症狀或你的檢測已呈陽性，以便他們能夠自我保護 <p>不要做的事：</p> <ul style="list-style-type: none"> • 不要與風險較高的任何人士有緊密接觸，特別是免疫系統減弱的人（如你能避免的話） • 如你真的離家出外，不要去人多的地方，或任何封閉或通風不良之處 • 不要以未洗乾淨的手觸摸臉部（如你能避免的話）
<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>年齡是 18 歲或以下的兒童或年輕人</p> <p>呼吸道感染在兒童及年輕人當中很常見，特別是在冬季月份期間。症狀可由數種呼吸道感染（包括普通感冒、冠狀病毒病或呼吸道合胞病毒）引起。</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>對於大部分兒童及年輕人，這些疾病不會嚴重。在休息及喝大量飲料後，他們很快會復原。</p> <p>很少兒童及年輕人會因呼吸道感染而變得嚴重不適。</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>何時應留在家中</p> <p>有輕微症狀的兒童或年輕人如無其他不適情況，可以繼續參與其教育安排。輕微症狀包括流鼻水、喉嚨痛或輕微咳嗽。</p> <p>感到不適及發燒的兒童及年輕人應該留在家中及避免和其他人接觸（如可以的話）。當他們不再發燒及好轉至能夠參與時，可以回到學校、學院或託兒所及恢復日常活動。</p> <p>不建議兒童及年輕人接受冠狀病毒測試，除非是由專業醫護人員建議。</p> <p>通常到學校、學院或託兒所而與冠狀病毒檢測呈陽性的人同住的兒童或年輕人應繼續照常前往。</p>
<p>Further support</p> <p>Testing helpline</p>	<p>更多支援</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>檢測熱線</p> <p>如果你合資格獲得免費的 NHS 檢測而無法在網上下訂單，可致電 119。以手提電話或固網電話致電該援助熱線均為免費。開放時間是每天由上午 7 時至晚上 11 時。熱線提供翻譯服務。亦提供 SignVideo（免費網上英式手語傳譯服務）。</p> <p>自我隔離撥款</p> <p>如果你是低收入工作者或需要財務支援以按照建議隔離或留在家中，會有可提供的支援。</p> <p>參閱自我隔離支援撥款（self-isolation support grant）</p>
<p>For more information about coronavirus (COVID-19) in Traditional Chinese go to www.nhsinform.scot/translations/languages/chinese-traditional/</p>	<p>如欲獲得更多有關冠狀病毒病（2019 冠狀病毒病）的中文資訊，請瀏覽 www.nhsinform.scot/translations/languages/chinese-traditional/</p>
<p>15 July 2022</p>	<p>2022 年 7 月 15 日</p>