

Simplified Chinese social media copy:

曾经得过新冠的人士，不论其年龄大小或染病时严重程度如何，都有可能受到长新冠的影响。

- 以下症状可能是长新冠的症状：
- 乏力
- 味觉和嗅觉改变
- 胸部疼痛
- 记忆力和注意力出现问题
- 焦虑或情绪低落
- 呼吸困难
- 睡眠问题
- 头痛

“<https://www.longcovidhelp.org.au/?scLang=zh-Hans>”是与卫生部合作创建的关于长新冠的多语言资源。这是一个关于长新冠症状、预防和治疗的信息库。请即刻浏览并与您的亲友分享这个资源吧。

Hashtags:

#新冠#长新冠#焦虑#乏力#疲劳

Plain English social media copy:

Long COVID can affect anyone who has ever had COVID, regardless of their age or severity of the illness.

- These symptoms may be signs of Long COVID:
- fatigue
- change in taste and smell
- chest pain
- memory and concentration problems
- anxiety or low mood
- trouble breathing
- difficulty sleeping
- headaches

[longcovidhelp.org.au](https://www.longcovidhelp.org.au) is a multilingual resource about Long COVID, created in partnership with the Department of Health. It is a library of information about symptoms, prevention, and treatment of long COVID. Check it out today and share it among your peers.

Hashtags:

#Covid #Longcovid #Anxiety #Fatigue #Tiredness