

## 癌症與新冠病毒 (Covid)

本資訊是關於如果您患有癌症，該如何應對新冠病毒 (Covid)。您可以做一些事情來保護您自己和其他人避免感染 Covid。此外，本資訊還包含了關 Covid 疫苗的資訊。

若您對此資訊有任何疑問，請詢問您正在接受治療的醫院的醫生或護士。

您也可於每日上午 8 時至晚上 8 時，致電麥克米倫癌症援助機構 (Macmillan Cancer Support) 免費熱線：0808 808 00

00。我們有傳譯員，所以您可以使用您自己的母語與我們溝通。當您致電我們時，請以英文告訴我們您所需要的語言。

我們的網站 [macmillan.org.uk/coronavirus](http://macmillan.org.uk/coronavirus) 有更多關於 Covid 的資訊。您也可以在此連結找到更多關於癌症的繁體中文資訊：[macmillan.org.uk/translations](http://macmillan.org.uk/translations)

### 本資訊主要介紹：

- 甚麼是 Covid?
- 如果我患有癌症，該怎麼辦?
- 對我的癌症治療有何影響?
- 甚麼是 Covid 疫苗?
- 獲得合適的護理和支援
- 麥克米倫 (Macmillan) 能夠如何幫助您
- 更多繁體中文資訊
- 參考文獻與致謝

### 甚麼是 Covid?

Covid 有時也稱為 COVID-19

或新冠病毒。這是一種病毒感染。這種病毒會使您病得很重。有些人甚至會因此死亡

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## 人們是如何感染到新冠病毒的？

該病毒在人與人之間傳播。如果您接近帶有這種病毒的人，您可能會被感染。您也可能因接觸帶有病毒的表面而被感染。

## 新冠病毒會讓我有何感覺？

如果您感染了 Covid，您可能會感覺不適。您可能：

- 咳嗽不止
- 感覺熱或發抖，體溫升高（超過 37.5°C [99.5°F]）
- 嗅覺或味覺變得不正常。

有些人也可能會出現：

- 呼吸急促
- 不明原因的疲倦和精力不足
- 肌肉酸痛或疼痛
- 不想進食或不覺得餓
- 異常的頭痛或頭痛比平時持續更長的時間
- 喉嚨痛、鼻塞或流鼻涕
- 腹瀉
- 感覺噁心或想吐

如果您患有癌症並感到不適，請立即致電您的癌症醫生或醫院尋求建議。

如果您認為您有可能感染了 Covid，您就必須留在家裡。這是為了防止您將 Covid 傳染給其他人。如果您認為自己可能感染了 Covid，請告訴您的醫生。

## 我怎麼知道我是否感染了新冠病毒？

大多數人都不再需要接受 新冠病毒 測試。這些測試稱為快速抗原測試（LFT）。有些人可以免費接受這種測試。包括：

- 您有某種健康情況而需要接受新的 COVID 治療
- 您需要到醫院接受治療

您的醫院團隊會與您討論這個問題。您可以在以下網站閱讀有關進行測試的詳情：

- [英格蘭 - 有關詳情，請瀏覽 www.gov.uk](http://www.gov.uk)
- [蘇格蘭 - 有關詳情，請瀏覽 www.gov.scot](http://www.gov.scot)
- [威爾士 - 有關詳情，請瀏覽 www.gov.wales](http://www.gov.wales)
- [北愛爾蘭 - 有關詳情，請瀏覽 www.publichealth.hscni.net](http://www.publichealth.hscni.net)

## 如果我患有癌症，該怎麼辦？

如果您患有癌症，您感 Covid 後病重的風險更高。

身體中對抗病毒和感染的部分稱為免疫系統。某些類型的癌症及其治療方法會使您的免疫系統變弱。這意味著您的身體可能無法有效對抗新冠病毒。

### 如果我患有癌症，我可以如何保護自己？

您可以做一些事情來保護自己。

- 當向您提供 Covid 疫苗時，接受疫苗接種。
- 當您和其他人在一起或在屋外時，戴上口罩。口罩必須遮蓋您的嘴和鼻子。
- 避免到繁忙人多的地方。
- 不要站在他人附近，盡量保持 2 米的距離。
- 經常清潔您的雙手。
- 如果您與非家人同處室內，請打開門窗放進新鮮空氣。

### 屏蔽防護

在疫情爆發初期，一些人被告知需要進行屏蔽防護。這意味著在任何時候都要留在室內，遠離其他人。這是為了保護患有某些疾病的人，因為如果他們感染新冠病毒，他們的病情可能會非常嚴重。

政府的建議是大眾不再需要進行屏蔽防護。

但您仍應小心保護自己。這包括接種疫苗，並查詢您當地的任何指引。您可以在互聯網上查看最新的規則。您應該能夠以不同的語言和格式獲得相關的規則和建議。

請瀏覽政府網站以獲取有關如何確保自身安全的指引：

- [英格蘭](#)
- [蘇格蘭](#)
- [威爾斯](#)
- [北愛爾蘭](#)

## 我可以如何照顧好自己？

如果您患有癌症，您必須妥善地照顧自己的健康。有一些方法可幫助您增強免疫系統。這將有助您更好地應對癌症治療。以下是一些建議：

- 健康飲食
- 喝大量的水或其他飲品
- 經常適當活動
- 獲得充足的休息
- 與其他人談論您的感受

我們提供有關健康飲食的更多繁體中文版資訊，請瀏覽

[macmillan.org.uk/translations](http://macmillan.org.uk/translations)

## 對我的癌症治療有何影響？

您可能對接受測試、掃描或癌症治療感到擔心。但是您應該按計劃接受這些測試和治療。若您對治療感到憂慮，您可以與您的醫生或護士交談。

在醫院或診所接受檢查或治療之前，您可能需要接受 Covid 檢測。

如果您正接受癌症治療，您可能對接種疫苗感到擔心。接種疫苗是安全的。您的醫生會與您討論接種疫苗的最佳時間。如果您正接受某些癌症治療，疫苗可能未必十分有效。但接種疫苗仍然有助保護您免於感染 Covid。

## 甚麼是 Covid 疫苗？

疫苗是幫助您避免患上某種疾病的藥物。接種 Covid

疫苗對您來說很重要，因為這將有助您的免疫系統保護您。這意味著，如果您感染 Covid，您的病情不太可能會變嚴重。

如果您患有癌症，當向您提供疫苗時，您應該盡快接種疫苗。因為如果您感染 Covid，您可能會變得非常不適。醫生已測試疫苗並確保對您來說是安全的。

您的醫生會告訴您接種疫苗的最佳時間。當醫生指示您接種疫苗時，您應該去接種，這很重要。

## 我如何接種疫苗？

醫生或護士會在您的手臂上注射疫苗（打針）。

## 接種疫苗後會發生甚麼事情？

接種疫苗後，您仍然需要小心照顧自己。疫苗可能無法阻止您感染 Covid。但應該有助您避免變得非常不適。接種疫苗後，您必須繼續遵照本資訊的規則以確保安全。

## 幫助您獲得合適的護理和援助

如果你患有癌症並且不會說英語，你可能會擔心會影響你的癌症治療和護理。但是你的醫療團隊應該可以為你提供能滿足你需要的護理、援助和資訊。

我們知道，有時尋找合適的援助可能會面對額外的困難。例如，如果你有工作或家庭，可能很難抽出時間到醫院出席預約覆診。你可能還會擔心金錢和交通費。所有這些事情都會讓人感到壓力和難以應對。

但我們可以提供幫助。我們的免費支援熱線 **0808 808 00 00** 可以用您的語言就您的情況提供建議。你可以與護士、經濟援助顧問、福利權益顧問和工作援助顧問交談。

我們還向癌症患者提供麥克米倫（Macmillan）資助金。這是一次性的款項，可用於支付醫院停車費、交通費、托兒或暖氣費等費用。

## 麥克米倫（Macmillan）能夠如何幫助您

在麥克米倫（Macmillan），我們知道癌症確診後會如何影響一切，我們在這裡為您提供援助。

### 麥克米倫援助熱線（Macmillan Support Line）

我們有口譯員，所以您可以使用您的語言與我們溝通。您只需用英語告訴我們您希望使用哪種語言即可。我們可以幫助您解決醫療問題，為您提供有關經濟援助的資訊，或者在您想要與人交談的時候聆聽您的意見。熱線服務時間為每日上午 8 時至晚上 8 時。您可致電 **0808 808 00 00** 聯絡我們。

### 網上對話

您可以向我們發送網上對話訊息，說明您需要口譯員。您只需用英語告訴我們您希望使用哪種語言，我們將安排工作人員與您聯絡。點擊在網站的各個頁面上出現的「與我們對話」按鈕。或者瀏覽 [macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)

## 麥克米倫 (Macmillan) 網站

我們的網站有很多關於癌症的英文資訊。該網站還有更多以其他語言編寫的資訊：[macmillan.org.uk/translations](http://macmillan.org.uk/translations)

我們亦可以為您安排翻譯。請發電子郵件至：[cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)，告訴我們您需要的資訊。

## 資訊中心

我們的資訊和援助中心設在醫院、圖書館和流動中心。您可以前往任何一個中心，獲取您需要的資訊並與工作人員面對面交談。您可以瀏覽[macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) 查找離您最近的中心或致電 0808 808 00 00 聯絡我們。

## 本地支援團體

您可以在支援團體中與其他受癌症影響的人交流。您可以瀏覽[macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) 查找離您最近的援助團體或致電 0808 808 00 00 聯絡我們。

## 麥克米倫 (Macmillan) 網上社群

您亦可以瀏覽[macmillan.org.uk/community](http://macmillan.org.uk/community) 與其他受癌症影響的人士交流。不論是白天還是夜晚，您都可以隨時使用該服務。您可以分享您的經驗、提出問題，或者只是閱讀其他人的帖子

## 更多繁體中文的資訊

我們提供更多有關下列主題的繁體中文資訊：

| 癌症類型  | 應對癌症  |
|---|---|
| <ul style="list-style-type: none"><li>• 乳癌</li><li>• 子宮頸癌</li><li>• 大腸癌</li><li>• 肺癌</li><li>• 前列腺癌</li></ul> | <ul style="list-style-type: none"><li>• 若您確診患有癌症 – 快速指南</li><li>• 飲食問題與癌症</li><li>• 生命的終點</li><li>• 經濟援助 – 福利救濟金</li><li>• 經濟援助 – 財務協助</li><li>• 健康飲食</li><li>• 疲倦（疲憊）與癌症</li><li>• 癌症治療的副作用</li><li>• 您可以做些甚麼事情來幫助自己</li></ul> |
| <b>治療</b> <ul style="list-style-type: none"><li>• 化療</li><li>• 放射治療</li><li>• 手術</li></ul>                    |   |

若想查看相關資訊，請瀏覽 [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

## 參考文獻與致謝

本資訊由麥克米倫癌症援助機構 (Macmillan Cancer Support) 癌症資訊開發團隊編寫和編輯。本資訊由翻譯公司提供繁體中文的翻譯版本。

本資訊是根據在麥克米倫 (Macmillan) 網站 [macmillan.org.uk/coronavirus](https://macmillan.org.uk/coronavirus) 上有關[癌症與新冠病毒](#)的資訊編製而成。

本資訊經有關專家審閱，並獲得醫學腫瘤學專科醫生及首席醫療編輯 Dr Tim Iveson 及麥克米倫 (Macmillan) 首席醫療總監批准。

我們所有資訊的依據都是來自最佳的證據。關於我們所用資源的更多資訊，請透過 [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk) 聯絡我們。

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我們盡一切努力確保我們提供的資訊是準確和最新的，但您不應該依賴這些資訊來替代針對您的情況的專業建議。在法律允許的範圍內，麥克米倫 (Macmillan) 不承擔與使用本出版物中的任何資訊或其中包含或提及的第三方資訊或網站相關的責任。

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## Cancer and coronavirus (covid)

This information is about coronavirus (covid) if you have cancer. There are things you can do to protect yourself and other people from covid. There is also information about covid vaccines.

If you have any questions about this information, ask your doctor or nurse at the hospital where you are having treatment.

You can also call Macmillan Cancer Support on freephone **0808 808 00 00**, 7 days a week, 8am to 8pm. We have interpreters, so you can speak to us in your own language. When you call us, please tell us in English which language you need.

We have more information about covid on our website at [macmillan.org.uk/coronavirus](https://www.macmillan.org.uk/coronavirus) We also have more cancer information in your language at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

### This information is about:

- What is covid?
- What if I have cancer?
- What will happen to my cancer treatment?
- What is the covid vaccine?
- Getting the right care and support for you
- How Macmillan can help you
- More information in your language
- References and thanks

### What is covid?

Covid is sometimes called COVID-19 or coronavirus. It is a viral infection. This virus can make you very ill. Some people die from it.

### How do people get covid?

The virus spreads from person to person. You can get it if you are near someone with the virus. You can also get it by touching a surface that has the virus on it.



## **How will covid make me feel?**

If you have covid, you may feel unwell. You might:

- have a cough that does not stop
- feel hot or shivery with a high temperature (over 37.5°C [99.5°F])
- not be able to smell or taste properly.

Some people may also have:

- shortness of breath
- unexplained tiredness and lack of energy
- muscle aches or pains
- not wanting to eat or not feeling hungry
- a headache that's unusual or longer lasting than usual
- a sore throat, stuffy or runny nose
- diarrhoea
- feeling sick or being sick.

If you have cancer and feel unwell, call your cancer doctor or hospital right away for advice.

If you think you might have covid you must stay at home. This is to stop you spreading covid to others. Tell your doctor if you think you might have covid.

## **How will I know if I have covid?**

Most people no longer need to take a covid test. These are called lateral flow tests (LFTs). They are free for some people. This includes if:

- you have a health condition that means you can have new covid treatments
- you are going into hospital for treatment

Your hospital team will discuss this with you. You can read more about getting tests in:

- [England – visit www.gov.uk to find out more](http://www.gov.uk)
- [Scotland – visit www.gov.scot to find out more](http://www.gov.scot)
- [Wales – visit www.gov.wales to find out more](http://www.gov.wales)
- [Northern Ireland – visit www.publichealth.hscni.net to find out more](http://www.publichealth.hscni.net)

## What if I have cancer?

If you have cancer, you may be more at risk of becoming very ill if you have covid.

The parts of the body that fight viruses and infections are called the immune system. Some types of cancer and their treatments can weaken your immune system. This means your body may not fight the covid virus well.

### How can I protect myself if I have cancer?

There are things you can do to protect yourself:

- Get covid vaccines when they are offered to you.
- Wear a mask when you are with other people or outside your house. This must cover your mouth and nose.
- Avoid very busy places.
- Do not stand close to people and try to stay 2 metres apart.
- Clean your hands often.
- If you are indoors with people who are not in your household, keep doors and windows open for fresh air.

### Shielding

At the start of the pandemic, some people were told to shield. This meant staying indoors at all times and staying away from other people. It was to protect people with certain illnesses who might become very unwell if they had coronavirus.

Government advice is that people no longer need to shield. But you should still be careful and protect yourself. This includes having vaccines and checking any guidance for your local area. You can get the latest rules on the internet. You should be able to get the rules and advice in different languages and formats.

Visit government websites for guidance on how to keep yourself safe in:

- [England](#)
- [Scotland](#)
- [Wales](#)
- [Northern Ireland](#)

## **How can I take care of myself?**

It is really important to look after your health if you have cancer. There are ways to make your immune system stronger. This can help you cope better with cancer treatment. The best things to do are:

- eat healthily
- drink lots of water or other fluids
- keep moving your body
- get enough rest
- talk about how you are feeling to other people.

We have more information about healthy eating in your language at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

## **What will happen to my cancer treatment?**

You might be worried about having tests, scans or cancer treatment. But you should have these as planned. Talk to your doctor and nurse if you are worried about this.

You may be tested for covid before you have tests or treatment in a hospital or clinic.

You might be worried about getting a vaccine if you are having cancer treatment. It is safe to have the vaccines. Your doctor can talk to you about the best time to have them. The vaccines may not work as well if you are having some cancer treatments. But they will still help to protect you from covid.

## **What is the covid vaccine?**

A vaccine is a medicine that helps to keep you safe from an illness. It is important that you get covid vaccines as these will help your immune system to protect you. This means that you are less likely to get very unwell with covid.

If you have cancer, you should have the vaccine when it is offered. This is because you may become very unwell if you get covid. Doctors have tested the vaccines to make sure they are safe to use.

Your doctor will tell you when you can get your vaccine. It is important to get the vaccine when your doctor tells you.

## **How will I get my vaccine?**

A doctor or nurse will give you the vaccine as an injection (jab) in your arm.

## What happens after I get the vaccine?

You will still need to be careful after you have had the vaccine. The vaccine may not stop you having covid. But it should stop you becoming very unwell. You must still follow the rules in this information to stay safe after getting your vaccine.

## Getting the right care and support for you

If you have cancer and do not speak English, you may be worried that this will affect your cancer treatment and care. But your healthcare team should offer you care, support and information that meets your needs.

We know that sometimes people may face extra challenges in getting the right support. For example, if you work or have a family it can be hard to find time to go to hospital appointments. You might also have worries about money and transport costs. All of this can be stressful and hard to cope with.

But help is available. Our free support line **0808 808 00 00** can offer advice, in your language, about your situation. You can speak to nurses, financial guides, welfare rights advisers and work support advisers.

We also offer Macmillan Grants to people with cancer. These are one-off payments that can be used for things like hospital parking, travel costs, childcare or heating bills.

## How Macmillan can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we are here to support you.

### Macmillan Support Line

We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use. We can help with medical questions, give you information about financial support, or be there to listen if you need someone to talk to. The free, confidential phone line is open 7 days a week, 8am to 8pm. Call us on **0808 808 00 00**.

### Web chat

You can send us a web chat message saying you would like an interpreter. Tell us, in English, the language you need, and we will arrange for someone to contact you. Click on the 'Chat to us' button, which appears on pages across the website. Or go to [macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)

### Macmillan website

Our website has lots of information in English about cancer. There is also more information in other languages at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

We can also arrange translations just for you. Email us at [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk) to tell us what you need.

### Information centres

Our information and support centres are based in hospitals, libraries and mobile centres. Visit one to get the information you need and speak with someone face to face. Find your nearest centre at [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) or call us on **0808 808 00 00**.

### Local support groups

At a support group, you can talk to other people affected by cancer. Find out about support groups in your area at [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) or call us on **0808 808 00 00**.

### Macmillan Online Community

You can also talk to other people affected by cancer online at [macmillan.org.uk/community](http://macmillan.org.uk/community). You can access it at any time of day or night. You can share your experiences, ask questions, or just read through people's posts.

## More information in your language

We have information in your language about these topics:

|   |  |
|---|--|
| <b>Types of cancer</b> <ul style="list-style-type: none"><li>• Breast cancer</li><li>• Cervical cancer</li><li>• Large bowel cancer</li><li>• Lung cancer</li><li>• Prostate cancer</li></ul> <b>Treatments</b> <ul style="list-style-type: none"><li>• Chemotherapy</li><li>• Radiotherapy</li><li>• Surgery</li></ul> | <b>Coping with cancer</b> <ul style="list-style-type: none"><li>• If you are diagnosed with cancer – a quick guide</li><li>• Eating problems and cancer</li><li>• End of life</li><li>• Financial support – benefits</li><li>• Financial support – help with costs</li><li>• Healthy eating</li><li>• Tiredness (fatigue) and cancer</li><li>• Side effects of cancer treatment</li><li>• What you can do to help yourself</li></ul> |
|---|--|

To see this information, go to [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

## References and thanks

This information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. It has been translated by a translation company.

The information included is based on Macmillan's online information about [cancer and coronavirus](#) at [macmillan.org.uk/coronavirus](http://macmillan.org.uk/coronavirus)

This information has been reviewed by relevant experts and approved by Dr Tim Iveson, Consultant Medical Oncologist and Macmillan Chief Medical Editor and Rosie Loftus, Macmillan Chief Medical Officer.

All our information is based on the best evidence available. For more information about the sources we use, please contact us at [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

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We make every effort to ensure that the information we provide is accurate but it should not be relied upon to reflect the current state of medical research, which is constantly changing. If you are concerned about your health, you should consult your doctor. Macmillan cannot accept liability for any loss or damage resulting from any inaccuracy in this information or third-party information, such as information on websites to which we link.

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