

癌症與新冠病毒

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

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，所以您可以使用中文與我們溝通。當您致電我們時，請以英文告訴我們您所需要的語言（說「釵尼斯」）。

有關新冠病毒的更多資訊，請瀏覽我們的網站：macmillan.org.uk/coronavirus

本資訊主要介紹：

- 甚麼是新冠病毒？
- 如果我患有癌症，該怎麼辦？
- 對我的癌症治療有何影響？
- 甚麼是新冠疫苗？
- 麥克米倫（Macmillan）能夠如何幫助您
- 詞語清單
- 更多繁體中文版資訊
- 參考文獻與致謝

甚麼是新冠病毒？

新冠病毒有時也稱為 COVID-19。這是一種會影響肺部的病毒。這種病毒會感染您的肺部，使您病得很重。有些人甚至會因此死亡。

新冠病毒是如何感染人們的？

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？

如果您感染了新冠病毒，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。

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。

有些感染新冠病毒的人不會感到任何不適。但他們仍然可以將病毒傳染其他人。

如果您認為您有可能感染了新冠病毒，您必須留在家裡。這是為了阻止您將新冠病毒傳染給其他人。如果您認為自己可能感染了新冠病毒，請告訴您的醫生。

我如何可以知道我是否感染了新冠病毒？

您可以接受一個免費檢測，以便瞭解您是否感染新冠病毒。一名經培訓的人員會負責對您進行檢測，或者您可以預約在家接受檢測。您也可以使用其他語言瞭解如何獲得在家檢測。進行檢測時，他們通常會對您的喉嚨和鼻腔後面進行拭子檢測。拭子看起來就像一條很長的棉花棒。

您需要在出現症狀的幾天內進行檢測。以下地區的檢測規則略有不同：

- 英格蘭 - 有關詳情，請瀏覽 www.gov.uk
- 蘇格蘭 - 有關詳情，請瀏覽 www.gov.scot
- 威爾士 - 有關詳情，請瀏覽 www.gov.wales
- 北愛爾蘭 - 有關詳情，請瀏覽 www.publichealth.hscni.net

您應該會在 1 至 3 天內知悉結果。如果您在知悉結果後感到憂慮，您可以與其他人訴說您的感受。

如果我患有癌症，該怎麼辦？

如果您患有癌症，您感染新冠病毒後病重的風險更高。

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。

- 當向您提供新冠病毒疫苗時，您應該接種該疫苗
- 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。
- 避免去人多的地方
- 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
- 如果您在室內與非您的家人在一起，請打開門窗放進新鮮空氣。

如果您認為自己感染了新冠病毒，請預約進行檢測。

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，他們可能會病情非常嚴重。

現在已經不再建議進行屏蔽防護。但是那些曾經進行過屏蔽防護的人，應該繼續小心保護自己。這包括接種疫苗，並檢查您當地的任何指引。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。

有些人想繼續進行屏蔽防護。這是個人的選擇，您可以考慮自己的情況並與親密的人討論。

我可以如何照顧好自己？

如果您患有癌症，您必須照顧好自己的健康。這將有助增強您的免疫系統。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](https://www.macmillan.org.uk/translations)

對我的癌症治療有何影響？

雖然您可能會對接受癌症治療感到憂慮，但您應該接受已規劃的治療。若您對治療感到憂慮，您可以與您的醫生或護士交談。

您可能正在等待接受掃描或檢測。癌症治療團隊仍然會：

- 診斷癌症
- 治療癌症
- 為患者提供所需的護理。

如果您在醫院或診所進行檢測或治療，您必須戴上口罩。您可以在治療前接受新冠病毒檢測。

如果您正接受癌症治療，您可能會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新冠病毒。

甚麼是新冠疫苗？

疫苗是幫助您避免患上某種疾病的藥物。接種新冠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，如果您感染新冠病毒，您不太可能會病情嚴重。

醫生希望所有成年人都能接種疫苗。如果您患有癌症，您應該盡快接種疫苗。因為若您感染新冠病毒，您可能會有病重的風險。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）。

您將需要接種兩次疫苗。您會在第一次接種的 3 至 12 週後，再第二次接種疫苗。

第一針疫苗在您接種 2 至 3 週後開始為您提供保護。第二針疫苗對您提供更長時間的保護。接種兩劑疫苗很重要。

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。疫苗可能無法阻止病毒的傳播。但如果您感染新冠病毒，您的病情應該不會變得很嚴重。接種疫苗後，您必須繼續遵照本資訊的規則保持安全。

麥克米倫（Macmillan）能夠如何幫助您

麥克米倫（Macmillan）致力於協助您和您的家人。您可透過下列方式獲得援助：

- 麥克米倫（Macmillan）援助熱線 (0808 808 00 00)。我們有傳譯員，所以您可以使用中文與我們溝通。您只需用英語告訴我們您希望使用哪種語言即可。我們可以回答有關醫療的問題、提供有關資金援助的資訊或與您討論您的感受。熱線服務時間為每日上午 8 時至晚上 8 時。
- 麥克米倫（Macmillan）網站 (macmillan.org.uk)。我們的網站提供許多有關癌症和癌症病患生活的英文資訊。若想以其他語言獲得更多資訊，請瀏覽 macmillan.org.uk/translations
- 資訊與支援服務。您可透過資訊與支援服務中心向癌症援助專家諮詢並獲得書面資訊。瀏覽 macmillan.org.uk/informationcentres 尋找離您最近的諮詢中心或致電我們。您的醫院可能設有資訊中心。
- 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。瀏覽 macmillan.org.uk/supportgroups 尋找離您最近的當地支援團體或致電我們。
- 麥克米倫（Macmillan）網路社群 – 您亦可以前往 macmillan.org.uk/community 與其他受癌症影響的人士交流。

以繁體中文提供的更多資訊

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">• 乳癌• 大腸癌• 肺癌• 前列腺癌	<ul style="list-style-type: none">• 若您被診斷患有癌症 – 快速指南• 飲食問題與癌症• 生命的終點• 經濟援助 – 福利救濟金• 經濟援助 – 財務協助• 健康飲食• 疲憊（疲勞）與癌症• 癌症治療的副作用• 您可以做些甚麼來幫助自己
治療 <ul style="list-style-type: none">• 化療• 放療• 手術治療	

欲查看該資訊，請瀏覽 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。由翻譯公司提供繁體中文的翻譯版本。

本資訊是根據麥克米倫（Macmillan）網站 [macmillan.org.uk/coronavirus](https://www.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查，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。

我們所有的資料都依據可獲得的最佳證據。關於我們所用資源的更多資訊，請通過 cancerinformationteam@macmillan.org.uk 聯絡我們。

MAC18794_Chinese

內容審閱日期：2021 年

計劃下次審閱日期：2024 年

我們盡最大努力確保我們提供的資訊準確無誤，但並不能反映最新的醫學研究情況，因為這是不斷變化的。若您擔心您的健康狀況，則應諮詢您的醫生。麥克米倫（Macmillan）對由於此資訊或第三方資訊（如我們所連結到的網站上的資訊）的任何不準確所造成的任何損失或損害不承擔任何責任。

© 2021 麥克米倫癌症援助機構（Macmillan Cancer Support）。於英格蘭和威爾士（261017）、蘇格蘭（SC039907）和馬恩島（604）註冊的慈善機構。註冊登記處：89 Albert Embankment, London SE1 7UQ。



Cancer and coronavirus

This information is about coronavirus if you have cancer. There are things you can do to protect yourself and other people from coronavirus. There is also information about the coronavirus vaccine.

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 (say “Chinese”).

We have more information about coronavirus on our website at macmillan.org.uk/coronavirus

This information is about:

- What is coronavirus?
- What if I have cancer?
- What will happen to my cancer treatment?
- What is the coronavirus vaccine?
- How Macmillan can help you
- Word list
- More information in your language
- References and thanks

What is coronavirus?

Coronavirus is sometimes called COVID-19. It is a virus that can affect your lungs. This virus can give you a lung infection which can make you very ill. Some people die from it.

How do people get coronavirus?

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 coronavirus make me feel?

If you have coronavirus, 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.

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

Some people with coronavirus do not feel unwell. They can still spread the virus to other people.

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

How will I know if I have coronavirus?

You can have a free test that will tell you if you have coronavirus. A trained person will test you or you can order a home test. [You can get home tests with instructions in other languages.](#) For the test, they will usually swab the back of your throat and your nose. The swab looks like a long cotton bud.

You will need to be tested within days of having symptoms. Testing rules are different in:

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

You should get your results in 1 to 3 days. If you are worried after getting your results you could talk to someone about how you feel.

What if I have cancer?

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

The parts of the body that fight viruses and infections are called the immune system. Some types of cancer and its treatments can make your immune system weaker. This means your body may not fight the coronavirus well.

How can I protect myself if I have cancer?

There are things you can do to protect yourself:

- Get a coronavirus vaccine when it is offered to you
- Wear a mask when you are with other people or outside your house. This must cover your mouth and nose.
- Avoid places that are very busy
- 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

Book a test if you think you have coronavirus.

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.

Shielding is no longer advised. But people who were shielding should continue to be careful and protect themselves. This includes having a vaccination 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.

Some people want to continue shielding, Others are relieved to stop. It's a personal choice that you can think about for yourself and discuss with those close to you.

How can I take care of myself?

It is really important to look after your health if you have cancer. These can 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 cancer treatment, but you should have your treatment as planned. Talk to your doctor and nurse if you are worried about this.

You might be waiting for a scan or test. The cancer teams will still:

- diagnose cancer
- treat cancer
- give people the care they need.

You must wear a mask if you are having tests or treatment in a hospital or clinic. You may be tested for coronavirus before your treatment.

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

What is the coronavirus vaccine?

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

Doctors want all adults to get the vaccine. If you have cancer, you should have the vaccine as soon as you can. This is because you will be at risk of being very unwell if you get coronavirus. 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.

You will get the vaccine twice. You get your second vaccine 3 to 12 weeks after the first one.

The first vaccine starts to protect you 2 to 3 weeks after you have it. The second vaccine protects you for a longer time. It is important to get both doses of the vaccine.

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 the virus spreading. But it should stop you becoming very poorly if you get coronavirus. You must still follow the rules in this information to stay safe after getting your vaccine.

How Macmillan can help you

Macmillan is here to help you and your family. You can get support from:

- **The Macmillan Support Line (0808 808 00 00).** 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 answer medical questions, give you information about financial support, or talk to you about your feelings. The phone line is open 7 days a week, 8am to 8pm.
- **The Macmillan website ([macmillan.org.uk](https://www.macmillan.org.uk)).** Our site has lots of English information about cancer and living with cancer. There is more information in other languages at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)
- **Information and support services.** At an information and support service, you can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.
- **Local support groups** – At a support group you can talk to other people affected by cancer. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.
- **Macmillan Online Community** – You can also talk to other people affected by cancer online at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)

More information in your language

We have information in your language about these topics:

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

To see this information, go to [macmillan.org.uk/translations](https://www.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 the Macmillan's online information about [cancer and coronavirus](https://www.macmillan.org.uk/coronavirus) at [macmillan.org.uk/coronavirus](https://www.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

MAC18794_Traditional Chinese

Content reviewed: 2021

Next planned review: 2024

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.

© Macmillan Cancer Support 2021. Registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Registered office 89 Albert Embankment, London SE1 7UQ.

