

## Mock Conversations - Normal Cold & Coughs, Respiratory Infections

### 普通感冒和咳嗽，呼吸道感染

**Doctor:** Good morning. What brings you in today?

早上好。今天有什么事让您来？

**Patient:** Good morning, Doctor. I've been feeling under the weather for a few days now. I've got a bad cough, a runny nose, and I feel pretty congested. I'm worried it might be something serious.

早上好，医生。我这几天身体一直不舒服。我咳嗽得很厉害，流鼻涕，鼻子也堵得厉害。我担心这可能是什么严重的问题。

**Doctor:** I'm sorry to hear that you're not feeling well. Let's take a closer look at your symptoms. When did you first start feeling sick?

让我们仔细看看你的症状。你什么时候开始感觉不舒服的？

**Patient:** It started about four days ago. It began with a sore throat, and then the cough and congestion followed.

大约四天前开始的。一开始是喉咙痛，然后是咳嗽和鼻塞。

**Doctor:** Do you have any fever or shortness of breath?

您有发烧或者呼吸困难的症状吗？

**Patient:** I had a mild fever the first day, but it's gone now. No shortness of breath, just a lot of coughing and a stuffy nose.

第一天我有点发烧，不过现在已经退烧了。没有呼吸困难，只是咳嗽和鼻塞。

**Doctor:** It sounds like you might have a common cold or a mild respiratory infection. These symptoms are very common this time of year and usually aren't anything serious. Have you had any chest pain or difficulty breathing?

听起来你可能得了普通感冒或轻微的呼吸道感染。这些症状在每年这个时候都很常见，通常不是什么严重的问题。你有没有胸痛或呼吸困难？

**Patient:** No chest pain, and I can breathe okay, just feel really congested.

没有胸痛，我可以正常呼吸，只是感觉很拥挤。

**Doctor:** That's good to hear. Let me listen to your lungs and check your throat and sinuses.

那就好。让我听听你的肺部，检查一下你的喉咙和鼻窦。

*(The doctor performs a physical examination.)*

*(医生进行身体检查。)*

**Doctor:** Your lungs sound clear, and your throat is a bit red, which is typical for a cold. Your sinuses are also congested. Based on your symptoms and the examination, it looks like a viral upper respiratory infection, which should improve on its own in about a week or two.

您的肺部听起来很清晰，喉咙有点红，这是感冒的典型症状。您的鼻窦也堵塞了。根据您的症状和检查结果，这看起来像是病毒性上呼吸道感染，大约一两周后应该会自行好转。

**Patient:** That's a relief to hear. Is there anything I can do to feel better?

听到这个消息我松了一口气。我能做些什么来让自己感觉好一些吗？

**Doctor:** Absolutely. Here are a few recommendations:

- **Rest and stay hydrated:** Drink plenty of fluids like water, tea, and soup.
- **Over-the-counter medications:** You can take acetaminophen or ibuprofen for any aches, pains, or fever. For your congestion, a decongestant like pseudoephedrine can help. A cough suppressant like dextromethorphan can reduce your cough.
- **Nasal saline sprays:** These can help relieve nasal congestion.
- **Honey and warm fluids:** Honey can soothe a sore throat and reduce coughing. Warm fluids like tea or broth can also be comforting.

当然可以。以下是一些建议：

- **休息并保持水分：**多喝水、茶和汤等液体。
- **非处方药：**您可以服用对乙酰氨基酚或布洛芬来缓解任何疼痛或发烧。对于鼻塞，伪麻黄碱等减充血剂可以有所帮助。右美沙芬等止咳药可以减轻咳嗽。
- **鼻腔盐水喷雾剂：**这些可以帮助缓解鼻塞。
- **蜂蜜和温热液体：**蜂蜜可以缓解喉咙痛并减少咳嗽。茶或肉汤等温热液体也可以起到安慰作用。

**Patient:** That sounds manageable. Are there any medications you recommend I avoid?

听起来很容易解决。你建议我避免服用哪些药物？

**Doctor:** Avoid taking antibiotics, as they won't be effective against a viral infection. Also, be cautious with combination cold medications to avoid taking too much of any one ingredient. If you're unsure, just stick to individual medications for specific symptoms.

避免服用抗生素，因为它们对病毒感染无效。此外，谨慎使用组合感冒药，避免服用过多的单一成分。如果您不确定，只需针对特定症状服用单独的药物即可。

**Patient:** Got it. How will I know if it gets more serious and I need to come back?

明白了。我怎么知道病情是否变得更严重，我需要回来？

**Doctor:** If you develop a high fever, experience shortness of breath, chest pain, or if your symptoms last longer than two weeks without improving, come back to see me. If you notice any significant changes or have any concerns, don't hesitate to contact the office.

如果您出现高烧、呼吸短促、胸痛或症状持续超过两周而没有改善，请回来找我。如果您发现任何重大变化或有任何疑问，请随时联系办公室。

**Patient:** Okay, I'll keep an eye on it. Thank you for the advice, Doctor.

好的，我会留意的。谢谢医生的建议。

**Doctor:** You're welcome. Take care, get plenty of rest, and you'll likely start feeling better soon. If you have any other questions or concerns, feel free to reach out.

不用客气。保重，多休息，你很快就会感觉好起来。如果你有任何其他问题或疑虑，请随时联系我们。

**Patient:** Will do. Thanks again, Doctor.

好的。再次感谢，医生。

**Doctor:** Take care. Feel better soon.

保重。很快就会好起来的。