0169. How Risky Are Repeat COVID Infections? What We Know So Far 重复感染新冠病毒的风险有多大？到目前为止我们所知道的

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1. How Risky Are Repeat COVID Infections? What We Know So Far 重复感染新冠病毒的风险有多大？到目前为止我们所知道的

Researchers and clinicians 临床医生 know that /people are **racking (v.) up** 累积；聚集（某物）；累计（得分） multiple infections, but the long-term consequences of *repeatedly getting (v.) the virus* /aren't yet clear.

研究人员和临床医生知道人们正在遭受多重感染，但反复感染该病毒的长期后果尚不清楚。

Every time you get infected with COVID, it does harm to the body in some way. For example, *a pulmonary 肺的 infection* can leave scars 疤痕；创伤in the lungs /or trigger blood clots. COVID may also interfere (v.) 干涉，干扰；阻碍，妨害 with the immune system itself, he says. Nath notes that /主 the protective sheaths （刀、剑等的）鞘；（工具的）套;护套；护层；护皮 of many viruses 谓 include regions that can interfere with the immune system. Separately, 主 one study that followed up with 在...后做 participants after a flu infection /谓 found that in about 30 percent of people, the immune system remained somewhat impaired /two months later.

每次感染新冠病毒，都会以某种方式对身体造成伤害. 例如，肺部感染可能会在肺部留下疤痕或引发血栓。他说，新冠病毒还可能干扰免疫系统本身。内斯指出，许多病毒的保护鞘包括可能干扰免疫系统的区域。另外，一项对感染流感的参与者进行随访的研究发现，约 30% 的人在两个月后, 免疫系统仍然受到一定程度的损害。

Example 1. title

sheath

follow

[VN] **~ sth (up) with sth** : to do sth after sth else 在...后做
- Follow your treatment with plenty of rest. 你治疗以后要多休息。
- They **follow up** their March show **with** four UK dates next month.他们在三月演出以后，就是下个月在英国的四场演出。

Frustratingly, we may never have a clear sense of the damage 后定 COVID reinfections are causing. To ascribe cause and effect 系 is very challenging. During the span of time between infections, they've also had many other things happen to them, too.

令人沮丧的是，**我们可能永远无法清楚地了解新冠病毒再次感染所造成的损害。确定因果关系非常具有挑战性。在两次感染之间的时间里，他们(患者)还发生了许多其他事情。**

Some viruses can hide out in the body /and emerge (v.) decades after the initial infection /to cause (v.) new problems. The virus that causes *chicken pox* (痘；疹;梅毒) 水痘, for example, can trigger shingles 带状疱疹 /many years later. And scientists have recently learned that /infection with the common Epstein-Barr virus seriously increases (v.) the risk of a person developing the autoimmune (a.)自身免疫的；自体免疫的 disorder *multiple sclerosis* (硬化；硬化症) 多发性硬化症. "I don't think we've seen the end of this movie yet," Al-Aly says of SARS-CoV-2's long-term impacts.

有些病毒可以隐藏在体内，并在初次感染数十年后出现，从而引起新的问题。例如，引起水痘的病毒可能在多年后引发带状疱疹。科学家最近发现，感染常见的 Epstein-Barr 病毒会严重增加患自身免疫性疾病"多发性硬化症"的风险。 "我认为我们还没有看到这部电影的结局，"Al-Aly 在谈到 SARS-CoV-2 的长期影响时说道。

Example 2. title

shingles

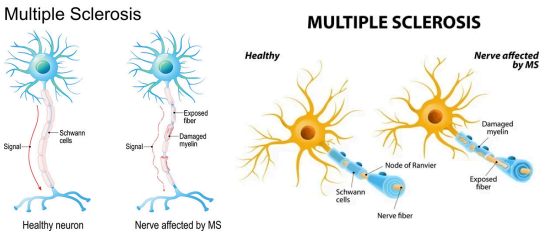
带状疱疹

带状疱疹通常是因人体对"水痘带状疱疹病毒"（varicella zoster virus）（VZV）有所反应而引起。**初次感染VZV的患者, 可能会出现水痘。水痘痊愈后，病毒会潜伏（virus latency）于神经元中。**当病毒再度转为活性，便会经由神经行遍全身, 造成疹子。

multiple sclerosis

(abbr. MS) a disease of the nervous system that gets worse over a period of time with loss of feeling and loss of control of movement and speech 多发性硬化

多发性硬化症（Multiple sclerosis，MS）是一种脱髓鞘性神经病变，患者脑或脊髓中个神经细胞表面个绝缘物质（即**"髓鞘"）受到破坏，神经系统个信号转导受损，导致一系列可能发生个症状，**影响患者个活动、心智、甚至精神状态。迭些症状可能包括复视、单侧视力受损、肌肉无力、感觉迟钝，或协调障碍。



Moreover, COVID has already shown its potential (n.) to cause (v.) lasting (a.) harm in the form of long COVID, which can include *debilitating 使虚弱 fatigue* 疲乏，疲劳, 厌倦, breathing problems, difficulty thinking 思维困难, digestive issues and a wide variety of other symptoms.

此外，新冠病毒已经显示出其以长期新冠病毒形式造成持久伤害的潜力，其中可能包括虚弱疲劳、呼吸问题、思维困难、消化问题和各种其他症状。

2. How Risky Are Repeat COVID Infections? What We Know So Far

Researchers and clinicians know that people are racking up multiple infections, but the long-term consequences of repeatedly getting the virus aren't yet clear.

Every time you get infected with COVID, it does harm to the body in some way. For example, a pulmonary infection can leave scars in the lungs or trigger blood clots. COVID may also interfere with the immune system itself, he says. Nath notes that the protective sheaths of many viruses include regions that can interfere with the immune system. Separately, one study that followed up with participants after a flu infection found that in about 30 percent of people, the immune system remained somewhat impaired two months later.

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