WHAT IS CLAIMED IS:

1. A method for protecting user equipment, applied to the user equipment, the method comprising:

starting a timer of a preset time period after first signaling for requesting for a cooling configuration is sent to a base station, wherein the first signaling carries cooling assistance information configured to instruct the base station to determine a radio link configuration to which the user equipment is to be adjusted;

detecting an equipment temperature of the user equipment at a time when the timer times out; and

indicating to the base station a user equipment state indicated by the equipment temperature,

wherein the indicating to the base station the user equipment state indicated by the equipment temperature comprises:

sending, to the base station, second signaling indicating that the user equipment state of the user equipment is that the user equipment is no longer overheated when the user equipment state indicated by the equipment temperature is that the user equipment is no longer overheated,

wherein the second signaling is the first signaling in which the cooling assistance information is empty.

2. The method according to claim 1, further comprising:

sending to the base station the first signaling for requesting for the cooling configuration when it is determined that overheating of the user equipment is caused by a high radio link configuration.

3. The method according to claim 1, wherein the indicating to the base station the user equipment state indicated by the equipment temperature further comprises:

sending to the base station third signaling for requesting for the cooling configuration when the user equipment state indicated by the equipment temperature is that the user equipment is still overheated.

4. A method for protecting user equipment, applied to a base station, the method comprising:

receiving first signaling for requesting for a cooling configuration sent by the user equipment;

generating and sending response signaling based on the first signaling, wherein the response signaling is configured to reduce a radio link configuration of the user equipment;

monitoring signaling sent by the user equipment during a preset time period; and

determining a user equipment state of the user equipment based on a monitoring result,

wherein the determining the user equipment state of the user equipment based on the monitoring result comprises:

determining that the user equipment state is that the user equipment is still overheated when the monitoring result is that second signaling for requesting for the cooling configuration sent by the user equipment is monitored; and

determining that the user equipment state is that the user equipment is no longer overheated when the monitoring result is that third signaling indicating that the user equipment is no longer overheated is monitored.

5. The method according to claim 4, wherein the preset time period is dynamically configured by the base station, is a fixed value specified by a system, or is determined based on an implementation of the base station.

6. The method according to claim 4, further comprising:

improving the radio link configuration of the user equipment when the user equipment state is that the user equipment is no longer overheated; and

performing an operation of generating and sending the response signaling when the user equipment state is that the user equipment is still overheated.

7. The method according to claim 4, wherein the determining the user equipment state of the user equipment based on the monitoring result comprises:

determining that the user equipment state is that the user equipment is no longer overheated when the monitoring result is that no signaling related to solving of overheating sent by the user equipment is monitored.

8. User equipment, comprising:

a processor; and

a memory for storing instructions executable by the processor,

wherein the processor is configured to:

start a timer of a preset time period after first signaling for requesting for a cooling configuration is sent to a base station, wherein the first signaling carries cooling assistance information configured to instruct the base station to determine a radio link configuration to which the user equipment is to be adjusted;

detect an equipment temperature of the user equipment at a time when the timer times out; and

indicate to the base station a user equipment state indicated by the equipment temperature,

wherein the processor is further configured to:

send to the base station second signaling indicating that the user equipment state of the user equipment is that the user equipment is no longer overheated when the user equipment state indicated by the equipment temperature is that the user equipment is no longer overheated,

wherein the second signaling is the first signaling in which the cooling assistance information is empty.

9. The user equipment according to claim 8, wherein the processor is further configured to:

send to the base station the first signaling for requesting for the cooling configuration when it is determined that overheating of the user equipment is caused by a high radio link configuration.

10. The user equipment according to claim 8, wherein the processor is further configured to:

send to the base station third signaling for requesting for the cooling configuration when the user equipment state indicated by the equipment temperature is that the user equipment is still overheated.