WHAT IS CLAIMED IS:

1. A method for wireless communication, applied to a terminal device connecting with a first network and a second network, comprising:

reducing, by the terminal device when an uplink duty cycle of the second network is greater than a maximum uplink duty cycle of the second network, a power class of the first network and the second network and/or the uplink duty cycle of the second network, wherein the uplink duty cycle of the second network is a proportion of time domain resources that can be used for uplink transmission in a time unit.

2. The method according to claim 1, wherein the uplink duty cycle of the second network is configured by a network device in the second network, or is determined autonomously by the terminal device.

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

acquiring, by the terminal device, a current uplink-downlink ratio of the first network;

determining, by the terminal device, the maximum uplink duty cycle of the second network according to the current uplink-downlink ratio of the first network, and a correspondence between uplink-downlink ratios of the first network and maximum uplink duty cycles of the second network.

4. The method according to claim 3, further comprising:

reporting, by the terminal device, the maximum uplink duty cycle of the second network to a network device of the second network.

5. The method according to claim 3, wherein the correspondence comprises a plurality of first correspondences,

the determining, by the terminal device, the maximum uplink duty cycle of the second network according to the current uplink-downlink ratio of the first network, and a correspondence between uplink-downlink ratios of the first network and maximum uplink duty cycles of the second network comprises:

determining, by the terminal device, the maximum uplink duty cycle of the second network according to according to a maximum transmit power of the first network, a maximum transmit power of the second network, the current uplink-downlink ratio of the first network, and the plurality of first correspondences.

6. The method according to claim 5, further comprising:

determining, by the terminal device, the plurality of first correspondences.

7. The method according to claim 6, wherein the determining, by the terminal device, the plurality of first correspondences comprises:

determining, by adjusting an uplink ratio of the second network when the first network transmits signal at a maximum output power and the second network transmits signal at a maximum output power, a target uplink duty cycle of the second network when the SAR value reaches the preset value; and

determining the target uplink duty cycle of the second network as the maximum uplink duty cycle of the second network corresponding to a first uplink-downlink ratio, wherein the first uplink-downlink ratio is a current uplink-downlink ratio of the first network.

8. The method according to claim 7, wherein the maximum output power of the first network is 23 dBm or 26 dBm.

9. The method according to claim 7, wherein the maximum output power of the second network is 23 dBm or 26 dBm.

10. The method according to any one of claims 1 to 9, wherein the first network is long term evolution (LTE) network, and the second network is new radio NR network.

11. A terminal device, connecting with a first network and a second network, comprising:

a processing module, configured to reduce, when an uplink duty cycle of the second network is greater than a maximum uplink duty cycle of the second network, a power class of the first network and the second network and/or the uplink duty cycle of the second network, wherein the uplink duty cycle of the second network is a proportion of time domain resources that can be used for uplink transmission in a time unit.

12. The terminal device according to claim 11, wherein the uplink duty cycle of the second network is configured by a network device in the second network, or is determined autonomously by the terminal device.

13. The terminal device according to claim 11 or 12, further comprising:

an acquiring module, configured to acquire a current uplink-downlink ratio of the first network; and

a determining module, configured to determine the maximum uplink duty cycle of the

second network according to the current uplink-downlink ratio of the first network, and a correspondence between uplink-downlink ratios of the first network and maximum uplink duty cycles of the second network.

14. The terminal device according to claim 13, further comprising:

a communication module, configured to report the maximum uplink duty cycle of the second network to a network device of the second network.

15. The terminal device according to claim 13, wherein the correspondence comprises a plurality of first correspondences,

the determining module is specifically configured to:

determine the maximum uplink duty cycle of the second network according to according to a maximum transmit power of the first network, a maximum transmit power of the second network, the current uplink-downlink ratio of the first network, and the plurality of first correspondences.

16. The terminal device according to claim 15, wherein the determining module is further configured to:

determine the plurality of first correspondences.

17. The terminal device according to claim 16, wherein the determining module is further configured to:

determine, by adjusting an uplink ratio of the second network when the first network transmits signal at a maximum output power and the second network transmits signal at a maximum output power, a target uplink duty cycle of the second network when the SAR value reaches the preset value; and

determine the target uplink duty cycle of the second network as the maximum uplink duty cycle of the second network corresponding to a first uplink-downlink ratio, wherein the first uplink-downlink ratio is a current uplink-downlink ratio of the first network.

18. The terminal device according to claim 17, wherein the maximum output power of the first network is 23 dBm or 26 dBm.

19. The terminal device according to claim 17, wherein the maximum output power of the second network is 23 dBm or 26 dBm.

20. The terminal device according to any one of claims 11 to 19, wherein the first network

is long term evolution LTE network, and the second network is new radio NR network.