1. A user equipment, UE, used in wireless communication, comprising:

a receiver receiving a physical downlink control channel, PDCCH, order, wherein the PDCCH order carries all or part of fields in a downlink control information, DCI, format 1_0, and bits of a frequency domain resource assignment field included in DCI carried by the PDCCH order are all set as "1";

a transmitter sending a physical random access channel, PRACH, wherein the PDCCH order is used for triggering sending of the PRACH, and the PRACH carries a random access preamble sequence,

wherein the PRACH is associated with a cell other than a cell to which the PDCCH order belongs, and the PRACH is used for obtaining a timing advance for at least one cell other than the cell to which the PDCCH order belongs; a length of a time interval between the PDCCH order and the PRACH in a time domain is not less than a threshold value, the threshold value is greater than 0, and the length of the time interval between the PDCCH order and the PRACH in a time domain is a length of a time interval between the latest symbol of reception of the PDCCH order and the earliest symbol of transmission of the PRACH; a relationship between the cell associated with the PRACH and the cell to which the PDCCH order belongs is used for determining the threshold value, and the relationship between the cell associated with the PRACH and the cell to which the PDCCH order belongs includes: whether the cell associated with the PRACH and the cell to which the PDCCH order belongs are both serving cells; and the threshold value is related to a first sub-carrier spacing, and a sub-carrier spacing of the PDCCH order and a sub-carrier spacing of the PRACH are used together for determining the first sub-carrier spacing.

2. A method in a user equipment, UE, for wireless communication, comprising:

receiving a physical downlink control channel, PDCCH, order, wherein the PDCCH order carries all or part of fields in a downlink control information, DCI, format 1_0, and bits of a frequency domain resource assignment field included in DCI carried by the PDCCH order are all set as "1";

and sending a physical random access channel, PRACH, wherein the PDCCH order is used for triggering sending of the PRACH, and the PRACH carries a random access preamble sequence,

wherein the PRACH is associated with a cell other than a cell to which the PDCCH order

belongs, and the PRACH is used for obtaining a timing advance for at least one cell other than the cell to which the PDCCH order belongs; a length of a time interval between the PDCCH order and the PRACH in a time domain is not less than a threshold value, the threshold value is greater than 0, and the length of the time interval between the PDCCH order and the PRACH in a time domain is a length of a time interval between the latest symbol of reception of the PDCCH order and the earliest symbol of transmission of the PRACH; a relationship between the cell associated with the PRACH and the cell to which the PDCCH order belongs is used for determining the threshold value, and the relationship between the cell associated with the PRACH and the cell to which the PDCCH order belongs includes: whether the cell associated with the PRACH and the cell to which the PDCCH order belongs are both serving cells; and the threshold value is related to a first sub-carrier spacing, and a sub-carrier spacing of the PDCCH order and a sub-carrier spacing of the PRACH are used together for determining the first sub-carrier spacing.

3. The UE according to claim 1, or the method in a UE according to claim 2, wherein a switching delay parameter value is used for determining the threshold value, and the threshold value and the switching delay parameter value are linearly correlated; when the cell associated with the PRACH and the cell to which the PDCCH order belongs respectively belong to different bands, the switching delay parameter value is equal to 0; and when the cell associated with the PRACH and the cell to which the PDCCH order belongs belong to an identical band, the switching delay parameter value is equal to a delay value of bandwidth part, BWP, switching.

4. The UE according to claim 1 or 3, or the method in a UE according to claim 2 or 3, wherein the PDCCH order is used for determining a target SS/PBCH, SSB, multiple PRACH occasions correspond to the target SSB, and a PRACH occasion occupied by the PRACH is a next PRACH occasion among the multiple PRACH occasions, a length of a time interval between the next PRACH occasion and the PDCCH order in a time domain is not less than the threshold value.

5. The UE according to claim 4, or the method in a UE according to claim 4, wherein one field in a DCI format carried by the PDCCH order is used for explicitly or implicitly indicating an index value of the target SSB, and the multiple PRACH occasions are all associated with an index of the target SSB; and a number of the multiple PRACH occasions corresponding to the target SSB is configurable, and an association cycle between the multiple PRACH occasions and the target SSB is configurable.

6. The UE according to any one of claims 1, or 3 to 5, or the method in a UE according to any

one of claims 2 to 5, wherein an initial delay parameter value is used for determining the threshold value, the threshold value and the initial delay parameter value are linearly correlated, and the initial delay parameter value is equal to 0.5 milliseconds or 0.25 milliseconds; and at least one of a frequency range to which the PRACH belongs or a frequency range to which the PDCCH order belongs is used for determining the initial delay parameter value.

7. The UE according to claim 6, or the method in a UE according to claim 6, wherein when the PRACH belongs to a frequency range 1, the initial delay parameter value is equal to 0.5 milliseconds; and when the PRACH belongs to a frequency range 2, the initial delay parameter value is equal to 0.25 milliseconds;

or when the PDCCH order belongs to the frequency range 1, the initial delay parameter value is equal to 0.5 milliseconds; and when the PDCCH order belongs to the frequency range 2, the initial delay parameter value is equal to 0.25 milliseconds.

8. The UE according to any one of claims 1, or 3 to 7, or the method in a UE according to any one of claims 2 to 7, wherein the PDCCH order carries a first field, a value of the first field carried by the PDCCH order belongs to a first candidate value set, and the first candidate value set comprises multiple candidate values; and the PRACH being associated with a cell other than the cell to which the PDCCH order belongs depends on the value of the first field carried by the PDCCH order being equal to a candidate value other than a target value in the first candidate value set, and the target value is one predefined candidate value in the first candidate value set.

9. The UE according to claim 8, or the method in a UE according to claim 8, wherein a format used by DCI carried by the PDCCH order comprises the first field, and one piece of signaling or one parameter is used for configuring at least 1 reserved bit in the DCI carried by the PDCCH order to be used as the first field.

10. The UE according to claim 8 or 9, or the method in a UE according to claim 8 or 9, wherein N1 is equal to a number of bits included in the first field carried by the PDCCH order, a number of candidate values included in the first candidate value set is equal to 2 to power of N1, and the target value is equal to 0; when the value of the first field carried by the PDCCH order is equal to the target value, the PRACH is associated with the cell to which the PDCCH order belongs; otherwise, the PRACH is associated with a cell other than the cell to which the PDCCH order belongs.

11. The UE according to any one of claims 1, or 3 to 10, or the method in a UE according to

any one of claims 2 to 10, wherein the relationship between the cell associated with the PRACH and the cell to which the PDCCH order belongs is used for determining a value of a parameter $\Delta_{\mathrm{BWPSwitching}}$ used when the threshold value is calculated; and the relationship between the cell associated with the PRACH and the cell to which the PDCCH order belongs is used for determining the value of the parameter Δ_{LTM} used when the threshold value is calculated, and the parameter Δ_{LTM} is a value of a parameter other than a parameter $N_{T,2}$, a parameter $\Delta_{\mathrm{BWPSwitching}}$, a parameter Δ_{Delay} or a parameter T_{switch}.

12. The UE according to any one of claims 1, or 3 to 11, or the method in a UE according to any one of claims 2 to 11, wherein the receiver receives a first information block, wherein the first information block is used for determining a power ramping step, the PDCCH order is used for determining a first count value, the power ramping step and the first count value are used together for determining a transmission power value of the PRACH, and the power ramping step is equal to one of 0 dB, 2 dB, 4 dB, or 6 dB.

13. The UE according to claim 12, or the method in a UE according to claim 12, wherein the first information block comprises all or part of Layer 1, L1/Layer 2, L2-triggered mobility, LTM, configuration information, the first information block comprises all or part of an IE "RACH-ConfigGeneric", and the first information block comprises a field "powerRampingStep".

14. The UE according to claim 12 or 13, or the method in a UE according to claim 12 or 13, wherein the power ramping step is equal to a power ramping step of a PRACH configured for a cell other than the cell to which the PDCCH order belongs, and a transmission power value of the PRACH is not greater than a maximum output power value at which a sender of the PRACH is configured in the cell to which the PDCCH order belongs; and the first count value is used for retransmission counting of the PRACH configured for a cell other than the cell to which the PDCCH order belongs.

15. The UE according to any one of claims 12 to 14, or the method in a UE according to any of claims 12 to 14, wherein the transmission power value of the PRACH is equal to a smaller value of a first upper limit value and a first power value, the first upper limit value is the maximum output power at which the sender of the PRACH is configured, and the first power value and a product value between the power ramping step and a difference of the first count value minus 1 are linearly correlated.