

Abstract

A method for indicating a frequency band state is performed by a base station. The method includes: detecting states of n sub frequency bands in a shared spectrum, in which $n \geq 1$; in cases where there is an idle sub frequency band in the n sub frequency bands, sending, at a starting position of occupancy time when the idle sub frequency band is occupied, n pieces of preset state indication information to a terminal through the idle sub frequency band, the n pieces of state indication information being used for indicating the states of the n sub frequency bands.

FIG. 1