

~ 急性病毒性 A 型肝炎 Acute viral hepatitis A ~

預防急性病毒性 A 型肝炎，接種疫苗最有效，勿生飲生食，保持勤洗手的良好衛生習慣。

Vaccination is the most effective means of preventing acute viral hepatitis A; do not drink untreated water or eat uncooked food, and wash your hands regularly.

什麼是急性病毒性 A 型肝炎？

What is acute viral hepatitis A?

1. A 型肝炎是由 A 型肝炎病毒感染所造成的急性肝臟發炎。
Hepatitis A is a form of acute liver inflammation resulting from infection caused by the hepatitis A virus.
2. 主要流行地區包括亞洲、非洲與中南美洲等地區，尤以東南亞、印度、中國大陸等地區最為嚴重。
Main endemic areas include Asia, Africa, and Latin America; it is most prevalent in Southeast Asia, India, and China.
3. 在台灣病例主要發生年齡以 20~44 歲居多，男性發生率較女性為高，近年境外移入病例有增加趨勢。
Most cases in Taiwan occur among persons 20-44 years of age; the incidence is higher in men than in women, and the number of imported cases has been on the rise in recent years.

急性病毒性 A 型肝炎的感染途徑？

What are the transmission routes of acute viral hepatitis A?

1. A 型肝炎可以透過食用、飲用受病毒污染的食物（包括冷凍或未經澈底煮熟的食物）或水而傳播。
Hepatitis A can be transmitted through the consumption of food or water contaminated with the virus (including frozen food and food that is not cooked thoroughly).
2. 當感染者沒有正確洗手，直接接觸其他物品或食物而造成感染。
Infected persons can contaminate food or other objects by directly contacting them without washing hands properly.
3. 此病毒亦可以經由與感染者密切接觸而感染，例如：性接觸（包括同性間與異性間肛吻、肛交、口陰交等性接觸）。
This virus can also be transmitted through intimate contact with an infected person, such as sexual contact (including homosexual and heterosexual anilingus, anal sex, and oral sex).

急性病毒性 A 型肝炎的常見症狀？

What are the common symptoms of acute viral hepatitis A?

1. 症狀包含：突然出現發燒、全身倦怠不適、食慾不振、嘔吐、噁心、肌肉痠痛及腹部不舒服等，數天之後發生黃疸。

Symptoms include a sudden fever, general fatigue and discomfort, loss of appetite, vomiting, nausea, aching muscles, and abdominal discomfort, etc., with jaundice occurring after several days.

2. A 型肝炎的致死率低；造成死亡的情形多半為猛爆型肝炎，通常發生於老年患者或慢性肝病患者（包括慢性 B 型、C 型肝炎病毒感染者）。

Hepatitis A has a low death rate; most deaths are cases of fulminant hepatitis, which usually occurs in elderly individuals or persons with chronic liver diseases (including chronic hepatitis B and C).

急性病毒性 A 型肝炎的潛伏期有多長？

How long is the latent period of acute viral hepatitis A?

A 型肝炎的潛伏期約為 15 至 50 天，平均為 28 至 30 天。

Hepatitis A has a latent period of approximately 15-50 days, with an average ranging from 28 to 30 days.

如何預防急性病毒性 A 型肝炎？

How to prevent acute viral hepatitis A?

1. 接種疫苗為最有效的預防措施，一般接種兩劑疫苗(間隔 6-12 個月)，免疫力可維持 20 年以上。

Vaccination is the most effective preventive measure; two vaccine doses (spaced 6-12 months apart) are usually given, and the duration of protection is over 20 years.

2. 注意飲水及飲食衛生，不可生飲、生食，尤其是生蠔或水產貝類；處理生熟食需使用不同器具，避免交叉污染。

Maintain the sanitation of food and drinking water. Do not drink untreated water or eat uncooked food, especially raw oysters or farm-grown shellfish; to avoid cross-contamination, use different utensils when handling both raw and cooked foods.

3. 持良好衛生習慣，飯前、便後及處理食物前需正確洗手。

Maintain good hygiene habits, and correctly wash your hands before eating and preparing food, and after using the toilet.

4. 避免口對肛門的接觸、肛交行為等；性行為前洗淨陰部及肛門，並未能有效預防透過口肛交傳播 A 型肝炎。

Avoid mouth to anus contact and anal intercourse. Washing private parts and anus before engaging in sexual behavior does not necessarily prevent the transmission of hepatitis A through anilingus.

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傳染病通報及諮詢專線 1922
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