

## ~ 傷寒及副傷寒 Typhoid fever & paratyphoid fever ~

預防傷寒及副傷寒，勿生飲生食，落實勤洗手的良好衛生習慣。

**To prevent typhoid and paratyphoid, do not drink untreated water or eat uncooked food, and make sure to wash your hands regularly.**

什麼是傷寒及副傷寒？

**What are typhoid and paratyphoid?**

1. 傷寒及副傷寒皆為細菌引起之腸道傳染病，病原菌分別為傷寒桿菌及副傷寒桿菌，人類為主要宿主。

Typhoid and paratyphoid are both infectious bacterial diseases of the intestinal tract, and are caused by the pathogens *Salmonella typhi* and *Salmonella paratyphi* respectively. The main host of these bacteria is human.

2. 傷寒及副傷寒為全球性疾病，但多數發生於開發中國家，尤其在自來水不普及或環境衛生較差的地區。

Typhoid and paratyphoid are seen throughout the world, but largely occur in developing nations, particularly in areas where tap water is not common or areas with poor environmental sanitation.

傷寒及副傷寒的感染途徑？

**What are the transmission routes of typhoid and paratyphoid?**

1. 食入被患者、帶菌者的糞便或尿所污染之食物及飲水。

Consumption of food or water contaminated by the feces or urine of patients or carriers.

2. 貝類、水果、蔬菜皆可能遭受汙染成為傳染媒介；帶菌者在處理食物時，也可能會污染食品；另外，蒼蠅可能散布病菌於食品中，為傳播媒介之一。

Shellfish, fruits, and vegetables may be contaminated and become infection sources; carriers may cause contamination when handling food, and flies are also infection sources when carrying the bacteria to food.

3. 國外亦有經由性行為傳染的病例報告。

Overseas cases of sexual activity spreading these diseases have been reported.

傷寒及副傷寒的常見症狀？

**What are the common symptoms of typhoid and paratyphoid?**

1. 罹患傷寒或副傷寒常見症狀有：持續性發燒、頭痛、不適、厭食、腹痛、便秘或腹瀉、相對性心律減慢、脾臟腫大、身軀出現紅疹等。

Commonly seen symptoms of typhoid and paratyphoid include continuous fever, headache, discomfort, lack of appetite, abdominal pain, constipation or diarrhea, slow heart rate, enlargement of the spleen, and rash on the body.

2. 副傷寒之症狀較輕，致死率也較低。

The symptoms of paratyphoid are relatively mild, and the death rate is relatively low.

### 傷寒及副傷寒的潛伏期有多長？

#### What are the latent periods of typhoid and paratyphoid?

傷寒潛伏期一般為 8~14 天 ( 可由 3~60 天不等 )，副傷寒潛伏期為 1~10 天；潛伏期長短因感染病菌多寡而有不同。

Typhoid normally has a latent period of 8-14 days (ranging from 3 to 60 days), while paratyphoid has a latent period of 1-10 days; the length of the latent period will vary depending on the amount of bacteria infected.

### 如何預防傷寒及副傷寒？

#### How to prevent typhoid and paratyphoid?

1. 飯前、便後或接觸食物前應正確洗手，避免飲用生水。  
Wash your hands correctly before eating, after using the toilet, and avoid drinking untreated water.
2. 注重飲食衛生，熟食、熱食較為安全，甲殼類海鮮建議煮沸或蒸煮 10 分鐘才食用。食物最好冷藏保存，尤其沙拉及冷盤之保存應特別謹慎。  
Pay attention to food hygiene. Cooked and hot foods are relatively safe; it is recommended that shellfish and other seafood be boiled or steamed for 10 minutes before being consumed. Food should ideally be kept in refrigerators, and particular care should be taken when preserving salads and cold cuts.
3. 廚房工作人員、醫護人員、看護工及托兒所員工應特別加強洗手措施，除飯前、便後外，接觸食物前、照顧病患、為老年人或嬰幼兒更換尿布或處理排泄物之後，均應以肥皂或洗手乳澈底洗淨雙手。  
Kitchen workers, medical personnel, caregivers, and child care center employees in particular should carry out proper hand-washing practices. Apart from before meals and after using toilet, be sure to wash your hands thoroughly using soap or liquid hand soap before contact with food, when caring for patients, and after changing the diapers or dealing with the feces of elderly persons or infants.
4. 廚房工作人員、醫護人員、看護工及托兒所員工若罹患傷寒或副傷寒，應儘速就醫，且暫時不得從事餐飲工作或照顧病患、老人或小孩等行為。  
Any kitchen workers, medical personnel, caregivers, and child care center employees suffering from typhoid or paratyphoid should immediately seek medical attention, and avoid involving in food preparation work or caring for patients, the elderly, or children.
5. 經常清除垃圾、廁所加裝紗窗，使蒼蠅無法孳生。  
To prevent flies from breeding, dispose of trash regularly and install window screens for the bathroom.

6. 餐飲從業人員、外國人及外籍勞工須至健檢醫院接受健康檢查相關作業。  
Food service personnel, foreigners, and foreign workers should receive hospital health check-ups.

**衛生福利部疾病管制署及勞動部勞動力發展署 關心您**  
**Centers for Disease Control, The Ministry of Health and Welfare**  
**Workforce Development Agency, The Ministry of Labor**  
**care about you!**

**傳染病通報及諮詢專線 1922**  
**Infectious Disease Reporting and Consultation Hotline: 1922**  
**外籍勞工諮詢及申訴專線 1955**  
**Consultation and Protection Hotline for Foreign Workers: 1955**