

~ 細菌性腸胃炎 Bacterial gastroenteritis ~

預防細菌性腸胃炎，勿生飲生食，落實勤洗手的良好衛生習慣。

To prevent bacterial gastroenteritis, do not eat uncooked food or drink untreated water, and wash your hands regularly.

什麼是細菌性腸胃炎？

What is bacterial gastroenteritis?

1. 腸胃炎指的是胃、小腸或大腸的發炎。

Gastroenteritis refers to the inflammation of the stomach, small intestine, or large intestine.

2. 可以造成腸胃炎的致病原包括細菌、病毒和寄生蟲等，常引起細菌性腸胃炎的致病菌則有腸炎弧菌、沙門氏桿菌、病原性大腸桿菌、金黃色葡萄球菌、仙人掌桿菌及霍亂弧菌等。

Pathogens causing gastroenteritis include bacteria, viruses, and parasites. Bacteria causing bacterial gastroenteritis include *Vibrio parahaemolyticus*, *Salmonella*, enteropathogenic *E. coli*, *Staphylococcus aureus*, *Bacillus cereus*, and *Vibrio cholera*.

細菌性腸胃炎的感染途徑？

What are the transmission routes of bacterial gastroenteritis?

1. 通常透過受病菌污染的手，或進食受污染的食物、飲品而造成感染，亦可經由空氣中的飛沫傳播。

Infection usually occurs when there's direct physical contact with bacteria, consumption of contaminated food or drink, or when there are droplets containing bacteria in the air.

2. 人與人之間糞口傳染途徑也很重要，特別是在照護腹瀉病人時，如嬰兒或糞便失禁的成人，容易造成傳染。

Accidentally ingesting human feces is a common transmission route; infection often occurs when caring for patients with diarrhea, such as infants, or incontinent adults.

細菌性腸胃炎的常見症狀？

What are the common symptoms of bacterial gastroenteritis?

1. 感染細菌性腸胃炎常見症狀有：腹瀉、噁心、嘔吐、腹痛、發燒、頭痛及虛弱等，有時會伴隨血便或膿便，但是不一定所有的症狀都會同時發生。

Common symptoms of bacterial gastroenteritis include diarrhea, nausea, vomiting, abdominal pain, fever, headache, weakness, bloody or purulent stool is sometimes present; these symptoms may not appear all at once.

2. 患者的年齡、個人健康狀況、感染之致病菌，以及吃了多少被污染的食物量

等因素，均會影響症狀及其嚴重程度。抵抗力特別弱的人症狀會比較嚴重，甚至可能會導致死亡。症狀通常會持續 1 天或 2 天，有些會持續 7 至 10 天。Patient age, the patient's state of health, type of bacteria infected, and the amount of contaminated food consumed may affect symptoms and their severity. Symptoms will be relatively severe in persons with weak resistance, and the disease may even cause death. Symptoms usually continue for one or two days, but sometimes may continue for 7-10 days.

細菌性腸胃炎的潛伏期有多長？

What is bacterial gastroenteritis' latent period?

一般潛伏期為數小時至 5 天。

The latent period of bacterial gastroenteritis normally ranges from several hours to 5 days.

如何預防細菌性腸胃炎？

How to prevent bacterial gastroenteritis?

1. 食物要完全煮熟，尤其是雞蛋、家禽肉類、生鮮海產及魚貝類等。
Food should be cooked thoroughly, especially eggs, poultry meat, seafood, fish and shellfish, etc.
2. 烹調食物前、餐前或便後應確實洗手，小心處理食物；食用完畢應以保鮮膜包裹存放於冰箱，生熟食分開，再次食用前應加熱煮熟。
Make sure to wash your hands before cooking or eating, and after using the toilet, and handle food with care. Leftover food should be covered with plastic wrap and stored in fridges. Raw and cooked foods should be kept separate, and left-over food should be cooked again before eating.
3. 被蒼蠅沾染、過期或腐敗等不潔食物，均應丟棄，切勿食用。
Food that has been soiled by flies, has expired, or has spoiled should be thrown away, and should not be eaten.
4. 確實撲滅並阻隔蒼蠅等病媒，垃圾桶應加蓋並定時清除。
Make sure to eliminate disease vectors such as flies; trash cans should be covered and emptied regularly.
5. 如有嘔吐、腹瀉或發燒等症狀，應儘速就醫，尤其廚房工作人員、醫護人員、看護工及托兒所員工等等，暫時不得從事餐飲工作或照顧病患、老人或小孩等行為，以防傳播他人。
Seek medical attention promptly if symptoms such as vomiting, diarrhea, or fever appear. In particular, kitchen workers, medical personnel, caregivers, and child care center employees, when developing the above symptoms, should temporarily stop performing food preparation work or caring for patients, the elderly, or children, so as to prevent the transmission of the disease.

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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