

~ 霍亂 Cholera ~

預防霍亂，勿生飲生食，落實勤洗手的良好衛生習慣。

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

什麼是霍亂？

What is cholera?

1. 霍亂是由霍亂弧菌所引起的急性細菌性腸道傳染病。
Cholera is an acute bacterial infection of the intestinal tract caused by the bacteria *Vibrio cholerae*.
2. 霍亂為全球性的疾病，世界各地均有病例發生，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。
Cholera is a global disease, and cases have occurred in all parts of the world, but is most common in developing countries. It is particularly prevalent in areas where tap water is uncommon and environmental sanitation is poor.

霍亂的感染途徑？

What are the transmission routes of cholera?

1. 霍亂可透過食用受污染的食物或水而傳播。
Cholera is transmitted when people consume contaminated food or water.
2. 霍亂弧菌可存在污水中相當長的時間，生食受霍亂弧菌污染水域捕獲的海鮮（特別是甲殼類或貝類），即可能遭受感染或引發疫情。
V. cholerae can survive in sewage for a long period of time. Eating raw aquatic organisms living in contaminated water (especially crustaceans and mollusks) may also lead to infection.

霍亂的常見症狀？

What are the common symptoms of cholera?

1. 感染霍亂常見症狀有：無痛性大量腹瀉、嘔吐、快速脫水等，腹瀉呈現水性米湯樣。
Common symptoms of cholera include profuse diarrhea without pain, vomiting, and rapid dehydration; diarrhea tend to cause loose and watery stools.
2. 若患者未能及時接受適當治療，有可能因嚴重脫水和休克而在數小時內死亡。
If persons with cholera are unable to obtain prompt, appropriate care, they may become severely dehydrated, go into shock, and die within several hours.

霍亂的潛伏期有多長？

What is cholera's latent period?

霍亂潛伏期為數小時至 5 天，又以 2~3 天為常見。

Cholera has a latent period of several hours to five days; 2-3 days is most typical.

如何預防霍亂？

How to prevent cholera?

1. 注重飲食衛生，勿飲生水，熟食、熱食較為安全；處理生食與熟食的砧板應分開，避免生熟食交叉汙染；非即時食用的食物應加蓋後置入冰箱保存。
Maintain food sanitation, and do not consume untreated water or uncooked food. Eating hot food is relatively safe. To avoid cross-contamination, use different cutting boards to prepare raw and cooked foods. Food that are not eaten immediately should be covered and stored under refrigeration.
2. 魚類、甲殼類等海鮮食品，建議煮沸或蒸煮 10 分鐘以上才食用。
It is recommended that seafood such as fish and shellfish be boiled or steamed for at least 10 min before being eaten.
3. 注重個人衛生，飯前、便後、處理食物前或更換尿片後，應正確使用肥皂及清水洗手；若無法取得肥皂及清水，應使用酒精乾洗手液。
Maintain good personnel hygiene, and wash your hands correctly using soap and clean water before meals, after using the toilet, and after changing diapers; if soap and clean water are not available, use dry hand sanitizer containing alcohol.
4. 廚房工作人員、醫護人員、看護工及托兒所員工若感染霍亂，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 food service workers, medical personnel, caregivers, and child care center workers who contract cholera should promptly seek medical attention, and temporarily avoid performing food service work or caring for patients, the elderly, or children.

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