

~ 病毒性腸胃炎 Viral gastroenteritis ~

預防病毒性腸胃炎，勿生飲生食，落實勤洗手的良好衛生習慣。

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

什麼是病毒性腸胃炎？

What is viral gastroenteritis?

1. 腸胃炎指的是胃、小腸或大腸的發炎，而病毒性腸胃炎可由許多不同種類的病毒(例如諾羅病毒、輪狀病毒、腺病毒等等)引起，會導致病患嘔吐或腹瀉。
Gastroenteritis refers to the inflammation of the stomach, small intestine, or large intestine. Viral gastroenteritis may be caused by many different kinds of viruses (noroviruses, rotaviruses, and adenoviruses, etc.), and could result in vomiting or diarrhea.
2. 病毒性腸胃炎普遍存在於世界各地，各年齡層和背景的人都可能感染，且每種病毒有其季節特性。例如：在台灣，諾羅病毒及輪狀病毒主要流行季節為11月到隔年3月間，而腺病毒一整年內都會發生。
Viral gastroenteritis is seen worldwide; people of all ages and backgrounds could become infected, and each type of virus has its own seasonal characteristics. For instance, in Taiwan, noroviruses and rotaviruses tend to be the most prevalent from November through the following March, while adenovirus outbreaks may occur throughout the year.

病毒性腸胃炎的感染途徑？

What are the transmission routes of viral gastroenteritis?

1. 人們可能感染的原因為食用受病毒汙染的食物或飲水；貝類也可能被污水汙染，如果生食或食用未煮熟受汙染的貝類(如牡蠣或蛤蜊等)，會導致腹瀉。
People may become infected when they consume food or water contaminated with the virus. Shellfish may be contaminated by sewage, and the consumption of raw or not fully cooked shellfish (such as oysters and clams, etc.) may cause diarrhea.
2. 與受感染的病人密切接觸也可能受到感染，例如：與病人分享食物、飲水與器皿；接觸到病人的嘔吐物、排泄物或病人曾接觸的物體表面。
The disease may be transmitted to persons in close contact with infected patients, such as when sharing food, water, or food containers with patients. Infection may also occur through contact with patients' vomit or feces, or objects touched by patients.
3. 吸入受感染的病人之嘔吐物、排泄物所產生的飛沫等等，皆有可能受到感染。
The inhalation of droplets from an infected patient's vomit or feces may possibly cause infection.

病毒性腸胃炎的常見症狀？

What are common symptoms of viral gastroenteritis?

1. 感染病毒性腸胃炎常見症狀有：水瀉和嘔吐，也可能會有頭痛、發燒、腹部痙攣、胃痛、噁心、肌肉酸痛等症狀；通常感染後 1~3 天開始出現腸胃炎症狀並持續 1~10 天，病程的長短取決於所感染的病毒種類及個人的免疫力。
Common symptoms of viral gastroenteritis include watery diarrhea and vomiting, and may also include headache, fever, abdominal cramps, stomach pain, nausea, and aching muscles. The symptoms of gastroenteritis typically appear 1-3 days after infection, and continue for 1-10 days; the duration of the disease depends on the type of virus infected and the patient's individual immunity.
2. 大部分的人通常可以完全恢復，不會有長期後遺症，但如果嬰幼兒、年長者、免疫功能不良者及需要長期照護者一旦感染，流失的體液(嘔吐及腹瀉造成)又無法及時補充，可能會導致脫水及電解質不平衡，進而抽搐，甚至死亡。
Most people with viral gastroenteritis can recover fully without long-term aftereffects. However, when young children, elderly persons, and patients who have compromised immune function or need long-term care are infected and lose more bodily fluids through vomiting and diarrhea than can be quickly replenished, they may suffer from dehydration and electrolyte imbalances, which may lead to spasms and even death.

病毒性腸胃炎的潛伏期有多長？

What is viral gastroenteritis' latent period?

較常見的病毒如諾羅病毒一般為 24 至 48 小時、輪狀病毒一般為 24 至 72 小時。

Most commonly seen viruses, such as noroviruses, normally have a latent period of 24-48 hours, and rotaviruses have a latent period of 24-72 hours.

如何預防病毒性腸胃炎？

How to prevent viral gastroenteritis?

1. 經常洗手可以降低感染的機會，飯前、便後及烹調食物前皆應以肥皂或洗手乳正確洗手。
Washing hands regularly will reduce chance of infection. Wash your hands correctly using soap or liquid hand soap before meals and cooking, and after using the toilet.
2. 蔬果要清洗乾淨，避免生食生飲，尤其是貝類水產品應澈底煮熟再食用；與他人共食應使用公筷母匙。
Fruits and vegetables should be washed thoroughly. Avoid eating uncooked food and drinking untreated water. In particular, shellfish and other seafood should be cooked thoroughly. Use serving chopsticks and serving spoons when sharing food with others.

3. 為預防疾病傳播，受病患污染的衣物、床單應立即更換，並以漂白水消毒環境或器物表面。

In order to prevent the transmission of the disease, clothing and bedsheets that have been contaminated by patients must be changed immediately; the environment and surfaces of utensils should be disinfected with bleach.

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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