

~ 阿米巴痢疾 Amoebic dysentery ~

預防阿米巴痢疾，勿生飲生食，落實勤洗手的良好衛生習慣。

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

什麼是阿米巴痢疾？

What is amoebic dysentery?

1. 阿米巴性痢疾為單細胞原蟲痢疾阿米巴 (*Entamoeba histolytica*) 之腸道感染症。痢疾阿米巴主要寄生於腸道，大部份感染者症狀不明顯，但痢疾阿米巴可能侵入宿主的腸壁組織，引發腸道症狀。

Amoebic dysentery is an infection of the intestinal tract caused by the single-celled organism *Entamoeba histolytica*. *E. histolytica* is a parasite of the intestinal tract. While there are no obvious symptoms in many persons carrying this parasite, the amoeba may infiltrate the host's intestinal wall, causing intestinal symptoms.

2. 阿米巴性痢疾屬世界性分布，但熱帶、亞熱帶開發中國家之感染較普遍。長期集體生活之孤兒院、教養院、收容所、監獄為易發之場所。全球估計每年因阿米巴感染症致死者為 4 ~ 11 萬，為寄生蟲感染死亡的第二位 (僅次於瘧疾)。

While amoebic dysentery is worldwide in distribution, infection is especially widespread in developing countries located in tropical and subtropical areas. Places where outbreaks most commonly occur include orphanages, boarding schools, shelters, prisons, and other places where large numbers of people living in close proximity for extended periods of time. It is estimated that 40,000-110,000 deaths are caused by amoebic dysentery each year on a global basis, which makes it the second most deadly parasitic infection (behind malaria).

阿米巴痢疾的感染途徑？

What are the transmission routes of amoebic dysentery?

經由糞口途徑傳染，主要藉由糞便中之囊體污染的飲用水、食物或病媒(如：蟑螂、蠅) 傳染；亦可能由口對肛門的接觸行為造成。

Amoebic dysentery occurs when people consume food or water contaminated by feces containing the amoeba's cysts; contamination is also caused by disease vectors, such as cockroaches and flies. Infection may also occur when there is contact between the mouth and anus.

阿米巴痢疾的常見症狀？

What are the common symptoms of amoebic dysentery?

1. 輕微、慢性到嚴重腹瀉，糞便中帶粘液、血絲、間歇性下痢，腹痛、發燒、噁心、嘔吐。

Mild, chronic diarrhea to severe diarrhea, mucus or wisps of blood in stool, intermittent diarrhea, abdominal pain, fever, nausea, vomiting.

2. 惟大部份痢疾阿米巴帶原者其臨床症狀不明顯。也可發生次發性腸外感染，其中以肝膿瘍 (liver abscess) 最為普遍，更甚者為肺膿瘍或腦膿瘍等。
However, most carriers of *E. histolytica* have no obvious clinical symptoms. Secondary infections may also occur outside the intestines, of which liver abscesses are the most common; lung and brain abscesses result in the most severe consequences.

阿米巴痢疾的潛伏期有多長？

What is amoebic dysentery's latent period?

潛伏期約 2 至 4 週，但長短極為懸殊，可由數日至數年不等。

Amoebic dysentery has a typical latent period of approximately 2-4 weeks, but the latent period may range from several days to as long as several years.

如何預防阿米巴痢疾？

How to prevent amoebic dysentery?

1. 注重手部清潔、家庭廢水之妥善處理、注意飲食衛生。
Maintain good hand hygiene, make sure that household sewage is disposed of properly, and maintain food sanitation.
2. 帶蟲者除治療外，尤須教導注意飯前、便後洗手。
Apart from receiving appropriate treatment, carriers should be instructed to wash their hands before eating and after using the toilet.
3. 避免吃生菜及防止飲食被污染。
Avoid eating raw vegetables and make sure that food is not contaminated.
4. 紗罩隔離食物或剝皮水果，避免被病媒（如：蠅、蟑螂）接觸污染。
Cover food and peeled fruits with mesh nets to prevent contamination by disease vectors, such as flies and cockroaches.
5. 避免口對肛門的接觸行為。
Avoid contact between mouth and anus.

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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