

~ 桿菌性痢疾 Bacillary dysentery ~

預防桿菌性痢疾，勿生飲生食，落實勤洗手的良好衛生習慣。

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

什麼是桿菌性痢疾？

What is bacillary dysentery?

1. 桿菌性痢疾是由志賀氏桿菌感染所引起的急性腸道疾病。
Bacillary dysentery is an acute intestinal disease caused by Shigella bacteria.
2. 桿菌性痢疾分佈於全球，尤其在熱帶、亞熱帶地區為地方性流行病。估計每年 1.25 億人感染桿菌性痢疾，其中 1 萬 4 千人死亡。
Bacillary dysentery may occur anywhere in the world, and it is a common endemic in tropical and subtropical areas. It is estimated that 125 million people are infected with bacillary dysentery each year, of which 14,000 die of this disease.
3. 群聚感染常發生在擁擠或可能接觸排泄物之處，如：學校、托兒所、療養院、難民營及有男男間性行為者。
Mass infection often occurs in places that are crowded or where people may be in contact with feces, such as schools, child care centers, psychiatric care centers, and refugee camps. The disease may also be transmitted via sexual activity between males.

桿菌性痢疾的感染途徑？

What are the transmission routes of bacillary dysentery?

1. 人與人之間接觸的糞口途徑、食物或飲水受到病原體污染都是重要的傳播途徑。
Bacillary dysentery is transmitted by fecal material of a patient or carrier, or through contaminated food and water.
2. 患者於解便後，若未澈底清潔受污染的手或指甲，則可能經由直接身體接觸或經由處理食物、飲水、其他物品時，間接造成病原體傳播。
When patients defecate, but fail to thoroughly clean their contaminated hands or fingernails afterwards, they may transmit the disease directly via physical contact or indirectly through food, water and other objects.
3. 蒼蠅可能將病菌帶到食品，另外，也可能經由受糞便污染的遊憩用水而傳播。
The disease can also be transmitted by flies that carry pathogens to foods or recreational waters contaminated with fecal.

桿菌性痢疾的常見症狀？

What are the common symptoms of bacillary dysentery?

1. 感染後常見症狀包含：腹瀉（每天 8~10 次以上）、發燒、噁心，或有毒血症、嘔吐、腹痛，有時有輕微或無症狀感染。

The most commonly seen symptoms of bacillary dysentery include diarrhea (8-10 times or more daily), fever, and nausea, as well as possible blood poisoning, vomiting, and abdominal pain; the disease may sometimes only cause mild symptoms or no symptoms at all.

2. 患者因黏膜潰瘍導致糞便中有時有血跡或膿，幼童可能出現抽搐症狀。

Ulcers in patients' mucus membranes may sometimes cause blood stains or pus to appear in their feces, and young children may have spasms.

桿菌性痢疾的潛伏期有多長？

What is bacillary dysentery's latent period?

通常 1~3 天，短則 12~96 小時，有時長達 1 週。

Usually 1-3 days; may range from 12-96 hours to as long as one week.

如何預防桿菌性痢疾？

How to prevent bacillary dysentery?

1. 注重手部衛生，養成飯前、便後、接觸病人後或接觸食物前以肥皂及清水正確洗手的習慣。

Pay attention to hand hygiene, and get in the habit of correctly washing your hands with soap and clean water before meals, after using the toilet, and after contact with patients.

2. 注意飲食及飲水衛生，不可生飲、生食。使用安全水源與食材，生食與熟食要分開處理，食物保持在安全溫度。

Pay attention to food and drinking water sanitation. Do not drink untreated water or eat uncooked food. Use safe water sources and food ingredients, separate uncooked food from cooked food, and keep the food under proper temperatures.

3. 腹瀉期間應避免口對肛門的接觸。由於復原後數週，糞便中仍可能帶病原體，因此，性行為前後應保持清潔，以肥皂及清水澈底洗手。

Avoid mouth-to-anus contact when diarrhea is occurring. Because feces may still contain pathogens several weeks after recovery, maintain proper hygiene before and after sexual contact, and thoroughly wash your hands using soap and clean water.

4. 以紗窗、殺蟲劑噴霧法或含殺蟲劑誘餌來殺滅蒼蠅。經常清除垃圾，廁所加裝紗窗，使蒼蠅無法孳生。

Use window screens, pesticide misting, or pesticide bait to eliminate flies. To prevent flies from breeding, dispose of trash regularly and install window screens for the bathroom.

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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