

腸病毒(咽峽炎、手足口症)感染注意事項

Enterovirus Infection (Herpangina and Hand-Foot-Mouth Disease)

- To prevent enterovirus infection, it is better to keep distance with other children, to take more rest, and to wash hands frequently.
- To watch for the supplement of water and electrolyte. It is better to give patients cool drinks, such as milk, yogurt, ice cream, pudding, cool soup, beverage, and electrolyte.
- To avoid hot, dry, hard, or stimulating food. Otherwise, the ulceration will hurt and take more time to heal.
- The condition will improve 3 - 5 days after onset. Meanwhile, patients can restore to normal diet gradually.
- If the patient's condition does not improve and with any symptoms/signs observed below, please see a doctor as soon as possible. — low spirit and activity, persistent fever, vomiting refuse to eat, extremities jerk, restlessness, chest pain, unconsciousness, or tachypnea.

- ◆避免與其他小朋友過度接近、多休息、勤洗手，以免傳染。
- ◆注意水份、電解質的補充、可給予易入口、好吞嚥、冰涼的流質食物如牛奶、優酪乳、冰淇淋、布丁、涼湯、運動飲料、電解質水等。
- ◆不要吃太熱、乾性、油性、不容易吞嚥、刺激性的食物，以免刺激口腔的潰瘍造成疼痛，延長癒合時間。
- ◆急性期約 3-5 天後可逐漸改善，此時亦可慢慢恢復正常飲食。
- ◆若症狀未改善，精神或活力不佳、反覆或持續高燒不退、嘔吐、無法進食、手腳不自主的抽動、睡不安穩、偶有胸痛、意識不清、呼吸急促、或有任何疑義，請速就醫。

如您對腸病毒(咽峽炎、手足口症)感染注意事項內容瞭解請簽名

病患或家屬簽章 _____ 日期 _____