

# 急性扁桃腺炎

## Acute tonsillitis

### 一、症狀：

#### First, Symptoms:

1. 突然發高燒（約 39-40 度），有畏寒或寒顫的情形。
1. Suddenly high fever (about 39-40 Celsius), with aversion to cold or chillness condition.
2. 頭痛、嘔吐、厭食、倦怠、全身無力、四肢關節痠痛之症狀。
2. Headache, vomiting, anorexia, exhaustion, whole body lack strength to move, hands and feet pain, etc symptoms.
3. 扁桃腺紅腫、咽部發紅、喉頭痛、吞嚥時疼痛。
3. Tonsil red and swollen, throat turn into red, throat headache, getting pain while swallowing.

### 二、治療：

#### Second, Treatment:

1. 細菌性感染可能需要使用抗生素治療（以盤尼西林為主）；而病毒性則不需要抗生素，只需症狀治療。
1. Bacterial infection may need to use antibiotic therapy (mainly penicillin); and caused by virus do not need antibiotics, only need symptomatic treatment.
2. 給予止痛及退燒藥物以減輕症狀。
2. Give painkiller and antipyretic drugs to relieve symptoms.
3. 多休息，給予點滴注射補充水份（因病童喉嚨痛厭食易導致脫水）。
3. More rest, give drip infusion as supplement of water (due to the sick child throat ache so it will easily lead to dehydration).

### 三、預防及照顧：

#### Third, Prevention and care:

1. 多喝水。
1. Drink plenty of water.
2. 鼓勵多休息，避免出入公共場所。
2. Encourage more rest and avoid access to public places.
3. 吃清淡冰冷或高營養的軟質飲食食物，避免辛辣及刺激性食物。
3. Eat light flavor cold or high-nutrition soft food, avoid spicy and strong

flavor food

4. 若有厭食或吞嚥疼痛的情形，應告知醫師。

4. If get anorexia or swallow pain situation, should inform the doctor.

5. 請做好口腔清潔，必要時可用溫食鹽水漱口。


5. Please do oral cleaning, if necessary can gargle with warm salt water.

參考資料 Reference information

黃美智、蔣立琦總校訂(2018) · 兒科護理學 (6版) · 台北：永大。

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉 40 病房分機 4001、4002

If you need further information about matters above, Please call telephone :05-2756000 turn  
40 ward extension 4001,4002

 天主教中華聖母修女會醫療財團法人天主教聖馬爾定醫院 關心您

ST.Martin De Porres Hospital concern about you

2021 年 10 月修訂

Revised in October 2021