

腸 病 毒

Enterovirus

腸病毒一共有六十幾種病毒，無法得過一次就終身免疫，而且目前沒有疫苗可以預防。流行期為四到九月，多發生於十歲以下之小孩，而三歲以下兒童較易出現併發症。腸病毒的傳染途徑：糞口或接觸病人的口鼻分泌物、飛沫及皮膚上潰瘍的水泡等，潛伏期為2~10天，平均約3~5天。Enterovirus consists of sixty viruses, cannot get a lifetime immune after once getting this disease, and for now there is no vaccine can prevent it. Seasonal epidemics period start from April till September, Mostly occur to children under the age of 10, and to children under the age of 3 easier to get complications diseases. Enterovirus infection pathways: fecal or contact with the patient's nose and mouth secretions, droplets and skin ulcers such as blisters, The symptoms will appears between 2 to 10 days, an average time is about 3 to 5 days.

一、臨床症狀 Clinical symptoms :

1. 疱疹性咽峽炎：特徵為突然發燒、嘔吐、吞嚥困難、厭食、流口水、喉嚨痛及口腔後出現小水泡或是潰瘍。

Herpangina: its characteristic is sudden fever, vomiting, difficulty in swallow, anorexia, drool, sore throat and appear blisters or ulcers in mouth.

2. 手足口症：特徵為發燒，全身出現小水泡及紅斑疹，容易產生小水泡的部位有口腔、手掌、腳掌、膝蓋及臀部周圍。

Hand, foot and mouth disease (HFMD): its characteristic is fever, whole body appears small blisters and red spots, easy appearing small blisters body part is in the mouth, palms, soles, knees and around hips

二、如您發現病童有以下腸病毒重症先兆時，請立即通知醫護人員

If you find out sick children have the following early signs of enterovirus, Please inform nurse immediately :

1. 嗜睡 Sleepiness。
2. 意識不清 Unconsciousness。
3. 活動力變差 Ability to do activity become worse。
4. 手腳無力 Hands and feet have no power。
5. 持續嘔吐 Continuous vomiting。
6. 呼吸困難 Difficulty in breathing。
7. 肌躍型抽搐(類似受到驚嚇的突發性全身肌肉收縮動作) Muscle cramp (similar to the shock of sudden muscle contraction action)。

三、如何照顧您的小孩 How to take care of your children :

1. 注意病童的水分補充，因為口腔有潰瘍的病童常因無法進食而導致脫水，只要小孩喜歡喝，原則上白開水、飲料都可以，無飲食上的限制。

Pay attention to the child's water supplement, because the mouth of the sick children often have ulcers so cannot eat and it will cause dehydration. As long as the children like to drink, in principle can give him or her water, drinks, no restrictions on food and drinks consumed.

2. 由於口腔潰瘍非常疼痛，常影響病童的進食，故可盡量選擇冰涼、軟質食物來餵食，較不會造成口腔疼痛。

As the mouth ulcers are very painful, It often affect the children's eating. Please try to give them cold, soft food to be eaten so it will not cause oral pain.

3. 小心處理病童之排泄物(糞便、口鼻分泌物)，且處理完畢應立即以肥皂洗手。

Be careful with the excrement of the sick child (feces, nose and mouth secretions). After finish giving treatment you should wash you hands with soap

四、預防方法 Prevention method :

1. 高危險群：三歲以下兒童要特別注意，感染後合併肺水腫或腦炎的機率較高。

High risk groups: children under three years old need to be noticed, After infected the probability it will merge with pulmonary edema or encephalitis is higher.

2. 增強個人之免疫力：注意營養、均衡飲食、適當運動及充足睡眠。

Enhance personal immunity: pay attention to nutrition, a balanced food and drinks, proper exercise and enough sleep.

3. 加強個人衛生：家人及小孩應加強洗手，特別在處理病童糞便之後及飯前。

Strengthen personal hygiene: family and children should wash their hands more, especially after dealing with sick children's feces and before meals.

4. 注意環境衛生：注意居家環境的清潔及室內的通風。

Environmental hygiene caution: pay attention to home environment cleanliness and indoor ventilation.

5. 避免接觸受感染者：避免出入過度擁擠之公共場所，不要與病人接觸。

Avoid contact with infected people: avoid access to overcrowded public places, do not contact with the patient.

6. 避免與病童分享食物或共用奶嘴、奶瓶及湯匙。

Avoid sharing food with sick children or sharing same nipple, baby's bottles and spoons

7. 家中有病人應注意 If there are patients at home should pay attention to :

(1) 小心處理病童之排泄物(糞便、口鼻分泌物)，且處理完畢應立即洗手。

Be careful with the excrement of the sick children (feces, mouth and nose secretions), and after finish giving treatment should wash your hands immediately.

(2) 多補充水分，學童應盡量請假在家休息，以避免傳染給同學。

Drink more water, school children should try to take a leave and rest at home to avoid transmission to others students

(3) 對於家中第二位病童需特別小心，其所接受的病毒量往往較高，嚴重程度可能提高。

If there is second sick children at home must be more careful, Because the contact with virus is higher, The severity will also increase

(4) 病人應避免與孕婦、新生兒及小孩接觸。

Patients should avoid contact with pregnant women, newborns and children

(5) 針對小孩接觸的地方，建議可用濃度 5~6% 的含氯漂白水 5 湯匙 (約 100 cc) 加入 10 公升清水 (等於 8 瓶容量 1,250 cc 大寶特瓶)，泡成 500 ppm 的消毒水擦拭消毒。

For places that children will get contact with, it is recommended to add 10 liters of water (equal to 8 bottles of 1,250 cc large bottle) with 5 to 6% concentration of chlorine bleach 5 spoons (about 100 cc) mixed together become 500 ppm disinfectant and wipe it for disinfection.

(6) 請將病童接觸過的玩具、書本..等物品，經擦拭消毒後移至戶外接受陽光照射，以殺滅病毒。

Please wipe children's toys, books and other items that have been touched by sick children with disinfectant and then move it to outdoors for irradiate with sunrays to kill the virus.

五、有下列情況需立刻就醫

If there is following circumstances then need to go to doctors immediately :

1. 有嗜睡、意識不清、活力不佳、手腳無力應及早就醫，一般神經併發症是在發疹二到四天後出現。

There is drowsiness, unconsciousness, poor vitality, hands and feet have no power then need to get medical treatment as soon as possible. General

neurological complications will appear after two to four days from rash appearing day.

2. 肌躍型抽搐（類似受到驚嚇的突發性全身肌肉收縮動作）。

Muscle cramp (similar to the shock of sudden muscle contraction action)

3. 持續嘔吐。Continuous vomiting.

4. 持續發燒、活動力降低、煩躁不安、意識變化、昏迷、頸部僵硬、肢體麻痺、抽搐、呼吸急促、全身無力、心跳加快或心律不整等。


Continuous fever, ability to do activity worsen, irritability, changes in consciousness, coma, neck stiffness, physical numbness, cramp, shortness of breath, whole body have no power, rapid heartbeat or arrhythmia, etc.

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 contact: Tel: 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

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