

小兒流行性感冒(小兒流感)

Pediatric influenza (pediatric flu)

一、何謂小兒流行性感冒：

First, What is pediatric influenza? :

主要是由流感病毒引起的急性呼吸道感染疾病。流感病毒有 A、B 及 C 型，流行於秋、冬季，個年齡層都有可能感染，嬰幼兒及免疫力低下者屬於高危險群。

Mainly caused by influenza virus acute respiratory tract infection. Influenza viruses have A, B and C types. The popular spreading period is in autumn, winter. People from any ages are likely to get infected, infants and children with low immunity are high risk groups.

二、傳播方式

Seconds, Spreading method :

主要是藉由病人咳嗽或打噴嚏所產生的飛沫，將病毒傳播給周圍的人。手部接觸病毒後，再碰觸自己的嘴巴、鼻子或眼睛而感染。

Mainly by the patient coughing or sneezing generated the droplets, It makes the virus spread to the surrounding people. In case get hand contact with infected person then touch your own mouth, nose or eyes you will also get infected.

三、潛伏期

Third, Latent Period :

從感染至症狀出現約 1~4 天；罹患流感的人，在發病前 1 天至症狀出現後的 3~7 天都可能會傳染給別人，而幼童的傳播期甚至可長達數十天。

From get infected to symptoms appear will take about 1 to 4 days; people who suffering from influenza start from first day before fall ill till 3 to 7 days after symptoms appear may transmit the virus to others and children's transmission period can be up to 10 days.

四、症狀

Fourth, Symptom :

發燒、咳嗽、喉嚨痛、頭痛、肌肉酸痛、全身倦怠、流鼻水等，有些會出現腹瀉、嘔吐的症狀。Fever, cough, sore throat, headache, muscle soreness, body burnout, runny nose, etc., some will also have diarrhea, vomiting symptoms.

流感與一般感冒的差別 *Differences between flu and general cold*

項目 Item	流感 Influenza	一般感冒 General cold
病原體 Pathogens	流感病毒 Flu virus	呼吸道融合病毒、腺病毒等 Respiratory Syncytial Virus, adenovirus and etc
影響範圍 Influence range	全身性 Systemic	呼吸道局部症狀 Respiratory local symptoms
發病速度 Fall ill speed	突發性 Sudden	突發/漸進性 Burst / progressive
臨床症狀 Clinical symptoms	喉嚨痛、倦怠、肌酸痛 Sore throat, burnout, creatine pain	喉嚨痛、噴嚏、鼻塞 Sore throat, spit, stuffy nose
發燒 Fever	高燒 3-4 天 High fever for 3-4 days	發燒 1-3 天 Fever for 1-3 days
病情 State of illness	嚴重、無法工作/上課 Serious, unable to work / go to school	較輕微 Slightly minor
病程 Progress of disease	約 5-10 天 About 5-10 days	約 2-5 天 About 2-5 days
併發症 Complication	肺炎、神經症狀 (雷氏症候群) Pneumonia, Neurosis symptoms (Reye's syndrome)	少見 (中耳炎或其他) Rare (Otitis media or other)
流行期間 Epidemic period	冬季多 More in winter	春秋冬季 Spring, autumn, winter
傳染性	高傳染性	傳染性不一

Infectiousness	Highly infectious	Infectious vary
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五、治療

Fifth, Treatment :

出現流感相關症狀時，應儘速就醫，由於抗病毒藥劑在發病後的 48 小時內使用效果最好，目前國內使用的流感抗病毒藥劑主要為口服克流感及瑞樂沙，而目前已知這類藥物已有抗藥性的流感病毒產生，因此，就醫後應依照醫師評估及處方服用藥物，不可自行購藥服用，以避免抗藥性病毒產生。

When flu-related symptoms appear then you should go to see doctors as soon as possible, because the antiviral drugs have the best result to cure within 48 hours after fall ill. Currently domestic mainly use oral tamiflu and Relenza as influenza antiviral drugs. Now also found out that this kind of drugs will create resistance to influenza virus, therefore, after medical treatment should take this medicine based on physician instructions and prescription, Do not self-medication in order to avoid virus resistant to this drug.

六、預防方法

Sixth, Prevention method :

1. 預防流感最有效的方法就是按時接種流感疫苗

The most effective way to prevent flu is to take influenza vaccines on time. °

2. 維持手部清潔

Keep your hands always clean

※勤洗手

Wash your hands

※咳嗽或打噴嚏後更應立即洗手

Wash your hands immediately after coughing or sneezing

※不要用手直接碰觸眼睛、鼻子和嘴巴

Do not touch your eyes, nose and mouth directly by hand

3. 注意呼吸道衛生及咳嗽禮節

Attention to respiratory hygiene and cough etiquette

※有呼吸道症狀時戴口罩，當口罩沾到口鼻分泌物時立即更換

Have a respiratory symptoms should wearing a mask, when the mask stained with nose and mouth secretions then need to immediately replaced

※打噴嚏時，應用面紙或手帕遮住口鼻，或用衣袖代替

When sneezing, use tissue paper or handkerchief to cover the nose and mouth, or use sleeve as replacement

※有呼吸道症狀，與他人交談時，儘可能保持適當距離

Have respiratory symptoms, when you talk to others then need to maintain the appropriate distance

4. 生病時在家休養

On falling ill period please take a rest at home

※有流感症狀立即就醫，並依醫囑服用藥物

Have flu symptoms immediately go to see the doctors and take medicine according to doctors advice

※在家中休養，儘量不上班、不上課，並避免搭乘大眾運輸交通工具

Resting at home, trying your best not go to work, not go to school, also avoid take public transportation

5. 流感流行期間，減少出入公共場所或人多擁擠地方

During the epidemic period, lessen going to public or crowded places

6. 保持室內空氣流通，降低病毒傳播機會

Keep the air inside the room circulate well to reduce the chance of virus transmission

7. 注意飲食均衡、適當運動及休息，以維護身體健康


Pay attention for having diet balanced, appropriate exercise and rest to maintain good health

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 want to know more about the 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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