



疾病管制局腸病毒防治宣導建議_新住民家長

2012年2月更新

- 一、請於新住民宣導相關網站明顯處，連結至衛生署疾病管制局「衛教宣導/熱門疾病/腸病毒/腸病毒防治宣導建議」。
- 二、本局製作之文宣品(海報/單張)，預覽檔、印刷檔皆同步刊掛於網站上，提供宣導使用，且本局同意各機關於印製時，改為衛生署疾病管制局與各機關共同掛名。
- 三、本局製作之宣導廣播(中、越語)，授權各機關於新住民宣導廣播系統，宣達腸病毒防治訊息。
- 四、本局製作之宣導短片(中、越語)，授權各機關於新住民服務處的播放系統或相關教學，加強公益播放宣導。

五、宣導素材一覽表

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宣
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報

感染腸病毒 病程管理-泰文

衛生署疾病管制局
TAIWAN CDC | 疫情通報及諮詢專線：1922 http://www.cdc.gov.tw

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腸病毒71型

**全國5歲以下
嬰幼兒家長請注意**

自每年4-9月是腸病毒流行期，為了保護幼童的健康，衛生署疾病管制局已啟動全國腸病毒重症責任醫院，也請全國約100萬名嬰幼兒（0-5歲）的家長，特別注意腸病毒重症的預防。

1. 預防嬰幼兒感染
家長應注意：特別在外出遊玩、探訪親友或參加學校活動時，應注意孩子的手部清潔，以肥皂及流動水徹底洗淨雙手，並避免與他人共用水杯、餐具、毛巾、玩具等。避免與有症狀者或重症者接觸。

2. 有疑似重症症狀，請儘速就醫
如有腸病毒重症的疑似症狀，包括嗜睡、虛汗、抽搐、呼吸急促或心跳加速等，請儘速至重症責任醫院就醫。醫師將進行血液檢驗及腦脊液檢驗（CSF）。

防疫小幫手
腸病毒傳染特性：
1. 經由飛沫傳染、接觸傳染。
2. 潛伏期約3-10天，平均約3-5天。
3. 傳染力強，易在室內傳播。
4. 潛伏期及發病初期，患者無症狀，但可傳染他人。

感染腸病毒的症狀：
多數人感染後無症狀或症狀輕微，常見症狀包括發燒、紅疹、頭痛、咳嗽、喉痛及心跳加速等。重症者會出現抽搐、昏迷等症狀。

家中若有感染腸病毒的人怎麼辦？
1. 儘量隔離，避免接觸，居家休息，暫不上學。
2. 避免與患者共用餐具、毛巾等。
3. 避免與患者接觸其排泄物及分泌物，若有小兒尿尿、大便或尿布，應徹底清潔及消毒。
4. 若發現紅疹發作、不可抓破，儘量轉送重症責任醫院。

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Enterovirus 71 Alert-English

**Parents of children less than 5 years of age
Enterovirus 71
Alert attention please!**

Every April to September is the epidemic period for enterovirus in Taiwan. To protect the health of children, Taiwan CDC launched the enterovirus responsibility hospital nationwide. The CDC also called for special attention from the parents of approximately 1 million infants/toddlers (0-5 years old) in the nation on two guidelines for enterovirus prevention.

1. To prevent infection in children
Parents should wash their hands correctly before and after touching children. Children should be refrained from having contacts with patients suffering from enterovirus infection. Parents should ensure their children practice good hygiene habits.

2. Seek medical advice immediately when suspected of severe enterovirus infection
When you experience the problems of severe enterovirus infections such as lethargy, unconsciousness, unrelenting, unresponsive to external stimuli, hyperthermia without response to antipyretic medicine, continuous vomiting, tachypnea or tachycardia, please seek medical attention as soon as possible. If you have any question, please call the operation hotline, 1922, operated by Taiwan CDC for more information.

90% IgM test result delivery
Source: photos: Dr. Ding-Ying Chen, National Sun Yat-sen Memorial Hospital, Taiwan.

The characteristics of enterovirus transmission
1. Transmission is usually by the fecal-oral route, through respiratory-oral spread or by the respiratory route.
2. The incubation period is 3-10 days (average 3-6 days).
3. The infectious period ranges from a few days before onset of symptoms and one week following clinical onset. However, the virus has been found to replicate there up to 6-8 weeks after infection.

The symptoms of enterovirus infection
Most people who are infected with an enterovirus have mild or no symptoms. Some of the common symptoms caused by enterovirus include hand-foot-and-mouth disease, herpangina, etc. Most patients recover within 7-10 days, but a few might develop serious complications.

What can you do if someone is infectious in the family?
1. Avoid the affected person in seeking medical assistance immediately and receiving general medical treatments, and do not take the person into school or work and do not go to school for the moment.
2. Stay home.
3. Avoid contact with the patient and avoid receiving visits from others.
4. Give the patient something to eat, drink, and rest to signal, and do not care that the patient should sufficient amount of water, and advise the person in seeking medical attention immediately if any concerning dehydrated symptoms such as decreased urine volume, dry oral mucosa, etc.
5. Once suspected of severe enterovirus infection, avoid the person in transferring to the general hospitals specialized in severe enterovirus infection as soon as possible.

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腸病毒重症宣導 -越南文



Phụ huynh toàn quốc có trẻ sơ sinh và trẻ nhỏ dưới 5 tuổi phải cảnh giác

Tại Hà Lan từ tháng 4 đến tháng 9 hàng năm là thời kỳ phát triển mạnh của virus đường ruột, để bảo vệ sức khỏe của trẻ em, Cục Phòng chống bệnh tật của Bộ Y tế đã biên soạn tài liệu hướng dẫn của bệnh viện nhi khoa quốc tế bệnh và phòng ngừa, và tài liệu hướng dẫn gia đình để phòng ngừa bệnh virus đường ruột.

- 1. Cảnh giác nguy cơ bị nhiễm:**
 - Trẻ em và bà mẹ phải cảnh giác với việc tiếp xúc với virus đường ruột, đặc biệt là khi tiếp xúc với người bệnh hoặc tiếp xúc với môi trường sống của người bệnh.
- 2. Phòng ngừa nguy cơ mắc bệnh virus đường ruột:**
 - Trẻ em và bà mẹ phải cảnh giác với việc tiếp xúc với người bệnh hoặc tiếp xúc với môi trường sống của người bệnh.

Mẹo vặt phòng ngừa dịch bệnh (BOX)

Virus đường ruột là gì?
Virus đường ruột là vi sinh vật sống rất nhỏ, chỉ có thể nhìn thấy bằng kính hiển vi điện tử. Chúng có thể lây nhiễm cho người khác thông qua tiếp xúc trực tiếp hoặc gián tiếp với người bệnh hoặc tiếp xúc với môi trường sống của người bệnh.

Triệu chứng: Trẻ em bị nhiễm virus đường ruột thường có các triệu chứng như sốt, đau họng, đau bụng, tiêu chảy, nôn mửa, phát ban, v.v.

Phòng ngừa: Để phòng ngừa bệnh virus đường ruột, người dân cần thực hiện các biện pháp sau: rửa tay sạch sẽ, tránh tiếp xúc với người bệnh, tránh tiếp xúc với môi trường sống của người bệnh, v.v.

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腸病毒重症宣導 -印尼文



Orang tua yang memiliki anak di bawah 5 tahun harap perhatikan gejala wabah ini

Di Taiwan setiap tahun pada bulan April-Kelompok masyarakat memiliki penyakit Enterovirus. Untuk melindungi kesehatan anak-anak, Badan Kesehatan Indonesia (KEMENKES) dan Pusat Pengendalian Penyakit (PUSKINTAN) telah menyiapkan materi untuk di sekolah. Materi yang sangat penting mengenai Enterovirus, dan menginformasikan tentang cara pencegahan di rumah dan di sekolah.

- 1. Perhatikan gejala wabah:**
 - Gejala wabah virus enterovirus pada anak-anak meliputi demam, sakit tenggorokan, ruam, diare, muntah, dan ruam.
- 2. Cara pencegahan wabah di rumah:**
 - Untuk mencegah wabah virus enterovirus di rumah, orang tua harus mencuci tangan dengan sabun, menghindari kontak langsung dengan orang sakit, dan menghindari kontak dengan lingkungan yang terkontaminasi.

Kamus Kecil Pencegahan Enterovirus

Gejala wabah virus enterovirus: Demam, sakit tenggorokan, ruam, diare, muntah, dan ruam.

Cara pencegahan wabah di rumah: Mencuci tangan dengan sabun, menghindari kontak langsung dengan orang sakit, dan menghindari kontak dengan lingkungan yang terkontaminasi.

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腸病毒重症宣導 -泰文



ผู้ปกครองของเด็กเล็กอายุต่ำกว่า 5 ขวบทั่วประเทศ โปรดระวัง

ในประเทศไทยในช่วงเดือนเมษายนถึงกันยายนเป็นประจำทุกปีจะมีโรคระบาดจากเชื้อไวรัสเอนเทอไวรัส (EV) ซึ่งสามารถพบได้ในเด็กเล็กอายุต่ำกว่า 5 ขวบ ผู้ปกครองควรระวังและสังเกตอาการของโรคระบาดนี้

- 1. ระวังสัญญาณของโรคระบาด:**
 - สัญญาณของโรคระบาดไวรัสเอนเทอไวรัสในเด็กเล็ก ได้แก่ ไข้, เจ็บคอ, ผื่น, ท้องเสีย, อาเจียน, และผื่น.
- 2. วิธีการป้องกันการระบาดของโรค:**
 - เพื่อป้องกันการระบาดของโรคไวรัสเอนเทอไวรัส ผู้ปกครองควรล้างมือบ่อยๆ, หลีกเลี่ยงการสัมผัสโดยตรงกับผู้ป่วย, และหลีกเลี่ยงการสัมผัสกับสิ่งแวดล้อมที่ปนเปื้อน.

BOX - เคล็ดลับป้องกันโรค

ระวังสัญญาณของโรคระบาด: ไข้, เจ็บคอ, ผื่น, ท้องเสีย, อาเจียน, และผื่น.

วิธีการป้องกันการระบาดของโรค: ล้างมือบ่อยๆ, หลีกเลี่ยงการสัมผัสโดยตรงกับผู้ป่วย, และหลีกเลี่ยงการสัมผัสกับสิ่งแวดล้อมที่ปนเปื้อน.

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宣導
廣播
請點多媒
體區下載

- 重症前兆病徵-新聞快報篇廣播(30秒, 國、越語)
- 重症前兆病徵-越南媽媽篇廣播(30秒, 越語)

宣導

短片

[請點多媒體區下載](#)

- 重症宣導-新手爸媽篇(30秒, 國、越語)

