

~ 急性病毒性 A 型肝炎 Acute viral hepatitis A ~

預防急性病毒性 A 型肝炎，接種疫苗最有效，勿生飲生食，保持勤洗手的良好衛生習慣。

Vaccination is the most effective means of preventing acute viral hepatitis A; do not drink untreated water or eat uncooked food, and wash your hands regularly.

什麼是急性病毒性 A 型肝炎？

What is acute viral hepatitis A?

1. A 型肝炎是由 A 型肝炎病毒感染所造成的急性肝臟發炎。
Hepatitis A is a form of acute liver inflammation resulting from infection caused by the hepatitis A virus.
2. 主要流行地區包括亞洲、非洲與中南美洲等地區，尤以東南亞、印度、中國大陸等地區最為嚴重。
Main endemic areas include Asia, Africa, and Latin America; it is most prevalent in Southeast Asia, India, and China.
3. 在台灣病例主要發生年齡以 20~44 歲居多，男性發生率較女性為高，近年境外移入病例有增加趨勢。
Most cases in Taiwan occur among persons 20-44 years of age; the incidence is higher in men than in women, and the number of imported cases has been on the rise in recent years.

急性病毒性 A 型肝炎的感染途徑？

What are the transmission routes of acute viral hepatitis A?

1. A 型肝炎可以透過食用、飲用受病毒污染的食物（包括冷凍或未經澈底煮熟的食物）或水而傳播。
Hepatitis A can be transmitted through the consumption of food or water contaminated with the virus (including frozen food and food that is not cooked thoroughly).
2. 當感染者沒有正確洗手，直接接觸其他物品或食物而造成感染。
Infected persons can contaminate food or other objects by directly contacting them without washing hands properly.
3. 此病毒亦可以經由與感染者密切接觸而感染，例如：性接觸（包括同性間與異性間肛吻、肛交、口陰交等性接觸）。
This virus can also be transmitted through intimate contact with an infected person, such as sexual contact (including homosexual and heterosexual anilingus, anal sex, and oral sex).