

2. 副傷寒之症狀較輕，致死率也較低。

The symptoms of paratyphoid are relatively mild, and the death rate is relatively low.

傷寒及副傷寒的潛伏期有多長？

What are the latent periods of typhoid and paratyphoid?

傷寒潛伏期一般為 8~14 天 (可由 3~60 天不等)，副傷寒潛伏期為 1~10 天；潛伏期長短因感染病菌多寡而有不同。

Typhoid normally has a latent period of 8-14 days (ranging from 3 to 60 days), while paratyphoid has a latent period of 1-10 days; the length of the latent period will vary depending on the amount of bacteria infected.

如何預防傷寒及副傷寒？

How to prevent typhoid and paratyphoid?

1. 飯前、便後或接觸食物前應正確洗手，避免飲用生水。

Wash your hands correctly before eating, after using the toilet, and avoid drinking untreated water.

2. 注重飲食衛生，熟食、熱食較為安全，甲殼類海鮮建議煮沸或蒸煮 10 分鐘才食用。食物最好冷藏保存，尤其沙拉及冷盤之保存應特別謹慎。

Pay attention to food hygiene. Cooked and hot foods are relatively safe; it is recommended that shellfish and other seafood be boiled or steamed for 10 minutes before being consumed. Food should ideally be kept in refrigerators, and particular care should be taken when preserving salads and cold cuts.

3. 廚房工作人員、醫護人員、看護工及托兒所員工應特別加強洗手措施，除飯前、便後外，接觸食物前、照顧病患、為老年人或嬰幼兒更換尿布或處理排泄物之後，均應以肥皂或洗手乳澈底洗淨雙手。

Kitchen workers, medical personnel, caregivers, and child care center employees in particular should carry out proper hand-washing practices. Apart from before meals and after using toilet, be sure to wash your hands thoroughly using soap or liquid hand soap before contact with food, when caring for patients, and after changing the diapers or dealing with the feces of elderly persons or infants.

4. 廚房工作人員、醫護人員、看護工及托兒所員工若罹患傷寒或副傷寒，應儘速就醫，且暫時不得從事餐飲工作或照顧病患、老人或小孩等行為。

Any kitchen workers, medical personnel, caregivers, and child care center employees suffering from typhoid or paratyphoid should immediately seek medical attention, and avoid involving in food preparation work or caring for patients, the elderly, or children.

5. 經常清除垃圾、廁所加裝紗窗，使蒼蠅無法孳生。

To prevent flies from breeding, dispose of trash regularly and install window screens for the bathroom.