

## ~ 霍亂 Cholera ~

預防霍亂，勿生飲生食，落實勤洗手的良好衛生習慣。

**To prevent cholera, do not eat uncooked food or drink untreated water, and wash your hands regularly.**

什麼是霍亂？

**What is cholera?**

1. 霍亂是由霍亂弧菌所引起的急性細菌性腸道傳染病。  
Cholera is an acute bacterial infection of the intestinal tract caused by the bacteria *Vibrio cholerae*.
2. 霍亂為全球性的疾病，世界各地均有病例發生，多數發生於開發中國家，尤其在自來水不普及或環境衛生較差的地區。  
Cholera is a global disease, and cases have occurred in all parts of the world, but is most common in developing countries. It is particularly prevalent in areas where tap water is uncommon and environmental sanitation is poor.

霍亂的感染途徑？

**What are the transmission routes of cholera?**

1. 霍亂可透過食用受污染的食物或水而傳播。  
Cholera is transmitted when people consume contaminated food or water.
2. 霍亂弧菌可存在污水中相當長的時間，生食受霍亂弧菌污染水域捕獲的海鮮（特別是甲殼類或貝類），即可能遭受感染或引發疫情。  
*V. cholerae* can survive in sewage for a long period of time. Eating raw aquatic organisms living in contaminated water (especially crustaceans and mollusks) may also lead to infection.

霍亂的常見症狀？

**What are the common symptoms of cholera?**

1. 感染霍亂常見症狀有：無痛性大量腹瀉、嘔吐、快速脫水等，腹瀉呈現水性米湯樣。  
Common symptoms of cholera include profuse diarrhea without pain, vomiting, and rapid dehydration; diarrhea tend to cause loose and watery stools.
2. 若患者未能及時接受適當治療，有可能因嚴重脫水和休克而在數小時內死亡。  
If persons with cholera are unable to obtain prompt, appropriate care, they may become severely dehydrated, go into shock, and die within several hours.