

## ~ 病毒性腸胃炎 Viral gastroenteritis ~

預防病毒性腸胃炎，勿生飲生食，落實勤洗手的良好衛生習慣。

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

什麼是病毒性腸胃炎？

**What is viral gastroenteritis?**

1. 腸胃炎指的是胃、小腸或大腸的發炎，而病毒性腸胃炎可由許多不同種類的病毒(例如諾羅病毒、輪狀病毒、腺病毒等等)引起，會導致病患嘔吐或腹瀉。  
Gastroenteritis refers to the inflammation of the stomach, small intestine, or large intestine. Viral gastroenteritis may be caused by many different kinds of viruses (noroviruses, rotaviruses, and adenoviruses, etc.), and could result in vomiting or diarrhea.
2. 病毒性腸胃炎普遍存在於世界各地，各年齡層和背景的人都可能感染，且每種病毒有其季節特性。例如：在台灣，諾羅病毒及輪狀病毒主要流行季節為11月到隔年3月間，而腺病毒一整年內都會發生。  
Viral gastroenteritis is seen worldwide; people of all ages and backgrounds could become infected, and each type of virus has its own seasonal characteristics. For instance, in Taiwan, noroviruses and rotaviruses tend to be the most prevalent from November through the following March, while adenovirus outbreaks may occur throughout the year.

病毒性腸胃炎的感染途徑？

**What are the transmission routes of viral gastroenteritis?**

1. 人們可能感染的原因為食用受病毒污染的食物或飲水；貝類也可能被污水污染，如果生食或食用未煮熟受污染的貝類(如牡蠣或蛤蜊等)，會導致腹瀉。  
People may become infected when they consume food or water contaminated with the virus. Shellfish may be contaminated by sewage, and the consumption of raw or not fully cooked shellfish (such as oysters and clams, etc.) may cause diarrhea.
2. 與受感染的病人密切接觸也可能受到感染，例如：與病人分享食物、飲水與器皿；接觸到病人的嘔吐物、排泄物或病人曾接觸的物體表面。  
The disease may be transmitted to persons in close contact with infected patients, such as when sharing food, water, or food containers with patients. Infection may also occur through contact with patients' vomit or feces, or objects touched by patients.
3. 吸入受感染的病人之嘔吐物、排泄物所產生的飛沫等等，皆有可能受到感染。  
The inhalation of droplets from an infected patient's vomit or feces may possibly cause infection.