

病毒性腸胃炎的常見症狀？

What are common symptoms of viral gastroenteritis?

1. 感染病毒性腸胃炎常見症狀有：水瀉和嘔吐，也可能會有頭痛、發燒、腹部痙攣、胃痛、噁心、肌肉酸痛等症狀；通常感染後 1~3 天開始出現腸胃炎症狀並持續 1~10 天，病程的長短取決於所感染的病毒種類及個人的免疫力。
Common symptoms of viral gastroenteritis include watery diarrhea and vomiting, and may also include headache, fever, abdominal cramps, stomach pain, nausea, and aching muscles. The symptoms of gastroenteritis typically appear 1-3 days after infection, and continue for 1-10 days; the duration of the disease depends on the type of virus infected and the patient's individual immunity.
2. 大部分的人通常可以完全恢復，不會有長期後遺症，但如果嬰幼兒、年長者、免疫功能不良者及需要長期照護者一旦感染，流失的體液(嘔吐及腹瀉造成)又無法及時補充，可能會導致脫水及電解質不平衡，進而抽搐，甚至死亡。
Most people with viral gastroenteritis can recover fully without long-term aftereffects. However, when young children, elderly persons, and patients who have compromised immune function or need long-term care are infected and lose more bodily fluids through vomiting and diarrhea than can be quickly replenished, they may suffer from dehydration and electrolyte imbalances, which may lead to spasms and even death.

病毒性腸胃炎的潛伏期有多長？

What is viral gastroenteritis' latent period?

較常見的病毒如諾羅病毒一般為 24 至 48 小時、輪狀病毒一般為 24 至 72 小時。

Most commonly seen viruses, such as noroviruses, normally have a latent period of 24-48 hours, and rotaviruses have a latent period of 24-72 hours.

如何預防病毒性腸胃炎？

How to prevent viral gastroenteritis?

1. 經常洗手可以降低感染的機會，飯前、便後及烹調食物前皆應以肥皂或洗手乳正確洗手。
Washing hands regularly will reduce chance of infection. Wash your hands correctly using soap or liquid hand soap before meals and cooking, and after using the toilet.
2. 蔬果要清洗乾淨，避免生食生飲，尤其是貝類水產品應澈底煮熟再食用；與他人共食應使用公筷母匙。
Fruits and vegetables should be washed thoroughly. Avoid eating uncooked food and drinking untreated water. In particular, shellfish and other seafood should be cooked thoroughly. Use serving chopsticks and serving spoons when sharing food with others.