

桿菌性痢疾的常見症狀？

What are the common symptoms of bacillary dysentery?

1. 感染後常見症狀包含：腹瀉（每天 8~10 次以上）、發燒、噁心，或有毒血症、嘔吐、腹痛，有時有輕微或無症狀感染。

The most commonly seen symptoms of bacillary dysentery include diarrhea (8-10 times or more daily), fever, and nausea, as well as possible blood poisoning, vomiting, and abdominal pain; the disease may sometimes only cause mild symptoms or no symptoms at all.

2. 患者因黏膜潰瘍導致糞便中有時有血跡或膿，幼童可能出現抽搐症狀。

Ulcers in patients' mucus membranes may sometimes cause blood stains or pus to appear in their feces, and young children may have spasms.

桿菌性痢疾的潛伏期有多長？

What is bacillary dysentery's latent period?

通常 1~3 天，短則 12~96 小時，有時長達 1 週。

Usually 1-3 days; may range from 12-96 hours to as long as one week.

如何預防桿菌性痢疾？

How to prevent bacillary dysentery?

1. 注重手部衛生，養成飯前、便後、接觸病人後或接觸食物前以肥皂及清水正確洗手的習慣。

Pay attention to hand hygiene, and get in the habit of correctly washing your hands with soap and clean water before meals, after using the toilet, and after contact with patients.

2. 注意飲食及飲水衛生，不可生飲、生食。使用安全水源與食材，生食與熟食要分開處理，食物保持在安全溫度。

Pay attention to food and drinking water sanitation. Do not drink untreated water or eat uncooked food. Use safe water sources and food ingredients, separate uncooked food from cooked food, and keep the food under proper temperatures.

3. 腹瀉期間應避免口對肛門的接觸。由於復原後數週，糞便中仍可能帶病原體，因此，性行為前後應保持清潔，以肥皂及清水澈底洗手。

Avoid mouth-to-anus contact when diarrhea is occurring. Because feces may still contain pathogens several weeks after recovery, maintain proper hygiene before and after sexual contact, and thoroughly wash your hands using soap and clean water.

4. 以紗窗、殺蟲劑噴霧法或含殺蟲劑誘餌來殺滅蒼蠅。經常清除垃圾，廁所加裝紗窗，使蒼蠅無法孳生。

Use window screens, pesticide misting, or pesticide bait to eliminate flies. To prevent flies from breeding, dispose of trash regularly and install window screens for the bathroom.