

Viral Hepatitis

Hepatitis is a disease of the liver most often caused by a virus. In severe cases, it can damage the liver. There are different types of hepatitis.

Most cases of hepatitis can be spread to other people. It is spread by sexual contact or by contact with stool, urine, blood or other body fluids of an infected person.

Signs

Common signs include:

- Body aches, weakness, tiredness
- Loss of appetite
- Nausea or vomiting
- Diarrhea or constipation
- Dark urine
- Light colored stool
- Fever
- Headache
- A dull ache in the right upper side of the abdomen
- Yellow color to the skin called jaundice
- Itchy skin
- Joint pain and rashes

Some people with hepatitis have no signs.

病毒性肝炎

肝炎是一種最常由病毒引起的疾病。嚴重的肝炎能損害肝臟。肝炎有不同類型。

大多數肝炎可傳染他人。其傳染途徑是與感染者有性接觸或接觸其糞尿、血液或其他體液。

症狀

常見症狀包括：

- 身體疼痛、虛弱、疲勞
- 失去胃口
- 噁心或嘔吐
- 腹瀉或便秘
- 尿色深
- 大便顏色淺
- 發燒
- 頭痛
- 腹部右上方鈍痛
- 稱為黃疸的皮膚發黃
- 皮膚發癢
- 關節痛和皮疹

有一些肝炎患者無症狀。

Your Care

A blood test will show your doctor what type of hepatitis you have. Your treatment will be based on your type of hepatitis and may include:

- Rest.
- Take only the medicines ordered by your doctor. Other medicines can affect your liver.
- Do not drink alcohol since it can further damage your liver.
- Do not smoke. Avoid second hand smoke.
- Eat small portions of low fat foods to decrease nausea.
- Apply cream often to itchy, dry skin.

How to Prevent the Spread of Hepatitis

If you have hepatitis or are caring for a person with hepatitis:

- Wash your hands often with soap and water. Be sure to wash your hands after contact with blood, stool, urine or saliva. Hand washing must always be done before fixing and eating food.
- The person with hepatitis should not handle food other people will eat. Throw away his or her leftovers.
- Wash dishes well with hot, soapy water and rinse.
- Wash clothing, sheets and towels used by the person with hepatitis separately.
- The person with hepatitis should not have sexual contact, including kissing, until his or her doctor says that it is safe.

你的醫療

做一次血檢將向你的醫生顯示你患的是何種肝炎。你的治療將根據你的肝炎類型而定，可能包括：

- 休息。
- 僅服醫囑用藥。其他藥物可能會影響你的肝臟。
- 請不要喝酒，因為酒可能會進一步損害你的肝臟。
- 不要吸煙。避免吸入二手煙。
- 吃少量低脂肪食物，以減少噁心。
- 常給發癢發干的皮膚塗潤膚液。

如何避免傳染肝炎

如果你患肝炎或在照顧一位肝炎患者：

- 常用肥皂和水洗手。在接觸過血液、糞尿或唾液後請務必洗手。做飯和吃飯前務須先洗手。
- 肝炎患者不應處理他人將食用的食物。請丟棄患者的剩餘食物。
- 請用熱清潔劑水清洗盤子並沖洗乾淨。
- 將肝炎患者使用的衣服、床單和毛巾單獨清洗。
- 肝炎患者不應當有性接觸，包括接吻，直到其醫生告知安全為止。

Call your doctor if you have:

- Vomiting where you cannot keep down any fluids
- Vomit that is bloody or looks like coffee grounds
- Black bowel movements
- Changes in behavior
- Increased bruising

如有以下症狀，請給你的醫生打電話：

- 體內留不住任何液體時嘔吐
- 嘔吐物帶血或看起來像磨碎的咖啡一樣
- 大便發黑
- 行爲變化
- 傷痕增多

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Viral Hepatitis. Traditional Chinese