

# 流行性感冒

## Influenza

Influenza is also called the flu or seasonal flu. It is a respiratory infection caused by a virus.

Flu virus is spread when someone with the flu coughs, sneezes or talks. The flu also spreads when a person touches a surface or an object with flu virus on it and then touches their eyes, nose or mouth.

### Signs

You may have some or all of these signs:

- Temperature of 100.4 degrees Fahrenheit (F) or 38 degrees Celsius (C) or greater
- Cough or sore throat
- Runny or stuffy nose
- Headache
- Feeling very tired
- Muscle or body aches
- Chills
- Diarrhea (less common)

### If you have the flu:

If you are sick with the flu, protect yourself and limit the spread of the flu:

- Take flu medicine as directed, if ordered by your doctor. Be sure to take the medicine as many days as your doctor ordered.
  - Call your doctor's office or health clinic if you have any side effects to the medicine such as nausea, vomiting or a rash.

流行性感冒也叫流感或季節性流感。它是一種由病毒引起的疾病。

流感病毒透過流感患者咳嗽、打噴嚏或說話傳播。流感還會在有人接觸有流感病毒的表面或物體後觸摸眼睛、鼻子或嘴巴而傳染。

### 症狀

您可能有以下一些或所有的症狀：

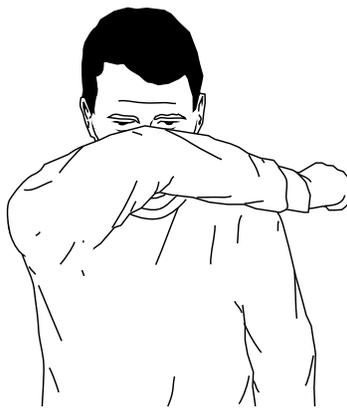
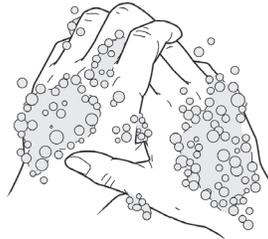
- 體溫華氏 100.4 度(攝氏38 度) 或更高
- 咳嗽或喉嚨痛
- 流鼻涕或鼻塞
- 頭痛
- 感到非常倦怠
- 肌肉或身體疼痛
- 發寒
- 腹瀉 ( 較少見 )

### 如果您有流感：

如果患流感，應保護自己並避免傳染給他人：

- 如有醫囑，請按醫囑服用流感藥物。一定要按醫生規定的天數服藥。
  - 如果藥物有副作用（例如噁心、嘔吐、出疹），要致電醫生辦公室或診所。

- Take a fever reducing medicine such as acetaminophen (brand name Tylenol) or ibuprofen (brand names Motrin or Advil). Ask your doctor or pharmacist for help in reading the label for the amount to take and how often to take it.
- Your doctor may recommended taking over the counter medicine for cough and runny nose.
- Get plenty of rest.
- Drink at least 8 to 10 glasses of fluids each day such as water, broth or sports drinks such as Gatorade or Powerade.
- If you have vomiting or diarrhea:
  - Drink plenty of fluids. Take small sips throughout the day to ease nausea.
  - Eat foods such as toast, rice, crackers, applesauce, bananas or low sugar dry cereals.
- Use a cool-mist humidifier to ease breathing.
- Stay away from others as much as possible to prevent the spread of the flu.
- Wash your hands with soap and water, scrubbing for at least 20 seconds. Wash before eating, after using the toilet, and after coughing, sneezing or blowing your nose. If you do not have soap and water, you can use hand sanitizer that has at least 60% alcohol.
- Cough or sneeze into the bend of your arm, not your hands.
- If you have a tissue, cover your mouth and nose when you cough or sneeze. Throw the tissue away, and then wash your hands.



- 服用退燒藥，例如 acetaminophen ( 也稱為Tylenol ) 或ibuprofen ( 也稱為Motrin 或Advil )。請醫生或藥劑師幫助您閱讀標籤，了解服用量和服用頻率。
- 醫生可能會建議您服用治療咳嗽和流鼻涕的非處方藥。
- 多休息。
- 每天喝 8 至10 杯流體，例如水、湯、運動飲料Gatorade 或Powerade。
- 如果嘔吐或腹瀉：
  - 多喝流體。整天小口抿入流體，以緩解噁心。
  - 吃烤麵包片、米飯、餅乾、蘋果醬、香蕉或低糖乾麥片。
- 用冷霧潮濕器幫助呼吸。
- 盡可能與他人保持距離，以防散布流感。
- 常用肥皂和水清洗雙手，至少擦洗20秒。進食前、上廁所後及咳嗽、打噴嚏或擤鼻涕後要洗手。如果沒有肥皂和水，可以使用酒精含量至少60%的洗手液。
- 咳嗽或噴嚏請以手臂掩住，而不要用手。
- 當您咳嗽或打噴嚏時，如有紙巾，請用紙巾掩住口鼻。丟掉紙巾並洗手。

## Call your doctor right away if you have:

- Chest pain or a deep cough with yellow or green mucus.
- Trouble breathing. The flu can cause pneumonia.
- Severe neck pain or stiffness.
- Trouble thinking clearly.
- A fever that lasts more than 3 to 4 days or your temperature is over 100.4 degrees F or 38 degrees C.
- A temperature that keeps getting higher, even after taking medicine for it.
- Vomiting or diarrhea that lasts more than one day.
- Ear pain.
- Coughing that will not stop and it is hard to breathe.

People with other health problems can have more serious complications from the flu. If you have concerns, contact your doctor.

## Seasonal Flu Vaccine

- Talk to your doctor about whether you should get the seasonal flu vaccine each year.
- Your doctor can explain who cannot get a flu vaccine.
- The flu shot cannot cause the flu. You may have mild side effects from the shot, such as arm soreness, a slight fever and muscle aches.
- Contact your doctor or local health clinic for information about when and where to get a flu shot.

## 如有以下狀況，立刻聯絡醫師：

- 胸痛或有黃色或綠色痰液的深沉咳嗽。
- 呼吸困難。流感能引起肺炎。
- 嚴重的頸部疼痛或僵硬。
- 清晰思維困難。
- 超過 3 - 4 天的持續發燒或體溫華氏100.4度或攝氏38 度以上。
- 體溫持續上升，甚至服藥後仍然如此。
- 嘔吐或持續超過一天的腹瀉。
- 耳痛。
- 咳嗽不止，呼吸困難。

有其他健康問題的人，可能會因流感而出現更嚴重的併發症。如有任何疑慮，請聯絡您的醫生。

## 季節性流感疫苗

- 請向您的醫生詢問是否應該每年打季節性流感疫苗。
- 醫生會告知哪些人不能接種流感疫苗。
- 流感疫苗不會引起流感。您可能因接種流感疫苗而有輕微的副作用，如手臂酸痛、低燒和肌肉疼痛。
- 請和您的醫生或當地醫療診所聯絡，以得到何時和何地能接種流感疫苗的資訊。