



敬祝您
身體健康 平安吉祥

Wish you
Healthy & Peaceful

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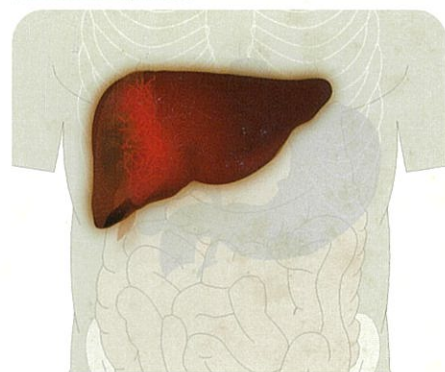
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病毒性肝炎 簡介

Viral Hepatitis Brochure



中英文

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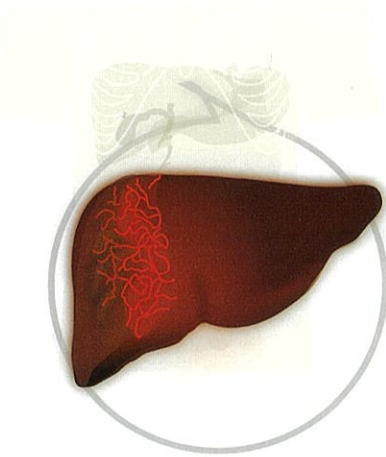


What is viral hepatitis?

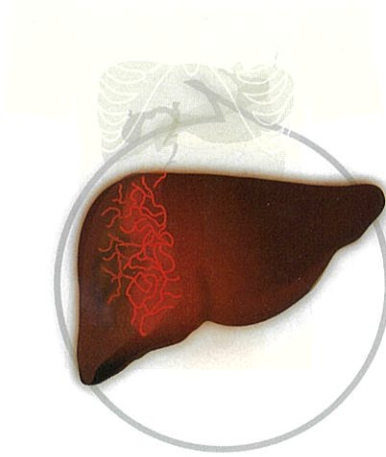
Viral hepatitis is a phenomenon characterized by hepatic tissue inflammation, necrosis induced by viruses.

何謂病毒性肝炎？

受到某些濾過性病毒感染引起肝臟組織發炎、壞死等的現象。



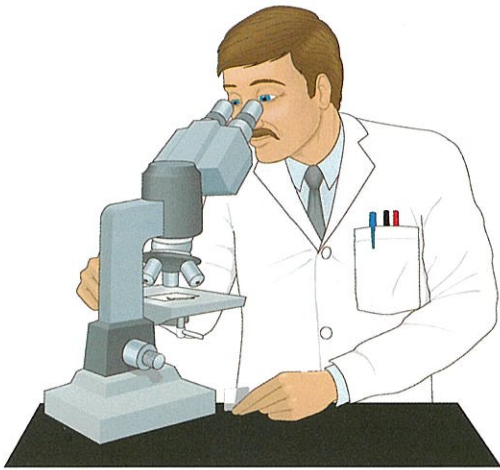
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What are the viral types of hepatitis?

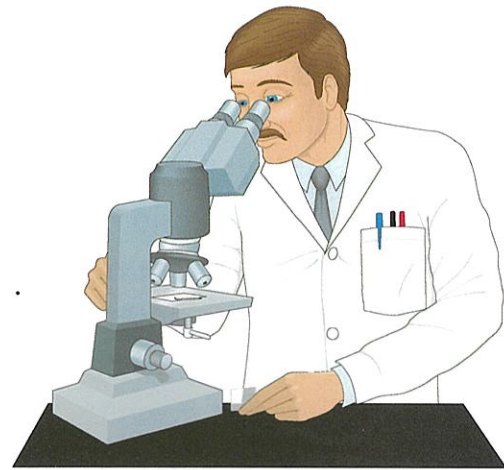
Five types of viral hepatitis, including A, B, C, D and E, are known to exist. Additional types, such as F or G, remain unconfirmed.



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肝炎病毒包含那幾種？

目前肝炎病毒已被發現有 A、B、C、D、E 型五種，可能還有其他肝炎病毒，如：F 型、G 型... 等尚未被證實。



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How is hepatitis transmitted?

1. Type A and E hepatitis are transmitted orally via ingestion of foods or water contaminated with type A or E hepatitis viruses that are inappropriately prepared, uncooked, or made with poorly cleaned cooking utensils. Once consumed, hepatic viral infiltration occurs from the small intestines.
2. Type B, C, and D hepatitis are transmitted through contact with infected bodily fluids or blood. Examples include: contact with skin or mucosal wound, sharing syringe needles, acupuncture, tattoo needles, ear-hole puncturing, shaving blade or tooth brush, blood transfusion, etc. Type D hepatitis only induces repeated infection in Type B hepatitis carriers, or may enter simultaneously with type B hepatitis in a viral infection.

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各型病毒是如何傳染？

1. A型和E型肝炎病毒主要都是經口傳染，如果沾上A型或E型肝炎病毒之食物未經煮熟、飲水未經煮沸或取食物的手、容器未經清洗乾淨，病毒就會被吃進去，經過小腸引起肝臟感染病毒。
2. B、C和D型肝炎的傳染方式主要是由帶有病毒的血液或體液進入體內而傳染，例如：皮膚、黏膜的傷口接觸、與人共用注射針頭、針灸、紋身針、穿耳洞、刮鬍刀或牙刷、輸血等，另外D型肝炎病毒只在B型肝炎帶原者造成重複感染，或和B型肝炎病毒同時進入人體而引起感染。

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2. Types B, C, D hepatitis experience loss of appetite, loss of physical strength, fatigue, etc. Patients with more serious symptoms will have jaundice, the skin and/or coral will show yellow color and urine will be dark brown. These three types of hepatitis sometimes result in chronic hepatitis or even the three stages of liver disease: acute hepatitis—liver cirrhosis—liver cancer.

2. B、C、D型肝炎患者會有食慾不振、全身無力、疲倦等症狀，較嚴重患者，會出現黃疸，皮膚、眼白呈黃色，尿液呈茶褐色；這三種病毒性肝炎，有可能部分會變成慢性肝炎，甚至進入肝病三部曲（慢性肝炎→肝硬化→肝癌）。

How to prevent viral hepatitis?

1. Methods to prevent type-A and type-E hepatitis:
 - Wash your hands before meals and after using bathrooms.
 - Use serving chopsticks and serving spoons
 - Abstain from eating products sold by street vendors or unsanitary products
 - Decrease consumption of raw or fresh shellfish foods
2. Methods when there are no natural antibodies against type A hepatitis:
 - Immunoglobulin or vaccine inoculation should be performed before travelling to locations of poor sanitary conditions

如何預防病毒性肝炎感染

1. 預防感染 A 型、E 型肝炎的方法：
 - 飯前、便後洗手的衛生習慣。
 - 採用公筷母匙的進餐方式。
 - 不吃路邊攤或衛生不良的食品。
 - 少吃生鮮貝類。
2. 體內沒有 A 型肝炎抗體的預防方法：
 - 到衛生環境不良的地區旅行時，最好先打免疫球蛋白或疫苗做為預防。

Daily health care

1. Sufficient rest—abstain from pulling all nighters or excessive activity or work load
2. Smoking cessation, alcohol cessation.
3. Normalized and balanced daily diet : Eat more fresh, natural foods. Avoid artificially enhanced products such as: instant noodles, dried fish, pickled products, stinky tofu, peanut butter, fermented tofu, etc.
4. When acute hepatitis occurs, incorporate foods rich in calorie and proteins in your diet, for example: eggs, milk, meat products, bean products, etc. When nausea or vomiting occurs, try increasing meal frequency and decreasing the amount ingested to maintain nutritional balance.

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日常生活保健

1. 足夠的休息－避免熬夜、過度工作或活動。
2. 戒菸、戒酒。
3. 平日攝取均衡的飲食：
多吃新鮮、自然的食物，避免食用加工過的食物，例如：速食麵、魚乾、醬菜、臭豆腐、花生醬、豆腐乳等。
4. 當肝炎急性發作時，採高熱量、高蛋白飲食，如：蛋、牛奶、肉類及豆類等食物補充。如有噁心、嘔吐情形，可採少量多餐來補充營養。



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