



水痘、登革熱和諾羅病毒  
chicken pox、dengue fever、  
norovirus infection  
防疫大祕笈  
epidemic prevention

保你安全去考試、做研究、玩樂趣



學務處  
諮商與健康促進組(健康中心)  
關心您的健康

# 通報學校

notify the school

-  請大家留意身上若有小水泡、或發燒是時務必立即就醫
-  如有確診水痘、登革熱或發燒時，請使用體溫自主回報系統通知健康中心或通知系所、校安中心亦可
-  網址: <https://urgent-osa.nsysu.edu.tw/login>

# 水痘疾病簡介和注意事項

## 症狀

1.皮膚上出現斑丘疹(紅疹)，然後多由臉、頭皮往軀幹及四肢延伸，全身性的皮疹逐漸快速顯現，隨後變成水疱，最後留下粒狀痂皮。

2前驅症狀有微燒(37.5~39°C)、顫抖、腹痛、肌肉或關節酸痛約2~5天。

## 水痘病毒特色

1.潛伏期為2~3週，一般為13~17天。

2.傳染力極強，自出疹的前5天起(通常為前1~2天)到第一批水疱出現後5天之間都有傳染力，完全結痂後才不具傳染性。

3.可經由皮膚直接接觸、飛沫或空氣傳染，接觸到水疱液或黏膜分泌物也可能感染。

## 防疫祕笈

1.學生得到水痘時，應不要到校上課，避免傳染給同學，應請假在家休息到水疱結痂，且最好由醫師評估傳染力已大幅降低後再復課。

2.若出現紅疹或水泡等疑似水痘病徵時，請立即就醫治療。

3.若有身上有紅疹時一定要戴口罩上課，並穿著薄長袖和長褲，以降低傳染的機會，並立即就醫。

# 登革熱

何謂登革熱

登革熱俗稱「天狗熱」，是一種由蚊蟲傳播的傳染病。在台灣傳播的病媒蚊為「埃及斑蚊」或「白線斑蚊」

傳染方式:

被帶有登革熱病毒的蚊子叮咬

登革熱的症狀

典型登革熱的症狀有發燒(攝氏38度C到40度C)或惡寒、皮膚出疹而且四肢痠痛、頭痛、後眼窩痛、骨骼關節或肌肉痛等等。

登革出血熱的臨床症狀，主要是發燒、頭痛、肌肉痛、嘔吐、全身倦怠、腸胃出血、子宮出血、血尿和恢復期出疹等。



## 預防登革熱策略...

登革熱是環境病，登革熱是環境病，登革熱是環境病—最好的預防就是清除病媒蚊

### 使用防蚊噴劑



防蚊噴劑請使用含**敵逼**(DEET)或**派卡芮丁**(picaridin)成分產品, 2個月以下嬰幼兒不建議使用

### 居家環境清潔



清除積水，配合噴藥，減少病媒蚊孳生為最重要的預防動作



### 遠離病媒蚊熱區



儘量不要在病媒蚊熱點活動，如果一定要去請做好防蚊措施

# 預防諾羅病毒

宿舍區或租屋處內有諾羅病毒要小心

Heho

## 5重點避免交叉感染

### 1 配戴口罩



為避免飛沫傳染，若接觸嘔吐物、排泄物須戴口罩

### 2 以漂白水消毒



酒精消毒效果不佳，建議以稀釋的漂白水消毒

### 3 正確洗手



接觸患者後、用餐前、如廁後務必以洗手乳正確洗手殺菌

### 4 症狀緩解不代表無病毒



即使症狀緩解，散播病毒能力可持續2週，期間須注意衛生、避免共食

### 5 煮飯換別人



患者需避免處理餐點，以免病毒污染食物

諾羅病毒無法以疫苗預防，傳染性又強，不得不小心！

# 滅蚊不分內外 防蚊從早到晚

## 你以為被蚊子叮咬

只是小事？別輕忽登革出血熱：若未及時就醫治療，死亡率可達50%

### 登革出血熱可能之症狀、高危險群



- 可能症狀包括**
- 持續嘔吐
  - 解黑便
  - 牙齦出血
  - 昏睡休克
  - 其他可能症狀如：皮膚出現紫斑、流鼻血、吐血、嚴重腰痛、躁動不安等

- 高危險群包括**
- 慢性病患(如糖尿病、高血壓患者等)
  - 抵抗力弱的老人、小孩
  - 感染不同型別之登革病毒者

## A mosquito bite is a piece of cake?

Don't neglect dengue hemorrhagic fever: without timely treatment, mortality is up to 50%.

### Possible symptoms and high risk groups of dengue hemorrhagic fever

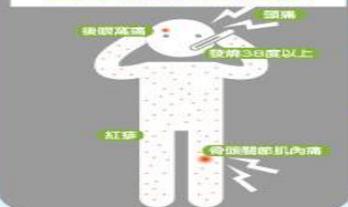


- Symptoms:**
- Frequent vomiting
  - Black-colored stools
  - Bleeding from gums
  - Drowsiness, breathing difficulty
  - Other symptoms: red spots or patches on the skin, bleeding from nose, vomiting blood, severe abdominal pain, mental confusion or seizure, etc.

- High risk groups:**
- People with chronic illness (e.g., diabetes mellitus, hypertension)
  - People with weakened immune systems (e.g., elderly, children)
  - People that have been previously infected with different types of dengue viruses

出現速就醫!!  
See the doctor quickly!!

### 登革熱典型症狀



### 你怎麼預防：

- 容器減量**
- 廢棄不用的瓶罐、缸盆、保麗龍、餅乾盒等，利用資源回收清除。
- 主動清淨**
- 倒乾淨：水桶陶器要倒放，使用中的要加蓋。
  - 刷乾淨：盆栽花瓶勤換水，每週刷洗最安心。
  - 晾乾淨：遮蓋帆布要拉平，窪地積水要填平。

### Typical symptoms of dengue fever



- How to prevent infection:**
- Empty containers and ornamental fountains or cover them with covers.
  - Clean vases and ornamental fountains weekly.
  - Flatten canvas covers and fill up holes on the ground.

**室外**

- 擦防蚊藥品 Apply mosquito repellent
- 穿淺色長袖衣褲

**室內**

- 紗窗 screen window
- 蚊帳 mosquito net
- 電蚊拍

## 清除孳生源 4步驟

- 巡** 經常巡檢，避免戶內外積水
- 倒** 清除積水，必要的容器倒置
- 減** 容器減量，清除不要的容器

**Be proactive on cleaning up vector breeding sites**

Empty water containers and clean up vector breeding sites. Everyone's participation is necessary.

**Get rid of all unwanted containers**

Discarded tires, bottles, pots and pans should be recycled.

Containers in use should be cleaned every week.

## Introduction of Chickenpox

- A. The incubation period is about 2 to 3 weeks, normally 13 to 17 days.
- B. It's highly contagious. From 5 days before rashes (usually 1 to 2 days) to 5 days after the first wave of rashes, the disease is contagious. Only after blisters completely become scab can the disease no longer be contagious.
- C. One can be infected with the disease through direct reaches of skin, airborne ways, or discharges from mucosa.

## Clinical syndromes

- A. Prodromal syndromes include slight fever ( $37.5^{\circ}\text{C}$  to  $39^{\circ}\text{C}$ ), quiver, stomachache, joint ache and muscle ache for 2 to 5 days.
- B. Rashes appear on the face and scalp, and then spread to the body and four limbs. Then full-body rashes come out fast, become blisters, and finally scab.
- C. Adults who get infected with Chickenpox can have more severe syndromes along with higher risks of complications. A lower respiratory tract infection and bacterium infections are common complications. Adults can have a fever or feel uncomfortable 1 to 2 days before rashes, which is different from children's syndromes, with rashes coming out first.

- There has been anti-virus medicine that treats Chickenpox. If you have suspected syndromes of Chickenpox, such as rashes or blisters, **please go to the doctor without delay.**
- Please isolate Chickenpox infected person immediately, and keep the indoor air circulated. Infected should keep both hands clean and wash hands often.
- The infected should avoid reaching infants who haven't been injected with Chickenpox vaccines, pregnant women, and those with poor immune systems. Pregnant women infected by Chickenpox might have babies with ~~born~~ defects and poor immune systems.
- **Students who get infected with Chickenpox should not come to school; instead, staying at home until blisters become scab is highly recommended. It is even more recommended to check with a doctor that virus in their bodies has been sharply less contagious.**
- Vaccination is still the best solution to preventing Chickenpox now. Infants with 1 year old should be injected after a doctor's evaluation as soon as possible. However, those who have been injected is still likely to get infected with Chickenpox, which is called a breakthrough infection.

# Beware of the norovirus

Do you feel nauseous, have diarrhea, abdominal cramps or other symptoms?

You could have contracted the highly contagious norovirus.

Wash your hands thoroughly with soap after going to the bathroom and before eating or preparing a meal

Avoid eating raw or uncooked food and properly heat all ingredients before consumption

