

Gastroenteritis (gastro) – what is it and how did I get it?

Gastro is an illness which may cause some or all of the following symptoms:

- diarrhoea
- stomach cramps
- vomiting
- nausea
- fever
- headache.

Germs which cause gastro get into your body through your mouth and it usually takes several days for symptoms to appear. This time is known as the incubation period. Sometimes symptoms may occur within hours of the germs entering your body but it is usually longer.

When people get gastro they often assume that the last meal they ate gave them food poisoning, but this is usually not the case.

What causes gastro and how is it spread?

The most common germs that cause gastroenteritis are bacteria, viruses and certain parasites. They may be found in soil, wild and pet animals including birds, and humans.

Gastro occurs when these germs are taken in by mouth and this may happen in any of the following ways:

- from person to person – this may occur directly by close personal contact or contact with the faeces of an infected person, or indirectly by touching contaminated surfaces such as taps, toilet flush handles, children's toys and nappies
- eating contaminated food
- drinking contaminated water
- airborne through droplets of vomit, coughing or sneezing (mainly viruses).
- handling pets and other animals.

People and animals can carry the germs which cause gastro

腸胃炎—什麼是腸胃炎，為什麼會感染腸胃炎？

腸胃炎是一種病，它可能會導致下列部分或全部症狀：

- 腹瀉
- 胃痙攣
- 嘔吐
- 噁心
- 發燒
- 頭疼

引起腸胃炎的病菌經嘴進入人體，其症狀的出現通常需要幾天時間。這段時間稱為潛伏期。有時，病菌進入體內後幾個小時就會出現症狀，但通常時間較長。

得了腸胃炎的人經常以為是自己的飲食導致了食物中毒，其實事實上通常並非如此。

腸胃炎的起因和傳播途徑

引起腸胃炎的最常見病菌有細菌、病毒和某些寄生蟲。他們可能存在於泥土中、野生動物及寵物身上，包括鳥和人類。

這些病菌經嘴進入體內後會引起腸胃炎，下列任何一種途徑都可能導致發病：

- 以人傳人 — 和他人密切接觸或接觸病人的糞便，會直接導致感染；而碰觸污染的物體表面，如水龍頭、抽水馬桶把手、兒童玩具和尿片，則會導致間接感染
- 食用被污染的食物
- 飲用被污染的水
- 空氣傳染：嘔吐、咳嗽或打噴嚏（主要是病毒）而產生的飛沫
- 處理寵物和其他動物

人與動物可能在無任何症狀的情況下，在糞便中

in their faeces without having any symptoms. These people and animals can still pass the disease on to others.

How can food and water become contaminated?

Food can become contaminated by people who have gastro, if they do not wash their hands properly after going to the toilet and before handling food.

Bacteria which can cause gastro are often present in raw foods such as meats, poultry and eggs. These raw foods must always be handled, prepared and stored so as not to contaminate other foods. Proper cooking will kill these bacteria.

If insects, rodents or other animals are not stopped from entering areas where food is prepared, they may contaminate food, equipment, benches and utensils with gastroenteritis germs.

Creeks, rivers, lakes and dams may be polluted with faeces from humans or animals. You should not drink water from these sources, unless it has been treated or boiled.

I think I may have gastroenteritis – what should I do?

If you have symptoms of gastroenteritis, report them to your doctor. This will ensure that you receive proper treatment and advice and that steps are taken to reduce the spread of the disease.

If you think that a particular food caused your illness tell your doctor and report it to your local council health department as soon as possible. Keep any left over food in the refrigerator in case the council decides to collect it for laboratory testing.

Can I still work?

Food handlers, child care workers and health care workers with gastro should not work until diarrhoea has stopped.

Children must not attend child care centres, kindergartens or school until there has not been a loose bowel motion for 24 hours.

How can I stop spreading it to my family?

In your household, the risk of spreading gastro can be reduced. It is very important that people with gastro do not prepare or handle food that is to be eaten by other people and that no one shares their towel, face washer, toothbrush or eating utensils.

攜帶引起腸胃炎的病菌。這些人和動物會將疾病傳給別人。

食物及水是如何被污染的？

如果患腸胃炎的人在上廁所後和加工食物之前沒有把手洗淨，則食物將被污染。

導致腸胃炎的細菌往往存在於生的食物，如肉類、家禽和雞蛋中。這些生的食物必須要加以處理、準備和儲存，以免污染其他食品。正確的烹煮可以殺死這些細菌。

必須採取措施，防止昆蟲、齧齒動物或其他動物進入備製食物的地方，否則它們會使食物、設備、工作檯及器皿沾染腸胃炎病菌。

小溪、河流、湖泊和水庫可能會被人類或動物的糞便污染，因此這些水源的水必須經過處理或煮沸才能飲用。

我可能患了腸胃炎，應該怎麼辦？

如果你有腸胃炎的症狀，應立即就醫。這樣能確保得到恰當的治療和建議，並且採取措施避免疾病散播。

如果你覺得是由於特定的食物所導致，請告知醫生並盡快向當地市政府的衛生部門報告。將剩下的食物放入冰箱，以備市政府取樣並送至檢驗。

我還可以工作嗎？

食物加工人員、照顧兒童的人員及健康醫護人員如果患有腸胃炎，在腹瀉停止前不應該工作。

患腸胃炎的兒童必須在停止腹瀉24小時之後才能前往托兒所、幼兒園或學校。

如何避免將疾病傳染給家人

家庭中可採取相應措施減少傳播腸胃炎的風險。尤其重要的是，患有腸胃炎的人不得為其他人準備食物或者加工食物，不要和他人共用毛巾、洗臉巾、牙刷或餐具。

How can I avoid getting gastro?

By following the guidelines below, everyone can do something to avoid getting gastro.

Careful hand washing

Everyone should wash their hands thoroughly with soap and hot running water for at least ten seconds:

- before preparing food
- between handling raw and ready-to-eat foods
- before eating
- after going to the toilet or changing nappies
- after working in the garden
- after playing with pets
- after contact with farm animals.

Food handlers should use disposable paper towels or an air dryer to dry their hands. Cloth towels are not recommended as they get dirty quickly and can spread germs from one person to another.

Safe food storage and handling

- Do not handle raw and cooked foods with the same implements (tongs, knives, cutting boards), unless they have been thoroughly washed between uses.
- Keep all kitchen surfaces and equipment clean.
- Defrost food by placing it on the lower shelves of a refrigerator or use a microwave oven.
- Thoroughly cook all raw foods.
- Place cooked food in a refrigerator within an hour of cooking it.
- Refrigerate raw foods below cooked or ready-to-eat foods to prevent cross-contamination.
- Store food below 5°C or above 60°C to prevent growth of germs.
- Thoroughly wash raw vegetables before eating.
- Reheat food until the internal temperature of the food reaches at least 75°C.
- Protect food from insects, rodents and other animals.

Microwave cooking

Part of the microwave cooking process includes standing time. When using a microwave, read the manufacturer's instructions carefully and observe these standing times to ensure the food is completely cooked before it is eaten.

如何避免腸胃炎的感染？

按照下面的指引，每個人都可盡量避免感染腸胃炎。

仔細洗手

每個人都應該用肥皂和流動溫水洗手10秒鐘以上：

- 準備食物之前
- 加工生食與即將食用的食物時
- 飯前
- 上廁所或換尿布之後
- 處理完園藝之後
- 與寵物玩耍之後
- 接觸農場動物之後

食物加工人員應使用一次性紙巾或空氣乾燥機來乾燥他們的手。不建議使用毛巾布，因為毛巾布容易變髒而且可能傳播病菌。

安全的貯存與處理食物

- 不要用同樣的用具（夾子、刀、砧板）來加工生食和熟食，除非在使用過程中對這些用具進行徹底清洗。
- 保證廚房及設備的所有表面的清潔。
- 解凍食物時，將冷凍食物放在冰箱的下層架子上的容器中，或者用微波爐解凍。
- 徹底煮熟生的食物。
- 在一個小時內，將煮好的肉放進冰箱。
- 將生肉放在煮熟的食物或將食用的食物的下層位置，以免造成交叉污染。
- 存放食物的溫度要低於5°C或高於60°C，以避免細菌孳生。
- 生的蔬菜在食用前要徹底清洗。
- 再加熱食物時，內部溫度至少要達到75°C
- 防止食物不被昆蟲、齧齒動物或其他動物污染。

用微波爐烹煮食物

靜置時間 (standing time) 是微波爐烹調過程的一部分。使用微波爐時，仔細閱讀製造商的說明書並且遵守該靜置時間，以確保食物完全煮熟後食用。

Household cleaning

Bathrooms and toilets must be cleaned often to avoid the spread of germs. Pay particular attention to surfaces such as toilet seats and handles, taps and nappy change tables.

Sandpits can become contaminated with animal faeces and urine. Rake the sand frequently and remove any animal faeces. Cover the area when not in use.

Water from untreated sources

Untreated water that comes directly from lakes or rivers may be contaminated with faeces from people or animals. Boil water from these sources before drinking it.

Child care centres

Children are particularly susceptible to certain types of gastro. Nappy changing and children's lack of proper hygiene makes the transmission of these diseases in child care settings particularly high. It is important that thorough hand washing and cleaning procedures are carried out in these centres to control the spread of germs.

Overseas travel

Contaminated food and drink are the most common sources of gastro in travellers, particularly those travelling to developing countries. Careful selection and preparation of food and drink offer the best protection. The main types of food and drink to avoid are uncooked food, non-bottled drinks and unpasteurised milk. Generally, cooked food that is hot, which has been thoroughly and freshly cooked, and fruit and vegetables that can be peeled or shelled, are safe.

Drinking water should be boiled or chemically treated if its purity is in doubt. Ice should be avoided.

Further information

Department of Health

Communicable Disease Prevention and Control Unit

Phone: 1300 651 160

www.health.vic.gov.au/ideas

Language assistance is available through the Translating and Interpreting Service, phone 13 14 50.

家居清潔

浴室及廁所必須經常清潔以避免病菌散播。特別注意表面的清潔，如廁所坐墊和把手，水龍頭和換尿布台。

兒童遊戲的沙坑會受到動物大小便的污染，應經常耙鬆沙坑，清走動物糞便，不使用時應將其遮蓋。

未經處理過的水

直接來自湖中或河裡的水未經處理，可能有人或動物糞便的污染，因此一定要煮沸後才能飲用。

幼兒照顧中心

幼兒特別容易被這種類型的腸胃炎感染。由於更換尿布及兒童缺乏恰當的衛生對策，使這種疾病在幼兒照顧場所的傳播率特別高。因此，在幼兒照顧中心實施徹底的洗手及清潔程序來控制病菌的傳播至關重要。

海外旅行

污染的食物和飲水是旅行時最普通的腸胃炎感染源，尤其是在發展中國家更是如此。小心選擇及準備食物、飲水是最好的防範對策。應避免食用的主要食物類型有：沒有煮熟的食物，非瓶裝水和未經消毒處理的牛奶。一般而言，煮熟的食物在熱的時候是安全的，因為這些食物已被徹底煮熟而且剛剛煮好；另外可以剝皮或去殼的水果及蔬菜也都是安全的。

如果對水有懷疑，則應該煮沸或進行化學處理後飲用，避免吃冰塊。

查詢詳情

《衛生部》

《傳染病預防及控制小組》

電話：1300 651 160

www.health.vic.gov.au/ideas

可致電13 14 50經由《翻譯及傳譯服務》取得語言服務。