

Hepatitis A

甲型肝炎

Traditional Chinese

What is hepatitis?

Hepatitis is the name for several different illnesses which all cause the same problem: an inflamed (swollen or painful) liver. The liver is a vital part of the body. If it does not function properly, it can cause serious illness or sometimes even death.

Drinking alcohol or taking drugs can cause hepatitis. It can also be caused by infectious viruses. The different types of virus are known by different letters – A, B, C, D and E – so the different forms of the disease are called ‘hepatitis A’, ‘hepatitis B’ and so on. Sometimes people shorten the name, and say ‘hep A’ or ‘hep B’.

All these viruses cause similar problems but are spread in different ways. So the ways to prevent people catching the disease are different too.

What are the symptoms?

Some people who are infected with hepatitis A do not get very ill. Some do not get sick at all. Children are more likely than adults to show no symptoms even if they are infected. In more severe cases, hepatitis A can cause:

- loss of appetite
- nausea and vomiting
- pain in the liver (under the right rib cage)
- jaundice (when the urine becomes darker than normal and the eyes and skin go yellow)

Symptoms may last for several weeks and are usually followed by a complete recovery. Hepatitis A does not cause long term liver disease.

After catching the virus it usually takes about four weeks to become ill, but it can take any time from two to eight weeks.

How does hepatitis A spread?

Hepatitis A occurs when the virus has been swallowed.

The virus then multiplies in the liver and comes out in the faeces. An infected person’s hands can become contaminated after using the toilet and the virus then spreads by direct contact, or by food, beverages and other objects that were handled by the infected person, such as cups and spoons.

什麼是肝炎？

肝炎 (Hepatitis) 是幾種不同疾病的總稱，這些病症會導致同樣的問題：肝臟發炎（腫脹或疼痛）。肝臟是人體的重要器官。如果功能不正常，可以導致嚴重疾病，甚至死亡。

肝炎可由於飲酒或服用藥物導致，也可以由傳染性病毒引起。不同類型的病毒以不同的字符表示：甲 (A)，乙 (B)，丙 (C)，丁 (D) 和戊 (E)，因此不同形式的肝炎被分別稱為“甲型肝炎”，“乙型肝炎”等，依此類推。有時人們將其簡稱為“甲肝”或“乙肝”。

所有這些病毒都能引起類似的症狀，但傳播方式不同。因此，防止染患這種疾病的方式也有所不同。

有哪些症狀？

有些感染甲型肝炎的人並不會病得很重，有些人根本不生病。兒童即使感染，也不會出現類似成人的症狀。在較嚴重的情況下，甲型肝炎可引起：

- 沒有食慾
- 噁心嘔吐
- 肝臟疼痛（肝臟在右側胸腔下面）
- 黃疸（尿液變得比正常時要暗，眼睛和皮膚發黃）

症狀可能會持續數週，通常都會完全恢復。甲型肝炎不會導致長期的肝臟疾病。

傳染到病毒後，通常會在約四個星期後發病，也會在二至八個星期內的任何時間發病。

甲型肝炎如何傳播？

病毒進入體內後就會引起肝炎

病毒在肝臟裡繁殖，然後從糞便排出。感染的人上廁所後雙手會被污染，病毒可通過直接的接觸傳播，或經由食品、飲料和其他感染者所接觸的物品傳染，如杯子和湯匙等。

For example, hepatitis A can spread when people:

- don't wash their hands thoroughly after going to the toilet or changing nappies
- eat non-cooked foods, such as salads, which have been contaminated by being handled by an infectious person
- eat shellfish from contaminated waters
- drink contaminated water

Hepatitis A may also be spread sexually if there is contact with the anal area of anyone who is infectious.

People with hepatitis A can pass it on to others from two weeks before they show symptoms to one week after they become jaundiced. Hepatitis A does not lead to a chronic carrier state and once a person recovers from the illness they have lifelong immunity to this infection.

How can I avoid getting hepatitis A?

By following these guidelines, everyone can do something to avoid getting hepatitis A.

Careful hand washing

Remember to wash your 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 after changing nappies
- after handling used condoms or after contact with the anal area

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

Safer sex practices should also be adopted by using condoms. Make sure that you wash your hands after handling used condoms, or after contact with the anal area.

Household cleaning

When somebody has symptoms of hepatitis A, particular attention must be paid to cleaning surfaces such as toilet seats and handles, taps and nappy change tables. Ensure that all potentially contaminated areas are regularly cleaned and disinfected using a hypochlorite solution with a strength of about 1 000ppm. (250ml or 1 cup of household bleach diluted in 10 litres or one bucket of water).

Water from untreated sources

If a water supply comes from an untreated source, such as a lake or a river, it may be contaminated with human

例如：甲型肝炎會通過以下方式傳播：

- 上廁所或換尿布之後沒有徹底洗手
- 食用被感染的人接觸過而受到污染的未煮熟的食物，例如沙拉
- 吃被污染的水中的貝殼類
- 喝污染的水

甲型肝炎也可能通過接觸感染者的肛門區域等性行為傳播。

患甲型肝炎的人在出現症狀之前兩個星期，直至發生黃疸之後一個星期內，會傳染他人。甲型肝炎不會導致慢性帶菌者狀態，一旦病癒康復後，就對該病毒具有終身免疫力。

如何避免感染甲型肝炎？

按照以下指引，就可以盡量避免感染甲型肝炎：

仔細洗手

務必用肥皂和流動的溫水徹底洗手10秒鐘以上：

- 備製食物之前
- 加工生食與即將食用的食物時
- 飯前
- 上廁所或換尿布之後
- 處理使用過的安全套或接觸肛門區域之後

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。

應該使用安全套保證性行為的安全性，確定在處理用過的安全套或接觸肛門區域後清洗雙手。

家居清潔

當有人出現甲型肝炎的症狀時，要特別注意清潔物品表面，如廁所坐墊和把手、水龍頭、換尿布的桌子等。使用濃度約1000ppm的次氯酸鈉溶液(250ml或1杯家用漂白水稀釋於10升水或一桶水中)，定期清洗和消毒所有可能受污染的區域。

未經處理的水源的水

如果飲用水是來自未經處理的水源，如湖泊或河流，該水可能被人類糞便污染，因此來自這些水源的水一定要煮沸才能飲用。

faeces. Always boil water from these sources before drinking it.

Immunisation

Some people are at increased risk of hepatitis A and should be immunised.

Immunisation against hepatitis A involves a course of injections over six to 12 months and is highly effective in providing protection against this disease. To get the vaccine you need to visit a doctor.

The following people should be vaccinated:

- people who have liver disease or who have had a liver transplant
- people who regularly receive blood products, such as those used for treating haemophilia and other blood disorders
- food handlers
- men who have sexual contact with other men
- people travelling to developing countries
- people who are at occupational risk of exposure to hepatitis A, including:
 - child care workers, particularly where the children are too young to have been toilet trained
 - people who work with the intellectually disabled
 - healthcare workers and teachers in remote Aboriginal and Torres Strait Islander communities
 - healthcare workers in paediatric and infectious diseases wards, emergency rooms and intensive care units
 - sewerage workers

Overseas travel

People travelling overseas, particularly to developing countries, need to take special care to avoid hepatitis A. Before travelling, talk to your doctor about protection. Careful selection and preparation of food and drink is vital:

- if you cannot peel it or boil it, leave it alone
- don't eat uncooked foods, particularly:
 - vegetables and fruit which cannot be peeled before eating
 - shellfish
 - unpackaged drinks and ice

免疫注射

感染甲型肝炎的風險較高的部分人群，應該進行免疫注射。

甲型肝炎的免疫注射過程要經過6至12個月，在預防肝炎方面效力很高。如果需要，請資訊醫生。

以下人群必須注射疫苗：

- 有肝病的人或者接受過肝移植手術的人。
- 經常接受血液製品的人，例如用血液製品治療血友病或者其他血液疾病的人。
- 食物加工人員
- 與其他男人有性接觸的男人
- 前往發展中國家的人
- 從事有接觸甲型肝炎風險的職業人，包括：
 - 照顧兒童的人員，尤其是照顧不會自行如廁幼兒的人員。
 - 為智障者工作的人
 - 在偏遠的原住民地區及托雷斯海峽島民社區工作的衛生保健人員及教師
 - 在兒科及傳染病區、急診室和重症護理病房工作的保健人員
 - 污水處理工人

海外旅行

到海外旅遊，尤其是到發展中國家的人員，需要特別注意，避免感染甲型肝炎。在出行之前，請就有關防護措施資訊你的醫生。關鍵在於謹慎選擇及準備食品和飲料：

- 不食用不能去皮或煮沸的食物
- 不食用沒有煮熟的東西，尤其是：
 - 不能剝皮吃的蔬菜和水果
 - 貝類海產
 - 打開的飲料和冰塊

I think I've got hepatitis A – what should I do?

If you have symptoms of hepatitis A report them to your doctor immediately.

Hepatitis A may be diagnosed by a simple blood test and although there is no specific treatment for it, a doctor can help prevent others from catching the infection.

An injection (immunoglobulin or gammaglobulin) is usually offered to all household and intimate contacts of cases of hepatitis A. Immunoglobulin may prevent hepatitis A, or at least cause symptoms to be milder, but must be given within ten days of contact with an infectious person to be effective. This injection is not the same as the vaccine and offers short term protection against the disease for contacts of cases.

If you have hepatitis A, avoid alcohol until your liver has recovered and get plenty of rest.

How can I stop spreading it to household members and others?

While you are infectious:

Do:

- wash your hands carefully after using the toilet
- clean bathrooms and toilets often, and pay particular attention to surfaces such as toilet seats, handles, taps and nappy change tables.

Do not:

- prepare or handle food that will be eaten by other people
- share any eating utensils
- share other personal items such as tooth brushes, towels or face washers.

Can I continue to work?

Food handlers with hepatitis A must not work for at least one week after they become jaundiced. To avoid transmission of hepatitis A in the workplace, it is advisable that people, especially child care workers and health care workers remain away from work for one week after the onset of jaundice.

Under the Public Health and Wellbeing Regulations 2009, children with hepatitis A must not attend child care, kindergartens or school for at least one week after they become jaundiced, and they have a medical certificate of recovery.

我可能得了甲型肝炎，應該怎麼辦？

如果你有甲型肝炎的症狀，請立即就醫。

甲型肝炎可以經過簡單的血液測試進行診斷，該病症沒有具體的治療辦法，但醫生可以幫助您採取措施，防止傳染他人。

注射（免疫球蛋白或丙種球蛋白）的對象通常是所有家庭成員和親密接觸甲型肝炎病例的人。免疫球蛋白可以防止甲型肝炎，或減輕症狀，但必須在接觸傳染病人的10天內注射。這種注射液與疫苗不同，只為接觸病例的人提供短期的防護，以防感染。

如果你有甲型肝炎，在肝臟康復之前請不要飲酒，並保證充足的休息。

如果防止傳染家人和其他人？

在你感染期間：

應該：

- 上廁所之後仔細洗手
- 經常清潔浴室和廁所，要特別注意物體表面，例如馬桶、坐墊、把手、水龍頭和換尿布用的桌子。

不應該：

- 準備或加工別人的食物
- 共用任何餐具
- 共用其他的個人物品，例如牙刷、毛巾或洗臉巾。

我可以繼續工作嗎？

感染了甲型肝炎的食物加工人員在黃疸病發後，至少必須停止工作一個星期。為了避免甲型肝炎在工作場所傳播，上班人員，尤其是幼兒保育人員和衛生保健人員不得在黃疸病發後的一個星期內上班。

根據2009年《公眾健康和福利條例》，患甲型肝炎的兒童在黃疸病發後至少一個星期內，不得前往托兒所、幼兒園或學校，並且還需要恢復健康的醫療證明。

Child care centres

Although children with hepatitis A under the age of three rarely have symptoms, hepatitis A can spread easily in child care centres. Therefore, it is important that centres have policies on handwashing and cleaning procedures. Ensure that everyone at the centre follows these procedures thoroughly.

When cases of hepatitis A occur amongst families or employees at a child care centre, it may be the first sign of an outbreak within the centre. To assist in preventing the spread of hepatitis A, you must notify the director of a centre if your child attending the centre gets hepatitis A.

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.

幼兒照顧中心

雖然患甲型肝炎的三歲以下兒童很少有症狀，但是該病毒很容易在幼兒照顧中心傳播。因此，幼兒中心實行洗手和清洗程序的對策至關重要，要確保中心的每個人都嚴格遵循這些程序。

當家庭成員或幼兒中心的員工發生甲型肝炎病例時，它可能是中心內爆發甲型肝炎的第一個跡象。為了協助預防甲型肝炎的傳播，如果你的孩子患上甲型肝炎，請務必通知中心主任。

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》取得語言幫助。