

# 關於接觸結核病的資訊

## 公眾健康資訊

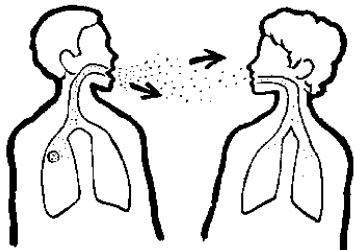
### 什麼是結核病？

結核病（簡稱 TB）是一種細菌感染。幾乎可以感染身體的任何部位，但感染部位大多在肺部，稱為肺結核。在澳洲，每年診斷出結核病的案例剛好超過 1000 例，其中維多利亞州大約有 400 例。

### 肺結核如何傳播？

當一位在肺部或喉部有開放性結核病的病人咳嗽、打噴嚏或唱歌時，經由空氣傳播結核病。這可能造成含有細菌的飛沫進入空氣，因而感染吸入的人。你不會因為握手或從衣服、食物、餐盤或碰觸物品而感染結核病。

結核病不具高傳染性，通常你得與在肺部或喉部有開放性結核病的病人，進行近距離、面對面的數小時接觸才會被傳染。最可能會被傳染的人，通常是在處於同房屋的人或家人。



### 結核病感染和結核病發病是有差別的

不是每個感染結核病菌的人都會患結核病。只有 5% 到 10% 受感染的人會發展出結核病，而且可能是數年之後才發病。其餘 90% 到 95% 的人沒有任何症狀而且完全健康；這叫潛伏性結核病感染，而且其病菌不會傳染其他人。抵抗力差的人有較高的發病風險。只有結核病在肺部或喉部發病的人才可能傳染別人。結核病可以治療，能用特別的抗生素來治癒。結核病的症狀包括：咳嗽超過三週，發燒、盜汗、體重減輕、疲勞和咳血。

*如果你接觸過患有結核病的人，不用因而停止日常活動，包括上班和上課。*

### 如何檢測結核病？

一項稱為結核菌素皮膚試驗(Mantoux skintest)的簡單檢測，可用來判別一個人是否被結核病菌感染。這項檢測要在左前臂皮下進行小小的注射。呈陽性反應的人可以接受進一步的檢測，如胸部 X 光來檢查肺或驗血來確認結果。要讓你知道的重點是：曾染過結核病、甚至接受過結核病疫苗（稱為 BCG 疫苗）的人也可能會呈現陽性的結核菌素皮膚試驗反應。感染結核病的人可以接受預防性抗生素治療來降低疾病發展的機會，或者他們可以後續用 X 光來監視肺部。

因為結核病的發展緩慢，所以你或你附近的人不會有立即的健康風險。從被感染到能用結核菌素皮膚試驗檢測出來，需要大約二到三個月的時間。這是指檢測結核病感染的最好時間是在暴露之後至少 8 到 10 週。

### 重點摘要：

- 結核病（簡稱 TB）是一種由細菌造成的感染。
- 人與人之間的結核病傳染風險很低。
- 因為結核病的發展緩慢，所以你或你附近的人不會有立即的健康風險。
- 感染結核病的人 **不能** 傳染給其他人。
- 只有結核病在肺部或喉部發病的人才可能傳染別人。
- 與結核病人接觸而被感染的人，可以接受預防性治療，或者用 X 光來追蹤情況。

如果你有進一步的問題或疑慮，你可以聯繫衛生部結核病管制科(Department of Health, TB Control Section)，電話 1300 651 160。

# Information for contacts of Tuberculosis

## Public health information

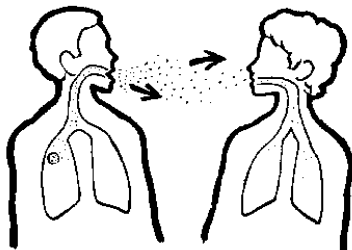
### What is Tuberculosis?

Tuberculosis, or TB for short, is a bacterial infection. It can affect almost any part of the body but most often the lungs; this is called pulmonary TB. In Australia there are just over 1000 cases of TB diagnosed each year, with approximately 400 of these in Victoria.

### How is TB spread?

TB can be spread through the air when a person with active TB disease in the lungs or throat coughs, sneezes or sings. This may cause droplets that contain the bacteria to spray into the air and infect people who breathe them in. You cannot get TB from shaking hands or from clothes, food, dishes or touching things.

TB is not highly contagious and to be infected you usually need close, face to face contact over many hours with someone with active TB in the lungs or throat. Often the people who are most likely to be infected are those in the same house or family.



### There is a difference between TB infection and TB disease

Not everyone who is infected with TB germs gets sick. Only between 5% and 10% of people who are infected go on to develop TB, which could happen many years later. The remaining 90% to 95% don't show any symptoms and are completely well; this is called latent or dormant TB and the germs can't be spread to others. People with weakened immune systems have a greater chance of getting sick with TB. Only those people who are sick with TB in the lungs or throat might be infectious to others. TB can be treated and cured by taking specialised antibiotics. Symptoms of TB include; a cough for more than 3 weeks, fever, night sweats, weight loss, fatigue and occasionally, coughing up blood.

*If you have had contact with someone with TB, there is no reason to stop any of your usual daily activities, including going to work or school.*

### How do you test for TB?

A simple test called a Tuberculin or Mantoux skin test can tell if someone has been infected with the TB germ. This test involves a small injection under the skin of the left forearm. People who have a positive skin test can have further tests such as a chest x-ray, to look at the lungs, or a blood test to confirm the result. It is important to know that people who have previously had infection with TB, or even a vaccination for TB, called a BCG vaccination, could also have a positive skin test. People who are infected with TB can be given preventative treatment with antibiotics to reduce the possibility of developing the disease, or they can have follow-up chest X-rays to monitor their lungs.

TB grows and develops slowly, so there is no immediate risk to your health, or the health of those people close to you. From the time a person is infected to when the infection can be detected by skin testing is about two to three months. This means that the best time to test for TB infection is at least 8 to 10 weeks after the exposure.

### Important points in summary:

- Tuberculosis, or TB for short, is an infection caused by a bacteria (germ).
- The risk of TB transmission from one person to another is low.
- There is no immediate risk to your health, or the health of those people close to you because TB grows and develops slowly.
- People who have dormant infection cannot spread TB to others.
- Only those people who are sick with TB in the lungs or throat may be infectious to others.
- People who have been infected because they have been in contact with TB can be given preventative treatment, or X-ray follow-up.

If you have any further questions or concerns you can contact the Department of Health, TB Control Section on 1300 651 160.