

# Salmonellosis

## 沙門氏菌病

Traditional Chinese

### What is salmonellosis?

Many different types of *Salmonella* can cause illness. Salmonellosis is a type of gastro (gastroenteritis) caused by the germ (bacterium) *Salmonella*.

Salmonellosis can affect anyone, however, it is more common in children under five years of age and young adults. The symptoms are often more severe in older people and people with other medical conditions.

### What are the symptoms of salmonellosis?

The most common symptoms of salmonellosis are diarrhoea (which may contain blood or mucus), fever, stomach cramps, nausea, vomiting and headache.

Dehydration may occur, especially in infants and older people.

After *Salmonella* bacteria have been swallowed, it usually takes between six and 72 hours to become ill. To trace the cause of the illness, it is necessary to know where you were and what you ate and drank in the three days before you became ill.

Illness usually lasts for a few days but *Salmonella* bacteria may be present in the faeces for several weeks or longer.

### Where are Salmonella found?

*Salmonella* bacteria are found in humans and in wild, farm and pet animals and birds, particularly chickens. As *Salmonella* infection of chickens is common, the bacteria can often be found in raw chicken meat and on eggs.

### How does salmonellosis spread?

#### Inadequate cooking

*Salmonella* bacteria are often present in uncooked meat, particularly poultry, and on eggs. When raw meat or eggs are prepared for human consumption and are not adequately cooked, the bacteria may survive and infect people who eat it. Cooking these foods thoroughly will kill *Salmonella* bacteria.

#### Cross-contamination

Cross-contamination is the spread of bacteria from something that is contaminated with bacteria, to something that is not.

Consider raw or undercooked foods to be contaminated.

To avoid cross-contamination, raw foods should be handled and stored separately from cooked or ready-to-eat foods. Kitchen

### 什麼是沙門氏菌病？

很多不同種類的“沙門氏菌” (*Salmonella*) 會導致疾病。沙門氏菌病是由“沙門氏菌”病菌 (細菌) 引起的一種腸胃病 (腸胃炎)。

沙門氏菌病可以影響任何人群，5歲以下的兒童和年輕人較為多見。老年人和患有其他疾病的人症狀通常比較嚴重。

### 沙門氏菌病的症狀是什麼？

最常見的沙門氏菌病症狀是腹瀉 (可能含有血液或粘液)、發燒、胃痙攣、噁心、嘔吐和頭疼。

可能會出現脫水症狀，尤其是嬰兒及老年人。

“沙門氏菌”進入體內後，通常在6到72小時之間發病。要追蹤生病的原因，需要了解生病之前的三天內的去處和飲食情況。

沙門氏菌病症狀通常只持續幾天，但是沙門氏菌會在糞便中存在幾個星期甚至更長時間。

### 沙門氏菌存在於什麼地方？

沙門氏菌存在於人體和野外，農場和寵物及鳥類身上，尤其是在雞身上。由於沙門氏菌在雞的身上非常普遍，因此時常會在沒有煮熟的雞肉和雞蛋中發現。

### 沙門氏菌病是如何傳播的？

#### 沒有煮熟的食物

沙門氏菌通常存在於未煮熟的肉類，尤其是家禽以及雞蛋中。如果生肉或雞蛋沒有完全煮熟，細菌可能存活而感染食用者。徹底煮熟這些食物能有效殺死沙門氏菌。

#### 交叉污染

交叉污染是指被細菌污染的東西將細菌傳播到未被細菌污染的東西上的過程。

生的或未經煮熟的食物被列為受到污染。

為了避免交叉污染，在加工和存放生食的時候，應該與煮熟的或即時食物分開。在下次使用之前，一定要徹底

equipment such as chopping boards, blenders and mixers used to prepare raw foods must be thoroughly washed before being used again.

#### Person-to-person spread

People with salmonellosis have Salmonella bacteria in their faeces. If they do not wash their hands properly after going to the toilet, then contaminated hands can spread the bacteria to surfaces and objects which will be touched by other people. Contaminated hands can also spread the bacteria to food which may be eaten by other people.

Hands can also become contaminated with bacteria when a person changes the nappy of an infected infant.

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

#### From other sources

Pets, farm animals and contaminated drinking water can also spread Salmonella bacteria.

### I think I may have salmonellosis – what should I do?

If you have symptoms of salmonellosis, report them to your doctor immediately. 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 healthcare workers with salmonellosis must not work until diarrhoea has stopped.

Children must not attend child care centres, kindergartens or school until 24 hours after diarrhoea has stopped.

### How can I stop spreading it to my family?

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

### How can I avoid getting salmonellosis?

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

清洗廚房設備，例如砧板、攪拌機、混合機等用來準備生食的用具。

#### 人與人的傳播

沙門氏菌病患者的糞便帶有沙門氏菌。如果這些人上廁所後不正確的洗手，那麼污染的雙手就會將細菌傳至物體表面和器物上，從而感染他人。污染的雙手也會將細菌傳播到他人的食物上。

在給感染沙門氏菌的嬰兒換尿布時，換尿布人的手也會被細菌污染。

感染病毒的人與動物即使沒有任何症狀，但是他們的糞便仍可能攜帶沙門氏菌，這些人與動物依然可能將病菌傳給他人。

#### 其他來源

寵物、農場動物和污染的飲水都可以傳播沙門氏細菌。

### 我可能患了沙門氏菌病，應該怎麼辦？

如果你有沙門氏菌的症狀，請立即就醫。這樣能確保獲得適當的治療和建議，並且採取措施，避免疾病的傳染。

如果你覺得是特定食物導致你生病，應該盡快告知醫生，並且向當地市政府衛生部門報告。將剩下的食物放進冰箱，以便市政府取樣並進行化驗。

### 我仍然可以工作嗎？

食物加工人員、幼兒保育人員及衛生保健人員如果患有沙門氏菌病，在停止腹瀉之前不得工作。

兒童必須在停止腹瀉24小時後，才能上托兒所、幼兒園、或學校。

### 如何防止細菌感染家人？

家庭中可採取措施減少沙門氏菌的傳播風險。患了沙門氏菌病或腸胃炎的人不要備製或烹煮他人的食物，並且不要與他們共用毛巾或洗臉巾，這些至關重要。

### 如何避免感染沙門氏菌病？

按照下列指引，可盡量避免感染彎曲桿菌病：

### 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 smoking
- after using a tissue or handkerchief
- after working in the garden
- after playing with pets

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 bacteria from one person to another.

### Safe food storage and handling

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

Advice on avoiding the risk of Salmonella infection from eggs can be found at [www.health.vic.gov.au/eggs](http://www.health.vic.gov.au/eggs)

### 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

### 仔細洗手

應該用流動的溫水和肥皂徹底洗手10秒以上：

- 備製食物之前
- 加工生食與即食食品時
- 飯前
- 上廁所或換尿布之後
- 吸煙之後
- 使用了面巾紙或手帕後
- 處理完園藝之後
- 與寵物玩耍之後

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。

### 安全的食品儲存和處理

- 不要用同樣的用具（夾子、刀、砧板）來加工熟食和生食，除非在使用過程中對這些用具進行徹底清洗。
- 如果曾使用攪拌機、碎肉機和混合機等設備處理生的食物，例如雞蛋和生肉，在下次使用前務必徹底清洗。
- 保證廚房所有物體表面和設備的清潔。
- 將生肉放在低於煮熟的食物或即食食物的位置，以免造成交叉污染。
- 解凍食物時將冷凍食物放在容器中，然後置於冰箱的下層架子上，或者用微波爐解凍。
- 生的蔬菜在食用前要徹底清洗。
- 徹底煮熟肉、雞和雞蛋以及含有這些東西的食物。
- 煮好的肉在一個小時內放進冰箱。
- 存放食物的溫度要低於5 °C或高於60 °C，以避免細菌孳生。
- 加熱食物時，內部的溫度一定要達到至少75 °C
- 防止食物不被昆蟲、齧齒動物或其他動物污染。

有關避免從雞蛋感染沙門氏菌的建議可以查閱 [www.health.vic.gov.au/eggs](http://www.health.vic.gov.au/eggs)

### 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

completely cooked before it is eaten.

### Household cleaning

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

### Outside the home

Sandpits can become contaminated with animal faeces and urine. Rake the sand frequently and remove any animal faeces. Cover the area when it is not being used.

### 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.

## Further information

Communicable Disease Prevention and Control Unit

Department of Health

Phone: 1300 651 160

[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

[www.health.vic.gov.au/eggs](http://www.health.vic.gov.au/eggs)

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

該靜置時間，以確保食物完全煮熟後食用。

### 家居清潔

浴室及廁所必須經常清潔以避免細菌散播。特別注意物體表面，如廁所坐墊和把手，水龍頭和換尿布的桌面。

### 室外

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，除去動物糞便，不用時將其遮蓋。

### 未經處理過的水源

直接來自湖中或河裡的水未經過處理，可能會受到人或動物糞便的污染，飲用之前必須煮沸。

## 查詢詳情

《傳染病預防及控制小組》

《衛生部》

電話：1300 651 160

[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

[www.health.vic.gov.au/eggs](http://www.health.vic.gov.au/eggs)

可致電13 14 50經由《翻譯及傳譯服務》取得語言幫助。