

English	Traditional Chinese 繁體中文
<p>Chest infection</p> <p>About chest infections</p> <p>Chest infections are common, especially after a cold or flu during autumn and winter.</p> <p>Although most are mild and get better on their own, some can be serious or even life-threatening.</p> <p>This page covers:</p> <p>Signs and symptoms of a chest infection</p> <p>What causes chest infections?</p> <p>Caring for your symptoms at home</p> <p>When to see a doctor</p> <p>Preventing chest infections</p> <p>Signs and symptoms of a chest infection</p> <p>The main symptoms of a chest infection can include:</p> <ul style="list-style-type: none"> • a persistent cough • coughing up yellow or green phlegm (thick mucus), or coughing up blood • breathlessness or rapid and shallow breathing 	<p>胸腔感染</p> <p>關於胸腔感染</p> <p>胸腔感染十分常見，多發於秋季和冬季，感冒或流感過後特別容易發生胸腔感染。</p> <p>雖然大多數胸腔感染症狀輕微，而且會自行好轉，但胸腔感染有時也會很嚴重，甚至危及生命。</p> <p>本頁面的主要內容有：</p> <p>胸腔感染的跡象和症狀</p> <p>導致胸腔感染的原因？</p> <p>在家照顧自己的病症</p> <p>什麼時候去看醫生</p> <p>預防胸腔感染</p> <p>胸腔感染的跡象和症狀</p> <p>胸腔感染的主要跡象可能包括：</p> <ul style="list-style-type: none"> • 持續不斷的 咳嗽 • 能咳出黃色或綠色的痰（粘稠的粘液），或咳血 • 呼吸困難 或急促且微弱的呼吸

- wheezing
- a high temperature (fever)
- a rapid heartbeat
- chest pain or tightness
- feeling confused and disorientated

You may also experience more general symptoms of an infection, such as a [headache](#), fatigue, sweating, loss of appetite, or joint and muscle pain.

What causes chest infections?

A chest infection is an infection of the lungs or airways. The main types of chest infection are [bronchitis](#) and [pneumonia](#).

Most bronchitis cases are caused by viruses, whereas most pneumonia cases are due to bacteria.

These infections are usually spread when an infected person coughs or sneezes. This launches tiny droplets of fluid containing the virus or bacteria into the air, where they can be breathed in by others.

The infections can also be spread to others if you cough or sneeze onto your hand, an object or a surface, and someone else shakes your hand or touches those surfaces before touching their mouth or nose.

Certain groups of people have a higher risk of developing serious chest infections, such as:

- babies and very young children

- 喘息
- 高溫（發燒）
- 心跳加快
- 胸痛或胸悶
- 感到困惑或迷失方向

您可能還會出現感染的常見症狀，例如 [頭痛](#)、疲勞、出汗、食欲不振、關節和肌肉疼痛。

導致胸腔感染的原因？

胸腔感染指的是肺部或呼吸道的感染。胸腔感染的主要類型有 [支氣管炎](#) 和 [肺炎](#)。

大多數支氣管炎是由病毒導致，大多數肺炎是由細菌引起的。

受感染的人通過咳嗽或者打噴嚏將疾病傳染給其他人。通過咳嗽或者打噴嚏，受感染的人會將特別小的液體水珠噴射到空氣中，水珠中的病毒或細菌會被其他人吸入體內。

如果您對著自己的手咳嗽或者打噴嚏，然後別人和您握了手；或者如果您對著某個物體或表面咳嗽或者打噴嚏，然後別人碰到這些物體或表面后又碰了自己的嘴或鼻，就會傳染疾病。

相比一般人，有一些人群有更高的胸腔感染患病幾率，這些人包括：

- 嬰兒或者非常小的孩子
- 有發育問題的孩子

- children with developmental problems
- people who are very overweight
- elderly people
- pregnant women
- people who smoke
- people with long-term health conditions, such as [asthma](#), [heart disease](#), [diabetes](#), [kidney disease](#), [cystic fibrosis](#) or [chronic obstructive pulmonary disease \(COPD\)](#)
- people with a weakened immune system – this could be due to a recent illness, a transplant, high-dose steroids, [chemotherapy](#) or a health condition, such as an undiagnosed [HIV](#) infection

Caring for your symptoms at home

Many chest infections aren't serious and get better within a few days or weeks. You won't usually need to see your GP, unless your symptoms suggest you have a more serious infection (see below).

While you recover at home, you can improve your symptoms by:

- getting plenty of rest
- drinking lots of fluid to prevent [dehydration](#) and to loosen the mucus in your lungs, making it easier to cough up
- treating headaches, fever and aches and pains with painkillers – such as [paracetamol](#) or [ibuprofen](#)

- 體重超重的人
- 老年人
- 孕婦
- 吸煙的人群
- 患有慢性疾病的人，例如 [哮喘](#)、[心臟病](#)、[糖尿病](#)、[腎臟疾病](#)、[囊腫性纖維化](#) 或 [慢性阻塞性肺炎\(COPD\)](#)
- 免疫系統較弱的人群 – 可能由於近期患病、移植、高劑量的類固醇、[化療](#) 或健康問題導致的，比如未診斷出的 [HIV](#) 感染

在家照顧自己的病症

許多胸腔感染並不嚴重，會在幾天或幾周內自行好轉。通常您不需要就此去看全科醫生，除非您的症狀有惡化的趨勢（見下方）。

在家中自行恢復時，您還可以通過下列方式緩解症狀：

- 好好休息
- 飲用大量的水，防止 [脫水](#)，使肺部肌肉鬆弛，便於咳出異物
- 用止痛片治療頭痛、發燒及疼痛 – 可以使用 [撲熱息痛](#) 或 [布洛芬](#)

- drinking a warm drink of honey and lemon – to relieve a [sore throat](#) caused by persistent coughing
- raising your head up with extra pillows while you're sleeping – to make breathing easier
- using an air humidifier or inhaling steam from a bowl of hot water – to ease your cough (hot water shouldn't be used to treat young children with a cough, due to the risk of [scalds](#))
- stopping smoking

Avoid cough medicines, as there's little evidence they work, and coughing actually helps you clear the infection more quickly by getting rid of the phlegm from your lungs.

[Antibiotics](#) aren't recommended for many chest infections, because they only work if the infection is caused by bacteria, rather than a virus.

Your GP will usually only prescribe antibiotics if they think you have pneumonia, or you're at risk of complications such as fluid building up around the lungs ([pleurisy](#)).

If there's a flu outbreak in your local area and you're at risk of serious infection, your GP may also prescribe antiviral medication.

When to see a doctor

You should see your GP if:

- you feel very unwell or your symptoms are severe
- your symptoms are not improving
- you feel confused, disorientated or drowsy

- 用溫水服用蜂蜜和檸檬 – 緩解持續咳嗽引起的 [喉嚨酸痛](#)
- 睡覺時多墊些枕頭，抬高頭部的高度 – 使您呼吸更加順暢
- 使用空氣加濕器，或者從一碗熱水中吸蒸汽 – 緩解咳嗽（這種用熱水的方法不得用於緩解兒童的咳嗽，因為有可能導致 [燙傷](#)）
- 戒煙

避免服用治療咳嗽的藥物，因為鮮有證據能證明這些藥物有效。而且咳嗽有助於更快從肺中排除痰液，幫助您更快擺脫感染。

許多胸腔感染不推薦使用 [抗生素](#)，因為抗生素只對細菌引起的感染有用，對病毒引起的感染並無作用。

全科醫生只有在認為您患上肺炎時，或者認為您肺部可能會堆積液體 ([肋膜炎](#))時，才會給您開抗生素。

如果您當地爆發了流感疫情，而且您很可能會受到嚴重感染，這種情況下您的全科醫生也可能會給您開抗病毒藥物。

什麼時候去看醫生

如果有下述情況時，您應該去看您的全科醫生：

- 您感覺非常不適，或感覺症狀十分嚴重
- 您的症狀並無改觀

- you have chest pain or difficulty breathing
- you cough up blood or blood-stained phlegm
- your skin or lips develop a blue tinge (cyanosis)
- you're pregnant
- you're 65 or over
- you're very overweight and have difficulty breathing
- you think a child under five has a chest infection
- you have a weakened immune system
- you have a long-term health condition

Your GP should be able to diagnose you based on your symptoms and by listening to your chest using a stethoscope (a medical instrument used to listen to the heart and lungs).

In some cases, further tests – such as a chest [X-ray](#), breathing tests and testing phlegm or [blood samples](#) – may be necessary.

Preventing chest infections

There are measures you can take to help reduce your risk of developing chest infections and stop them spreading to others.

Stop smoking

If you smoke, one of the best things you can do to prevent a chest infection is to stop. Smoking damages your lungs and weakens your defences against infection.

- 您感到困惑、迷失方向或昏昏欲睡
- 您感到胸痛，或呼吸困難
- 您咳血或咳出帶有血絲的痰
- 您的皮膚或嘴唇出現藍色痕跡（發紺）
- 您是孕婦
- 您年紀在65歲及以上
- 您體重十分超重，而且呼吸困難
- 您年齡小於五歲，而且患有胸腔感染
- 您的免疫系統較弱
- 您有慢性疾病

您的全科醫生應該能通過觀察您的症狀、用聽診器（用於聽心和肺的醫學設備）聆聽您胸腔的聲音，從而對您作出診斷。

有些情況下，進行其他的額外檢測 – 例如胸部 [X光](#)、呼吸檢測、化驗痰或 [血液樣本](#) – 也是必要的。

預防胸腔感染

有些措施能夠幫助您降低胸腔感染的幾率，或者幫助您避免感染擴散。

戒煙

如果您吸煙，如果想預防胸腔感染，最佳的方式之一就是戒煙。吸煙會損傷您的肺部，削弱您身體對抗感染的防禦力。

Good hygiene

Although chest infections generally aren't as contagious as other common infections, like flu, you can pass them on to others through coughing and sneezing.

Therefore, it's important to cover your mouth when you cough or sneeze, and to wash your hands regularly. Put tissues in the bin immediately.

Alcohol and diet

Excessive and prolonged [alcohol misuse](#) can weaken your lungs' natural defences against infections and make you more vulnerable to chest infections.

To keep your risk of alcohol-related harm low, the NHS recommends:

- not regularly drinking more than 14 units of alcohol a week
- if you drink as much as 14 units a week, it's best to spread this evenly over three or more days
- if you're trying to reduce the amount of alcohol you drink, it's a good idea to have several alcohol-free days each week

Regular or frequent drinking means drinking alcohol most weeks. The risk to your health is increased by drinking any amount of alcohol on a regular basis.

Eating a healthy, balanced diet can help strengthen the immune system, making you less vulnerable to developing chest infections.

保持良好衛生

雖然胸腔感染通常而言傳染性不像其他常見感染病（例如流感）一樣強，但胸腔感染能夠通過咳嗽和打噴嚏傳染。

所以，咳嗽或打噴嚏的時候一定要捂住嘴巴，而且要經常洗手。隨後立刻將衛生紙扔進垃圾箱。

飲酒和飲食

長期和過度 [酒精濫用](#) 會削弱肺部抵抗感染的天然防禦力，讓您更容易暴露在胸腔感染之中。

為了將酒精引起的危害降到最低，NHS建議：

- 每周飲酒的量不要經常超過14單位
- 如果每週飲酒達到14單位，請盡可能分3天以上引用
- 如果您正在嘗試減少飲酒量，可以嘗試每週有幾天不飲酒的日子

經常或常常飲酒意思是基本上每週都會喝。經常喝酒，不論多大量，都會提高您的健康風險。

保持健康、平衡的飲食習慣可以幫助加強免疫系統，使您能夠更強地抵抗胸腔感染。

Vaccinations

If you're at an increased risk of chest infections, your GP may recommend being vaccinated against flu and pneumococcal infections (a bacterium that can cause pneumonia).

These vaccinations should help to reduce your chances of getting chest infections in the future.

Flu and pneumococcal vaccinations are usually recommended for:

- babies and young children
- pregnant women (flu jab only)
- people aged 65 and over
- people with long-term health conditions or weakened immune systems

疫苗

如果您患上胸腔感染的幾率增加，您的全科醫生可能會建議您接種流感疫苗和肺炎球菌感染（一種能導致肺炎的細菌）疫苗。

這些疫苗應該能幫助您降低患上胸腔感染的幾率。

通常建議為下列人群接種流感和肺炎球菌疫苗：

- 嬰兒和小孩
- 孕婦（僅可以接種流感疫苗）
- 年齡65歲及以上的人群
- 換有慢性疾病的人或免疫系統較弱的人群