

English	Traditional Chinese
<p>Gastroenteritis About gastroenteritis</p> <p>Gastroenteritis is a very common condition that causes diarrhoea and vomiting. It's usually caused by a bacterial or viral tummy bug.</p> <p>It affects people of all ages, but is particularly common in young children.</p> <p>Most cases in children are caused by a virus called rotavirus. Cases in adults are usually caused by norovirus (the "winter vomiting bug") or bacterial food poisoning.</p> <p>Gastroenteritis can be very unpleasant, but it usually clears up by itself within a week. You can normally look after yourself or your child at home until you're feeling better.</p> <p>Try to avoid going to your GP, as gastroenteritis can spread to others very easily. Phone the 111 service or your GP if you're concerned or need any advice.</p> <p>This page covers:</p> <ul style="list-style-type: none"> Symptoms of gastroenteritis What to do if you have gastroenteritis When to get medical advice 	<p>腸胃炎</p> <p>有關腸胃炎</p> <p>腸胃炎是一種十分常見的疾病，會導致腹瀉和嘔吐。通常導致腸胃炎的病因是胃部的病菌或病毒。</p> <p>腸胃炎會影響各個年齡段的人群，但在兒童中尤其常見。</p> <p>大多數兒童患腸胃炎是因為輪狀病毒導致。大多數成年人患腸胃炎是由 諾如病毒（“冬季嘔吐病毒”）或細菌性 食物中毒導致的。</p> <p>腸胃炎會引起極度不適，但通常情況下會在一周內自行好轉。如果您或孩子患上了腸胃炎，可以選擇在家照顧，直到好轉。</p> <p>盡量不要去看全科醫生，因為腸胃炎很容易傳染給其他人。如果您很擔憂，或者需要任何建議，請致電111服務或致電您的全科醫生。</p> <p>本頁面的主要內容有：</p> <ul style="list-style-type: none"> 腸胃炎的症狀 患上腸胃炎后該怎麼做 什麼時候去尋求醫療建議

Looking after a child with gastroenteritis

Getting medical advice for your child

How gastroenteritis is spread

Preventing gastroenteritis

Symptoms of gastroenteritis

The main symptoms of gastroenteritis are:

- sudden, watery **diarrhoea**
- feeling sick
- vomiting, which can be projectile
- a mild fever

Some people also have other symptoms, such as a loss of appetite, an **upset stomach**, aching limbs and headaches. The symptoms usually appear up to a day after becoming infected. They typically last less than a week, but can sometimes last longer.

What to do if you have gastroenteritis

If you experience sudden diarrhoea and vomiting, the best thing to do is stay at home until you're feeling better. There's not always a specific treatment, so you have to let the illness run its course.

You don't usually need to get medical advice, unless your symptoms don't improve or there's a risk of a more serious

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腸胃炎的症狀

腸胃炎的主要症狀有：

- 急性、含水很多的 **腹瀉**
- 感覺不舒服
- 嘔吐，有時可能會是噴出
- 輕微發燒

有些人還會出現其他症狀，例如食欲不振，**胃部不適**，四肢酸痛、頭疼等。

通常會在被傳染腸胃炎的一天之內出現症狀。症狀通常持續不到一周，但有的時候會持續時間更長。

患上腸胃炎后該怎麼做

如果您突然腹瀉，開始嘔吐，您最應該做的事情就是在家休息，直到有所好轉。針對腸胃炎並不一定總有針對性治療方法，所以只能讓病情自行緩解。

通常而言不需要尋求醫療建議，除非症狀沒有好轉，或者病情有

problem.

To help ease your symptoms:

- Drink plenty of fluids to avoid **dehydration** – You need to drink more than usual to replace the fluids lost from vomiting and diarrhoea. Water is best, but you could also try fruit juice and soup.
- Take **paracetamol** for any fever or aches and pains.
- Get plenty of rest.
- If you feel like eating, try small amounts of plain foods, such as soup, rice, pasta and bread.
- Use special rehydration drinks made from sachets bought from pharmacies if you have **signs of dehydration**, such as a **dry mouth** or dark urine – read about **treating dehydration**.
- Take anti-vomiting medication (such as metoclopramide) and/or antidiarrhoeal medication (such as loperamide) if you need to – some types are available from pharmacies, but check the leaflet that comes with the medicine. You can also ask your pharmacist or GP for advice about whether they're suitable.

Gastroenteritis can spread very easily, so you should wash your hands regularly while you're ill and stay off work or school until at least 48 hours after your symptoms have cleared, to reduce the risk of passing it on (see **Preventing gastroenteritis**).

可能惡化。

以下方式有助於緩解症狀：

- 飲用大量的水，避免 **脫水** – 您需要引用比平時的量更大的水，從而補充因為嘔吐和腹瀉而丟失的水分。水是最佳的選擇，但您也可以試著喝點果汁和湯。
- 如果有發燒、疼痛，請服用 **撲熱息痛**。
- 好好休息。
- 如果您有食慾，可以少量吃點清淡的食物，比如湯、米、麵、麵包。
- 如果您出現了 **脫水的跡象**，例如 **口乾** 或尿液發暗 – 請使用從藥店購買的小香囊補水飲品，進一步了解 **治療脫水**。
- 如果有需要，服用抗嘔吐藥(例如胃復安)及/或抗腹瀉藥(例如洛哌丁胺) – 有些藥物在藥店可以購得，但服用藥物前請查看隨附的藥品說明書。您也可以詢問藥師或全科醫生，確認服用這些藥物是否合適。

腸胃炎很容易傳染，所以您應當經常洗手，而且應該在症狀消失后至少48小時之後再去上班或上學，以減少腸胃炎傳染的幾率(參見 **預防腸胃炎**)。

When to get medical advice

You don't normally need to see your GP if you think you have gastroenteritis, as it should get better on its own.

Visiting your GP surgery can put others at risk, so it's best to phone 111 or your GP if you're concerned or feel you need advice.

Get medical advice if:

- you have **symptoms of severe dehydration**, such as persistent **dizziness**, only passing small amounts of urine or no urine at all, or if you're losing consciousness
- you have bloody diarrhoea
- you're vomiting constantly and are unable to keep down any fluids
- you have a fever over 38C (100.4F)
- your symptoms haven't started to improve after a few days
- in the last few weeks you've returned from a part of the world with poor sanitation
- you have a serious underlying condition, such as **kidney disease**, inflammatory bowel disease or a weak immune system, and have diarrhoea and vomiting

Your GP may suggest sending off a sample of your poo to a laboratory to check what's causing your symptoms. **Antibiotics** may be prescribed if this shows you have a bacterial infection.

什麼時候去尋求醫療建議

得了腸胃炎通常不需要去看全科醫生，因為它會自行好轉。

去看全科醫生會讓其他人面臨被傳染的風險，所以如果您對自己的身體狀況感到擔憂或者想尋求建議，最好撥打**111**或致電您的全科醫生。

如果出現以下情況，請尋求醫療建議：

- 您出現了 **嚴重脫水的症狀**，例如持續不斷的 **眩暈**，排尿量小或根本不排尿，或者您失去知覺。
- 腹瀉流血
- 不斷嘔吐，無法吸收任何液體
- 高燒超過**38攝氏度(100.4華氏度)**
- 幾天內您的症狀沒有絲毫好轉
- 過去幾周內，您剛從衛生條件比較差的國家或地區返回國內
- 您有很嚴重的基礎性疾病，例如 **腎臟疾病**，炎症性腸道疾病，免疫系統衰弱，腹瀉或嘔吐

您的全科醫生可能會將您的糞便樣本送至實驗室，檢查導致您症狀的原因。如果結果顯示您有細菌感染，醫生可能會給您開**抗生素**。

Looking after a child with gastroenteritis

You can look after your child at home if they have diarrhoea and vomiting. There's not usually any specific treatment and your child should start feeling better in a few days.

You don't normally need to get medical advice unless their symptoms don't improve or there's a risk of a more serious problem.

To help ease your child's symptoms:

- Encourage them to drink plenty of fluids. They need to replace the fluids lost from vomiting and diarrhoea. Water is generally best. Avoid giving them fizzy drinks or fruit juice, as they can make their diarrhoea worse. Babies should continue to feed as usual, either with breast milk or other milk feeds.
- Make sure they get plenty of rest.
- Let your child eat if they're eating solids and feel hungry. Try small amounts of plain foods, such as soup, rice, pasta and bread.
- Give them [paracetamol](#) if they have an uncomfortable fever or aches and pains. Young children may find liquid paracetamol easier to swallow than tablets.
- Use special rehydration drinks made from sachets bought from pharmacies if they're dehydrated. Your GP or pharmacist can advise on how much to give your child. Don't give them antidiarrhoeal and anti-vomiting medication, unless advised to by your GP or pharmacist.

照顧患上腸胃炎的兒童

如果孩子出現了腹瀉和嘔吐，您可以在家對其進行照顧。對此並不一定總有針對性治療方法，您孩子的病情應該會在幾天後自行緩解。

通常而言不需要尋求醫療建議，除非孩子的症狀沒有好轉，或者病情有可能惡化。

以下方式有助於緩解您孩子的症狀：

- 鼓勵孩子多喝水。孩子需要多喝水，補充嘔吐和腹瀉損失的水分。通常而言水是最佳的液體。避免給孩子碳酸飲料和果汁，因為這會導致腹瀉家中。針對患病嬰兒，應當和往常一樣餵食，可以餵母乳或其他種類的奶。
- 確保孩子休息充足。
- 如果孩子開始想吃固態食物，感到飢餓，那就讓他們吃。可以少量吃點清淡的食物，比如湯、米、麵、麵包。
- 如果孩子發燒感到不適，或感到疼痛，給孩子服用 [撲熱息痛](#)。對小孩子而言，液體的撲熱息痛可能會比藥片更好服用。
- 如果孩子脫水，請使用從藥店購買的小香囊補水飲品。您的全科醫生或藥師會告訴您應該給孩子服用的劑量。不要給孩子服用抗腹瀉或抗嘔吐的藥物，除非全科醫生或藥師有明確指示。

Make sure you and your child wash your hands regularly while your child is ill and keep them away from school or nursery until at least 48 hours after their symptoms have cleared (see [Preventing gastroenteritis](#)).

Getting medical advice for your child

You don't usually need to see your GP if you think your child has gastroenteritis, as it should get better on its own, and taking them to a GP surgery can put others at risk.

Phone the 111 service or your GP if you're concerned about your child, or they:

- have [symptoms of dehydration](#), such as passing less urine than normal, being unusually irritable or unresponsive, pale or mottled skin, or cold hands and feet
- have blood in their poo or green vomit
- are vomiting constantly and are unable to keep down any fluids or feeds
- have had diarrhoea for more than a week
- have been vomiting for three days or more
- have [signs of a more serious illness](#), such as a high fever (over 38C or 100.4F), shortness of breath, rapid breathing, a stiff neck, a rash that doesn't fade when you roll a glass over it or a bulging fontanelle (the soft spot on a baby's head)
- have a serious underlying condition, such as inflammatory bowel disease or a weak immune system,

孩子生病時，請確保您和孩子經常洗手，而且應該讓孩子症狀消失至少48小時之後再去上學或再去托兒所 (參見 [預防腸胃炎](#))。

為您的孩子尋求醫療建議

如果您覺得孩子得了腸胃炎，通常不需要帶他們去看全科醫生，因為腸胃炎會自行好轉，而且帶孩子去看全科醫生會導致其他人面臨被傳染的風險。

如果您很擔憂孩子的情況，或者孩子出現了以下情況，請致電111服務或致電您的全科醫生：

- 出現了 [脫水的症狀](#)，例如排尿量比平常小，異常煩躁或不太喜歡應答，膚色蒼白或有斑點，手腳冰涼
- 糞便中有血或者嘔吐物呈綠色
- 不斷嘔吐，無法吸收任何液體
- 腹瀉持續超過一周
- 嘔吐超過三天及以上
- 出現 [更嚴重疾病的跡象](#)，例如高燒 (超過38攝氏度或100.4華氏度)，氣短、呼吸急促、頸部僵硬，起疹子而且用玻璃杯滾在疹子表面時疹子不會消失，凶門（嬰兒頭上柔軟的位置）腫脹
- 有很嚴重的基礎性疾病，例如炎症性腸道疾病，免疫系統衰弱，腹瀉或嘔吐

and have diarrhoea and vomiting

Your GP may suggest sending off a sample of your child's poo to a laboratory to confirm what's causing their symptoms. Antibiotics may be prescribed if this shows they have a bacterial infection.

How gastroenteritis is spread

The bugs that cause gastroenteritis can spread very easily from person to person.

You can catch the infection if small particles of vomit or poo from an infected person get into your mouth, such as through:

- close contact with someone with gastroenteritis – they may breathe out small particles of vomit
- touching contaminated surfaces or objects
- eating contaminated food – this can happen if an infected person doesn't wash their hands before handling food, or you eat food that has been in contact with contaminated surfaces or objects, or hasn't been stored and cooked at the correct temperatures (read more about the [causes of food poisoning](#))

A person with gastroenteritis is most infectious from when their symptoms start until 48 hours after all their symptoms have passed, although they may also be infectious for a short time before and after this.

您的全科醫生可能會將您孩子的糞便樣本送至實驗室，確認導致您孩子症狀的原因。如果結果顯示您孩子有細菌感染，醫生可能會開抗生素。

腸胃炎是如何傳播的

導致腸胃炎的病菌會以飛快的速度在人與人之間船舶。

如果受感染的人其嘔吐物或糞便的小顆粒進入您的口中，您就會感染，例如通過以下傳播方式：

- 與腸胃炎患者近距離接觸 – 他們可能會呼出嘔吐物的小顆粒物
- 觸碰受到污染的表面或物體
- 食用受污染的食物 – 如果受感染的人在遞給您食物前沒有洗手，或者您吃的食物接觸過被污染的表面或物體，或您吃的食物沒有在正確的溫度下冷餐或烹飪 (進一步了解 [導致食物中毒的原因](#))，都會導致傳染

腸胃炎患者在出現症狀時，到症狀結束的48小時期間傳染性最強，但在這個時間段之前之後也都會有短暫的高傳染性時間段。

Preventing gastroenteritis

It's not always possible to avoid getting gastroenteritis, but following the advice below can help stop it spreading:

- Stay off work, school or nursery until at least 48 hours after the symptoms have passed. You or your child should also avoid visiting anyone in hospital during this time.
- Ensure you and your child wash your hands frequently and thoroughly with soap and water, particularly after using the toilet and before preparing food. Don't rely on alcohol hand gels, as they're not always effective.
- Disinfect any surfaces or objects that could be contaminated. It's best to use a bleach-based household cleaner.
- Wash contaminated items of clothing or bedding separately on a hot wash.
- Don't share towels, flannels, cutlery or utensils while you or your child is ill.
- Flush away any poo or vomit in the toilet or potty and clean the surrounding area.
- Practice good food hygiene. Make sure food is properly refrigerated, always cook your food thoroughly, and never eat food that is past its use-by date – read more about [preventing food poisoning](#).

預防腸胃炎

人不一定總能避開腸胃炎，但遵循下述建議能幫助組織腸胃炎的傳播：

- 在症狀消失的至少**48**小時內不去上班，不去上學或不去托兒所。在此期間您和孩子應該避免去醫院探望任何人。
- 確保您和孩子經常洗手，而且要用肥皂和水仔細洗，特別是飯前和便後。別總依靠手部酒精消毒液，因為並不總是有效。
- 為任何可能受到污染的表面或物體進行消毒。家用的清潔劑最好含有漂白物質。
- 用熱水將受到污染的衣物和床上用品分開單獨洗滌。
- 您或孩子生病時，不要和其他人共用毛巾、餐具或器皿。
- 沖走馬桶或便壺內的糞便和嘔吐物，並清理周圍的區域。
- 有良好的飲食衛生習慣。確保食物在冰箱中妥善保存，烹飪食物一定要到位，永遠不要進食已經過了保質期的食物 – 進一步了解 [預防食物中毒](#)。

Take extra care when travelling to parts of the world with poor sanitation, as you could pick up a stomach bug. For example, you may need to boil tap water before drinking it.

Young children can have the **rotavirus vaccination** when they're 2 to 3 months old, which can reduce their risk of developing gastroenteritis.

在前往衛生條件差的國家和地區時，要額外小心，避免染上胃部疾病。例如，喝自來水前先燒開。

小孩子可以在2-3個月的時候接種 **輪狀病毒疫苗**，從而降低其染上腸胃炎的幾率。