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| [Document] | [Tuberculosis Fact Sheet] |
| [English] | [Traditional Chinese] |
| Tuberculosis (TB) | 結核(TB) |
| **1. What is TB?**  “TB” is short for tuberculosis. There are two kinds of TB: **TB infection** and **TB**  **disease**. **TB infection** means you have “sleeping” (inactive) TB germs in your body and can’t infect anyone. These germs can live in your body without making you sick. **TB infection** can later become **TB disease** when these germs “wake up” (become active) and multiply. If you have **TB disease**, you can infect other people. | **1.什麼是TB?**  “TB”是結核的英文簡稱。結核分為**結核感染**和**結核病**兩種。**結核感染**是指您體內存有處於“睡眠狀態”(非活動性)的結核菌，但是不會傳染給別人。這些病菌可以在您體內生活而不引起症狀。當結核菌日後“醒過來”(變成活動性)和繁殖時，**結核感染**便可以變成**結核病**。若您患上**結核病**，您可以傳染給別人。 |
| **2. Who gets TB?**  Anyone can get TB. You are more likely to get **TB infection** if you spent time with someone with **TB disease**, recently came to the U.S. from a country with a lot of TB, or if you spent time in a group living situation. You are more likely to get **TB disease** if you have **TB infection** and are HIV positive, are a substance abuser, are very young, are elderly, or have a condition that weakens your immune system, like  diabetes or cancer. | **2.誰會染上結核?**  任何人都可以染上結核。若您曾經和**結核病**人相處、最近從結核病眾多的國家來美國，或曾經過集體生活，患**結核感染**的可能性便較大。若您患**結核感染**並有如下狀況，獲得**結核病**的機會亦較大：愛滋病毒(HIV)陽性、濫用藥物、年幼、年老、或患上削弱免疫系統的疾病如糖尿病或癌症。 |
| **3. How is TB spread?**  TB is spread through the air from one person to another. TB germs are passed when someone who is sick with **TB disease** of the lungs or throat coughs, sneezes, speaks, sings or laughs. Anyone near the sick person can inhale the TB germs. You can’t catch TB from clothes, dishes, food or body contact with someone who has TB. | **3.結核怎樣傳播?**  結核是透過空氣人傳人的。肺部或喉嚨患有結核病的人咳嗽、打噴嚏、說話、唱歌或大笑時都會傳播結核菌。患者附近的人都可以吸進結核菌。但是，結核不是從衣服、碗碟、食物或與患者身體接觸得來的。 |
| **4. How do you know if you have TB?**  A TB skin test is used to help detect **TB infection**. A small needle is used to put a liquid testing material under your skin. In 2-3 days, you return to your health care provider who will check to see if there is a reaction to the liquid. In some cases, a special TB blood test is given to test for **TB infection**.  Other tests are needed to show if you have **TB disease**. An x-ray of your chest can tell if there is damage to your lungs from TB. The phlegm (“flem”) you cough up can be tested in a lab to see if there are TB germs in your lungs.  If TB disease is in your lungs, you may cough a lot, cough up phlegm, cough up  blood, or have chest pain when you cough. You may also feel weak, lose your appetite, lose weight, have a fever, or sweat a lot at night. | **4.怎樣知道是否染上結核?**  結核皮膚測試是用於檢測**結核感染**的方法。這個測試是用一支細小的針把一種測試液體注入皮膚下，您需要在兩三天內回去見醫療人員，讓他或她檢驗您對測試液體有無反應。有時需要用特別的結核驗血方法來測試您有無**結核感染**。  **結核病**是用其他方法來測試的。拍胸部X光可以看清楚您的肺部有沒有受結核菌破壞。在化驗所測試咳出來的痰液可以了解肺部有無結核菌。  若您的肺部有結核病，您可能會有大量咳嗽、咳痰、咳血或咳嗽時感覺胸痛；您也可能感覺虛弱、食慾不振、體重下降、發燒或夜間大量出汗。 |
| **5. How is TB treated?**  If you have **TB infection**, you can take medicine to help prevent getting **TB**  **disease** later.  **TB disease** can be treated by taking several anti-TB medicines. If you have **TB disease**, it is very important that you finish all of your anti-TB medicines and take the medicines exactly as you are told by your health care provider. It takes at least 6 months to 1 year to kill all the TB germs in your body. If you stop taking the medicines too soon, you can become sick again. If you do not take the medicines correctly, the germs that are still alive may become difficult to treat. | **5. 怎樣治療結核?**  若您患有**結核感染**，可以透過服藥來預防它日後變成**結核病**。  **結核病**可以通過服用多種抗結核藥來治療。若您患上**結核病**，完全遵照醫生的指示服用和服完所有抗結核藥是十分重要的。您體內的結核菌需要六個月至一年才可以完全殺死。若您過早停藥，可能會再度發病；若您用藥的方法不當，未死的病菌可以變得難以治療。 |
| **6. Should someone with TB infection be restricted from work?**  No, people with **TB infection** are not contagious and can’t spread TB to others. | **6.患結核感染者應否限制上班?**  不應該。患**結核感染**者不具傳染性，不可能把結核菌傳播給別人。 |
| **7. Should someone with TB disease be restricted from work?**  If **TB disease** is in your lungs or throat, you can give TB germs to your family and friends. They may become infected with TB germs and get sick with **TB disease**. That is why you may have to be separated from other people until you can’t spread TB germs. Taking your medicines as your health care provider instructs will shorten the time you need to be separated from other people. | **7.患結核病者應否限制上班?**  若**結核病**是在您的肺部或喉嚨，您可以把結核菌傳染給家人和朋友，他們可能會感染結核菌和罹患**結核病**。因此，可能需要安排您和其他人隔離，直至您不會散播結核菌為止。遵照醫生的指示服藥有助於縮短您需要與人隔離的時間。 |
| **8. What can be done to prevent the spread of TB?**  If you have **TB disease**, you need to take all your medicines as directed by your health care provider. You should always cover your mouth when you cough! Your health care provider may recommend that your family and others with whom you have spent a lot of time have a TB skin test. If these people have a positive reaction to the test, their health care provider will probably order a chest x-ray to see if they have **TB infection** or **TB disease**. If they have a negative reaction to the TB skin test, they should have their TB skin test repeated after 2-3 months. | **8. 怎樣防止結核蔓延?**  若您患上**結核病**，必須遵照醫生的指示服用所有藥物。您咳嗽時必須掩住嘴巴！醫生可能會建議您的家人和曾與您長期共處的人接受結核皮膚測試。若他們的測試呈陽性反應，他們的醫生可能會指示他們拍胸部X光來查看有無**結核感染**或**結核病**。若他們的結核皮膚測試呈陰性反應，他們應該在兩三個月後重複該測試。 |
| **Sources**  1. *Tuberculosis Facts—TB Can Be Treated.* Centers for Disease Control and Prevention (CDC).  www.cdc.gov/tb/pubs/tbfactsheets/cure\_eng.pdf.  2. *Tuberculosis Facts — You Can Prevent TB*. Centers for Disease Control and Prevention.  (CDC). www.cdc.gov/tb/pubs/tbfactsheets/prevention\_eng.pdf.  3. *Tuberculosis Facts—Exposure to TB*. Centers for Disease Control and Prevention (CDC).  www.cdc.gov/tb/pubs/tbfactsheets/exposure\_eng.pdf.  For more information, please visit the Los Angeles County Department of Public Health web site:  www.publichealth.lacounty.gov. | **資料來源**  1. *Tuberculosis Facts—TB Can Be Treated.* Centers for Disease Control and Prevention (CDC).  www.cdc.gov/tb/pubs/tbfactsheets/cure\_eng.pdf.  2. *Tuberculosis Facts — You Can Prevent TB*. Centers for Disease Control and Prevention (CDC). www.cdc.gov/tb/pubs/tbfactsheets/prevention\_eng.pdf.  3. *Tuberculosis Facts—Exposure to TB*. Centers for Disease Control and Prevention (CDC).  www.cdc.gov/tb/pubs/tbfactsheets/exposure\_eng.pdf.  如需更多資訊，請造訪洛杉磯縣公共衛生部網址：  www.publichealth.lacounty.gov. |
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