如果我是一個帶菌者,我怎樣保護 我的寶寶?

- 小心避免讓您的血液接觸到您的寶寶。
- 在您觸摸您的血液,帶血的體液,或陰道分泌物之後,要清洗雙手。
- 用紗布遮蓋您或您寶寶身上的割傷或傷口,以
 防止讓您傷口的分泌物沾染到您的寶寶。
- 清除任何流出的血跡。用漂白清潔劑消毒(漂白清潔劑對水的比例是一比十)。
- 餵食時不要先咀嚼您寶寶的食物再餵。
- 不要使用您寶寶的牙刷或其他個人盥洗用品。
- 如果您的寶寶有接受B型肝炎疫苗注射,您就 可安全地餵乳。但若奶頭出現乾裂的現象或您 胸部有破裂的傷口就趕快停止。

欲 取本手册 其它樣式版本,請打電話:1-800-525-0127.

Hepatitis B B型肝炎

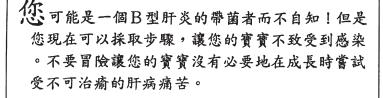
如何保護您的寶寶 How to Protect Your Baby





Adapted from: State of California, State of Hawaii, and Seattle-King County Department of Health

Chinese



見麼是B型肝炎?

B型肝炎是一種嚴重的肝臟感染。它是由B型肝炎 過濾性病毒引起。並由受到感染的母親在生產時傳 給新生的嬰兒。

把麼是 B 型肝炎的症狀?

有些症狀是食慾不佳,疲倦,嘔吐,黃疸(皮膚和 眼睛顯現黃色)或是尿液呈深色。但是有些感染到 B型肝炎的人沒有任何症狀,也不會感到或看起來 生病的樣子。有些人幾個月以後會康復並會產生保 護作用預防再度感染。還有其他人會成爲帶菌者, 在若干年內或終其一生都在其體內攜帶這些病毒。

如果我的寶寶飽受到感染會怎麼樣?

大多數受到感染的嬰兒都不會顯現生病的跡象,但 是會成為B型肝炎的帶菌者。帶菌者到了成年初期 可能會發展出肝硬化和癌症。

久 果我不覺得生病,我仍會將B型肝炎 傳給我的寶寶嗎?

是的。一個受到感染的懷孕婦女會將這個病傳給她 的嬰兒。這通常是發生在生產的過程中。嬰兒在生 產過程後與母親有密切的接觸,也使嬰兒暴露於存 在母親體液中的病毒之下。

我怎樣保護我的寶寶?

到您的醫生那裡去驗血。如果您感染了B型肝炎, 您的寶寶將開始接受一連串的B型肝炎注射。您的 寶寶在出生時會接受B型肝炎免疫血清(HBIG) 注射與B型肝炎疫苗注射。然後在六個月之內再 接受兩次B型肝炎疫苗注射。如果錯過了任何一次 注射,您的孩子將不會有足夠的防護。確保您的寶 寶按時得到全部的注射是極為重要的。

我怎樣保護我家庭的其他成員?

遵守背面的各項指示。同時,您家裡的其他成員也 應到他們的醫生那裡接受B型肝炎檢查與預防注射。

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> Sincerely, Health Education Resource Exchange Web Team

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