

白血球下降的照護

Caring for Low White Blood Cell Count

白血球的正常值

Normal white blood cell count

過高：感染或發炎

Too high: infection or inflammation

正常值 Normal range
4000~10000

過低：造血功能不足

Too low: insufficient hematopoietic function

症狀：Symptoms:

1. 發燒、發冷、寒顫
1. Fever, chills, shivering.
2. 咳嗽、流鼻水、喉嚨痛
2. Cough, runny nose, sore throat.
3. 解尿灼熱、腹瀉
3. Burning urination, diarrhea.
4. 皮膚紅腫熱痛
4. Redness, swelling, and pain in the skin.



戴口罩

Wear a mask



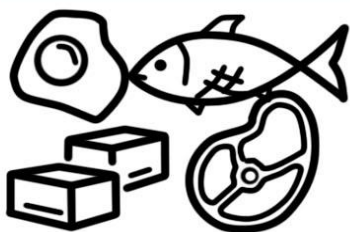
勤洗手

practice frequent handwashing



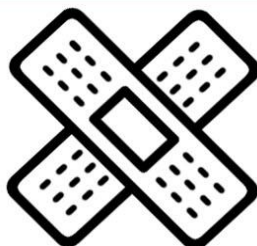
保持口腔衛生

maintain oral hygiene



高蛋白飲食

Consume a high-protein diet



避免受傷

avoid injuries



保持身體清潔

maintain overall bodily cleanliness



禁生食

Prohibition of consuming raw food



不放鮮花

refraining from placing fresh flowers



用電動刮鬍刀

using an electric shaver