

Knowledge of pulmonary tuberculosis and home care

肺結核病的認識與居家照護-中英

I. What is tuberculosis 一、什麼是肺結核

Pulmonary tuberculosis is an infectious disease caused by *Mycobacterium tuberculosis*, which is mainly transmitted by droplets and air.

肺結核是由於結核分枝桿菌而引起的一種傳染病，主要藉由飛沫與空氣傳染。

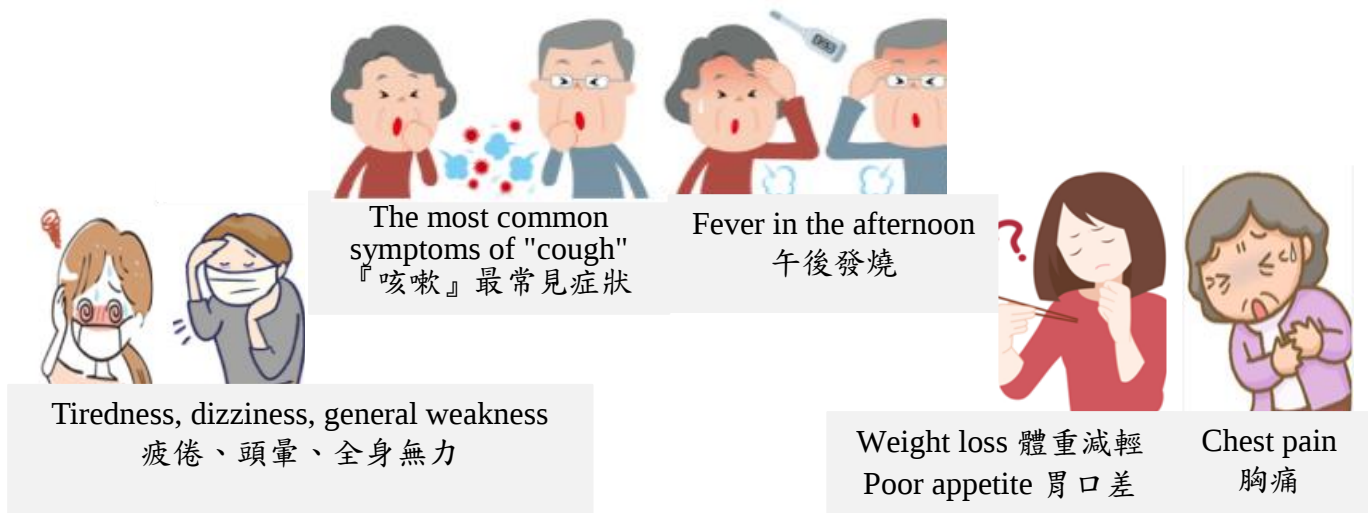


II. The route of infection 二、傳染途徑

Pulmonary tuberculosis patients produce droplets when coughing, sneezing, and sneezing.

肺結核病人咳嗽、吐痰、打噴嚏時產生飛沫而傳染。

III. Signs and symptoms 三、徵象與症狀



IV. Inspection/treatment method 四、檢查／治療方式

1. Chest X-ray、Sputum examination、Chest tomography、Bronchoscopy.
1.胸部 X 光檢查、痰液檢查、胸部斷層掃描、支氣管鏡檢查。
2. Tuberculosis can be completely cured. The medication must be taken in accordance with the instructions of the specialist. The general course of treatment is about 6 months to 2 years. During the medication, you must pay attention to the side effects caused by the medication. You should return to the clinic immediately to discuss with the attending physician. Do not stop the medication arbitrarily.

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2. 結核病可完全治癒，須遵照專科醫師指示規律服用藥物，一般療程約 6 個月～2 年，服藥期間需注意藥物引起的副作用，應立即**返回門診與主治醫師討論**，不可任意停藥。

V. Matters needing attention at home 五、居家注意事項

1. Take anti-tuberculosis drugs on time and pay attention to the side effects caused by the drugs, such as poor appetite, yellow skin, brown urine, and blurred vision.



1. 按時服用抗結核藥物，並注意藥物引起之副作用，如：食慾差、皮膚黃、小便呈茶色，並注意視力模糊。



2. Regularly taking medication for more than 14 days or negative sputum can work as usual.



2. 規則服藥 14 天以上或痰液陰性可照常工作。

3. Eat a balanced diet with more protein (fish, meat, eggs, milk) and fruits.



3. 均衡飲食，多攝取蛋白質（魚、肉、蛋、奶類）、水果。

4. Pay attention to personal hygiene, cover your mouth and nose when sneezing and coughing, and wear a mask when going in and out of public places.



4. 注重個人衛生，打噴嚏、咳嗽應遮口鼻，出入公共場所應配戴口罩。

5. Indoor air circulation.



5. 室內空氣流通。

6. Quit smoking/alcohol.

6. 戒菸（含電子煙）／戒酒。

7. Moderate exercise and adequate sleep.

7. 適度運動、充足睡眠。