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| [Document] | [Latent TB Brochure] |
| [English] | [Traditional Chinese] |
| **Latent TB Infection**  **What you need to know to stay healthy** | **潛伏性結核感染**  **如何保持您的身體健康** |
| **What are some of the possible side effects**  **of LTBI medicine?**  Side effects are rare with these pills, but may include…  • Nausea  • Vomiting  • Dark urine  • Skin rash  • Yellow skin and/or eyes  • Loss of appetite  • Numb hands and/or feet | **潛伏性結核感染治療藥可能產生什麼副作用?**  這些藥很少引起副作用，但是它們的副作用可能包括…  • 噁心  • 嘔吐  • 深色尿  • 皮疹  • 皮膚及/或眼睛變黃  • 食慾不振  • 手及/或腳麻木 |
| **If you have any of these side**  **effects, immediately tell your**  **doctor, nurse, or trained health**  **worker from the Department**  **of Public Health.** | **若發生任何一種副作用，請立即通知您的醫生、護士或公共衛生部受過訓練的醫療人員。** |
| **What if I had the BCG vaccine?**  BCG, or Bacille Calmette-Guérin, is a TB vaccine that children often get in countries that have a lot of TB. It may protect them from severe forms of TB disease. BCG shots are not used much in the United States. The vaccine may be effective for about one year. This shot may not keep people from getting TB, especially adult pulmonary TB. | **若我曾經接種卡介苗(BCG)會怎樣?**  卡介苗(BCG)是在結核病眾多的國家常用的兒童結核疫苗。它可能保護兒童免受嚴重結核病的感染。卡介苗防疫注射在美國並不常用。這種疫苗可以有效一年左右，但不一定能夠完全避免結核感染，尤其是成人的肺結核。 |
| **What role will the Department of Public Health play?**  The Department is concerned about you and your family, and gives treatment for latent TB infection. | **公共衛生部扮演什麼角色?**  公共衛生部關心您和您的家人，並且為潛伏性結核感染者提供治療。 |
| If you are treated by Public Health, you may be seen by a physician or TB Extended Role Nurse (ERN). The ERN is a registered nurse who has had special training in managing patients with latent TB infection or active TB disease. This service is provided only by the Los Angeles County Department of Public Health. | 若您在公共衛生部接受治療，可能由一位醫生或結核角色延展護士(ERN)診治。ERN是註冊護士，他們受過特別培訓，懂得如何管理潛伏性結核感染者和活動性結核病人。這種服務只有洛杉磯縣公共衛生部提供。 |
| **For more information on TB, visit www.publichealth.lacounty.gov/tb**  **or contact your local health department.** | **如需了解更多關於結核的資訊，請造訪 www.publichealth.lacounty.gov/tb 或聯絡您本地的衛生部門。** |
| **What is Latent TB Infection (LTBI)?**  Latent TB infection, or LTBI, means that TB germs are alive but “asleep” in your body. If you have latent TB, you will not have symptoms, may not feel sick, and cannot spread TB germs to other people. | **什麼是潛伏性結核感染(LTBI)?**  潛伏性結核感染(LTBI)是指結核菌生存在您的身體內，但處於“睡眠狀態”。若您有潛伏性結核感染，您不會有任何病徵，不一定生病，而且不會把結核菌傳播給別人。 |
| However, if your immune system weakens, these TB germs may “wake up” and multiply. You may then get sick with active TB disease. | 但是，當您的免疫系統變弱時，這些結核菌可能會“醒過來”並且繁殖，令您患上活動性結核病。 |
| **What is active TB disease?**  Active TB disease means that TB  germs are alive and “awake” in your  body. If you have active TB disease,  you have symptoms like a bad cough,  night sweats, fatigue, and weight loss.  Also, you can spread TB germs to  other people. | **什麼是活動性結核病?**  活動性結核病是指結核菌在您體內生存和“醒過來”。若您患上活動性結核病，將會出現嚴重咳嗽、晚上盜汗、疲倦和體重下降等病徵，並且可以把結核菌傳播給別人。 |
| TB mainly affects the lungs, but it can also affect other parts of the body. If left untreated, TB can lead to death. | 結核主要影響肺部，但是也可以影響身體其他部位。若不予以治療，結核可以導致死亡。 |
| **How does someone get infected?**  TB germs are spread in the air when someone who is sick with active TB disease coughs, sneezes, laughs, speaks, or sings. If you breathe in air that has TB germs, you may get infected. However, you cannot catch TB from clothes, dishes, food, bedding, or physical contact with someone who has active TB disease. | **人們怎樣感染到結核菌?**  結核菌是透過空氣傳播的。當活動性結核病人咳嗽、打噴嚏、大笑、說話或唱歌時，結核菌便會散播。若您吸入含有結核菌的空氣，可能會受感染。但是，結核不是從衣服、碗碟、食物、寢具或與活動性結核病人身體接觸得來的。 |
| **What is the treatment for LTBI?**  If you have been infected with TB germs, you may become sick with TB. This can happen right away or several years later. | **怎樣治療潛伏性結核感染(LTBI)?**  感染結核菌後，您可能會生病。發病時間可以是即時或在數年之後。 |
| LTBI can be treated with medicine, most often Isoniazid (INH). You must take this medicine for six to nine months. (Children and persons with HIV will need to take medicine longer, for at least nine months.) | 潛伏性結核感染可以用藥物來治療，異煙胼，即Isoniazid(INH)，是最常用的治療藥，這種藥物必須服用六至九個月。(兒童和感染愛滋病毒(HIV)的病人服藥時間更長，至少為期九個月。) |
| **Why should I take medicine if I don’t feel sick?**  You may develop active TB disease if you do not take medicine for your latent TB infection. Many TB germs are killed after you start taking your medicine, but some stay alive in your body for a long time. As long as you still have TB germs in your body, they can “wake up,” multiply, and make you sick. | **若我沒有任何不適，為什麼需要服藥?**  若您患有潛伏性結核感染而不服藥，可能會發展成活動性結核病。很多結核菌在您開始服藥後便會死亡，但有一些會在您體內存活一段長時間。只要您體內仍有結核菌，它們便可以“醒過來”、繁殖和令您生病。 |
| If you are taking TB medication, it is important that you finish your medicine, as your doctor or health care provider prescribes. | 若您正在服用結核藥，完全遵照醫生或醫療人員的指示服完您的藥物是至為重要的。 |
| **What is the difference between latent TB infection and active TB disease?** | **潛伏性結核感染和活動性結核病有什麼分別?** |
| Latent TB Infection  No symptoms  Don’t feel sick  Positive skin test (usually)  Chest X-ray normal (usually)  Not contagious (cannot spread TB)  Can develop active TB if treatment  not completed  Active TB Disease  Bad cough for 3 weeks or longer  Coughing up blood  Weakness, fatigue  Weight loss  Lack of appetite  Chills, fever, sweating at night  Positive skin test (usually)  Chest X-ray abnormal (usually) | **潛伏性結核感染**  沒有病徵  沒有不適  皮膚測試呈陽性反應(通常是)  胸部X光結果正常(通常是)  不具傳染性(不會傳播結核菌)  若不完成療程可以發展成活動性結核病  **活動性結核病**  嚴重咳嗽三星期或更久  咳血  虛弱、疲倦  體重下降  食慾不振  發冷、發燒、夜間出汗  皮膚測試呈陽性反應(通常是)  胸部X光結果異常(通常是) |
| **How can I tell if I have LTBI?**  Get a TB skin test (TST). After you  get a skin test, make sure you go  back to your doctor after two to  three days for your test results. | **我怎樣知道自己有沒有潛伏性結核感染?**  接受結核皮膚測試(TST)。接受皮膚測試後兩三天，您需要回到醫生那裡檢驗測試結果。 |
| **What if the skin test result is**  **negative?**  A negative result usually means  you are not infected. If you were in  close contact with someone with active TB disease, you should have another skin test after two to three months. | **若皮膚測試呈陰性反應該怎辦?**  陰性反應通常代表您沒有被感染。若您曾經與活動性結核病人密切接觸，應於兩三個月之後再接受一次皮膚測試。 |
| **What if the skin test result is positive?**  A positive skin test result usually means that you have been infected with TB germs, but it does not necessarily mean that you have active TB disease. | **若皮膚測試呈陽性反應該怎辦?**  皮膚測試呈陽性反應通常代表您曾經受結核菌感染，但不一定患有活動性結核病。 |
| Other tests, such as a chest X-ray or sputum (phlegm) sample, are needed to find out if you have active TB disease. | 您需要接受其他測試如胸部X光或驗痰才能夠知道自己是否患有活動性結核病。 |
| **When should I get the skin test?**  You should get tested for TB if you...  • Have symptoms of active TB  • Have spent a long time with  someone who has active TB  • Have a condition that weakens  your immune system, like HIV  or diabetes  • Have injected illegal drugs  **active TB disease?**  • Have come to the United States  recently from an area with a lot  of TB, such as Latin America,  the Caribbean, Africa,  Asia, or Eastern Europe  • Have worked or stayed in a  nursing home, homeless shelter,  prison, or other group setting. | **我應該何時接受皮膚測試?**  若有如下狀況，應接受結核測試：  • 有活動性結核病徵  • 曾與活動性結核病人長期共處  • 患有削弱免疫系統的疾病如感染愛滋病毒(HIV)或糖尿病  • 曾經注射毒品  • 最近從結核病眾多的地區來美國，這些地區包括拉丁美洲、加勒比、非洲、亞洲或東歐  • 曾在護理院、無家可歸者收容所、監獄或其他集體生活的地方工作或居留。 |