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| [Document] | [Active TB Disease Brochure] |
| [English] | [Traditional Chinese] |
| **Active TB Disease****Take control of your health** | **活動性結核病****掌控自己的健康** |
| **What is Directly Observed Therapy?**DOT is a partnership between you and your health care worker. He or she will make sure that you take all of your TB medicines as prescribed so that you can complete a course of therapy.  | **什麼是直接監督治療法?**直接監督治療法(DOT)是您和您的醫療人員建立夥伴關係的治療法。您的醫療人員會確保您遵照醫囑服完所有開給您的結核藥，以便您能完成療程。 |
| When you are placed on DOT,your medicine is given to you bya trained health worker from theDepartment of Public Healthat a time and place that youboth agree on. This may be yourhome, clinic, or place of work. | 當您獲安排DOT時，公共衛生部受過訓練的醫療人員會在您同意的時間和地點給您藥物，這可以是您的家、診所或工作地點。 |
| All TB medicines will be given and evaluation of your TB will be conducted by the Department of Public Health. Its physicians and nurses, who are experts in treating TB, will be in charge of your care. | 所有的結核藥都是由公共衛生部交給您，他們也會為您進行結核病況評估。衛生部的結核專科醫生和護士會負責您的護理。 |
| **What role will the Department of Public Health play?**The Department is concerned about the health of you, your family, and people who spend a lot of time with you. | **公共衛生部扮演什麼角色?**公共衛生部關心您、您的家人和與您長期共處的人的健康。 |
| It is responsible for makingsure that you receive propertreatment for your TB, and forpreventing the spread of TBto others. | 它有責任確保您接受適當的結核治療和預防您把結核傳播給別人。 |
| To prevent the spread of TBto your family and friends,your health care provider mayrecommend that they get aTB skin test (TST). | 為了防止您的家人和朋友染上結核病，您的醫生可能會建議他們接受結核皮膚測試(TST)。 |
| If they have a positive reaction to the skin test, their doctor will probably order a chest X-ray to see if they have TB infection or active TB disease. | 若他們對皮膚測試有陽性反應，他們的醫生可能會指示他們拍胸部X光來檢查有無結核感染或活動性結核病。 |
| If they have a negative reaction to the skin test, they should have the test repeated after two to three months. | 若他們對皮膚測試有陰性反應，則應該在兩三個月之後重複該測試。 |
| **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 active TB disease?**Tuberculosis (TB) disease is said to be “active” when 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. 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、疲倦及體重下降等病徵，這時您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 TB disease?**TB germs are spread in the airwhen someone who is sick withactive TB disease coughs, sneezes,laughs, speaks, or sings. If youbreathe in air that has TB germs,you may get infected. This meansyou have TB germs in your body,but they are asleep. | **人們怎樣得到結核病?**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。若您吸進有結核菌的空氣，可能會受感染，即是說，您的體內有結核菌，但是它們處於睡眠狀態。 |
| However, if your immune system weakens, these TB germs may “wake up” and multiply. You may then get sick with active TB disease. You cannot catch TB from clothes, dishes, food, bedding, or physical contact with someone who has active TB disease. | 然而，當您的免疫系統變弱時，結核菌就可以“醒過來”和繁殖，這時您便可能患活動性結核病。結核菌不是從衣服、碗碟、食物、寢具或與活動性結核病人身體接觸得來的。 |
| Anyone can get active TB disease. But you are more likely to get it if you have TB infection and are HIV positive, are a substance abuser, are very young or elderly, or have a condition that weakens your immune system, like diabetes or cancer. | 任何人都可以染上結核病，但是，若您患結核感染並且有下列狀況，則較可能發展成結核病：愛滋病毒(HIV)陽性、濫用藥物、年幼、年老或罹患削弱免疫系統的疾病如糖尿病或癌症。 |
| **What are some of the signs and symptoms****of active TB disease?** | **活動性結核病有什麼病徵?** |
| • Bad cough for threeweeks or more• Chest pain• Coughing up blood• Weakness• Feeling very tired• Loss of weightwithout trying | • 嚴重咳嗽三星期或更久• 胸痛• 咳血• 虛弱• 疲倦• 體重無故下降 |
| • Loss of appetite• Chills and fever• Sweating at night• Positive TB skin test (usually)• Abnormal chest X-ray (usually) | • 食慾不振• 發冷發熱• 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 is active TB disease treated?**TB germs are very strong, so it may take a long time for them to die. That is why you need to take all of your medicines, as directed by your health care provider, to treat active TB disease. | **怎樣治療結核病?**結核菌是十分頑強的病菌，可能需要一段長時間才會死亡。因此，您必須遵照醫生的指示服用所有治療活動性結核病的藥物。 |
| You will start off with many kinds of TB medicines, which you will need to take for at least six months. | 開始時您需要服用很多種結核藥，而且需要服用至少六個月。 |
| **What are some of the possible side effects of TB medicines?** | **結核病治療藥可能產生什麼副作用?** |
| Although side effects are rare with these pills, they may include the following: | 雖然這些藥很少引起副作用，但是下列副作用仍有可能發生： |
| • Continued loss of appetite• Always feeling tired forno reason• Feeling dizzy or sleepy• Yellow eyeballs• Yellow skin• Rash, itching• High fever | • 持續食慾不振• 經常無故感覺疲倦• 頭暈或睏倦• 眼睛變黃• 皮膚變黃• 紅疹、痕癢• 高燒 |
| • Blurred vision• Unusual pain in hands,feet, joints• Headache• Nausea and/or vomiting• Any other unusual symptoms• Dark-colored urine (the colorof coffee or tea) | • 視力模糊• 手腳、關節有不尋常的疼痛• 頭痛• 噁心及/或嘔吐• 任何不尋常的病徵• 深色尿(茶褐或咖啡色) |
| If you have any of these side effects, immediately tell your doctor, nurse, or trained health worker from the Department of Public Health. | 若出現任何一種副作用，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。 |
| Note: If taking Rifampin, it is common for your bodily fluids (i.e., urine, sweat, and tears) to turn orange or red. This may stain your contact lenses, but is not harmful to you. | 注意：若您服用利福平(Rifampin)，通常您的體液如尿液、汗水和眼淚會變成橙紅或紅色，您的隱形眼鏡可能會染上顏色，但是不會傷害您。 |
| **What happens if I don’t take the pills as prescribed?** | **若我不遵照醫生的指示服藥會發生什麼?** |
| • You can stay sick for a longer time.• You can pass TB germs to others.• Your TB germs can become resistant to the medicine you take.This is very difficult to treat and can take much longer to cure (up to 24 months). | • 您可能病得更久。• 您可能把結核菌傳染給別人。• 您的結核菌可能對您服用的藥物產生抗藥性。這會很難治療，並且需要更長時間才能治癒。(長達24個月)。 |
| To cure you of TB disease, your doctor recommends that you get your medication through Directly Observed Therapy, or DOT. | 為了治癒您的結核病，您的醫生建議您透過直接監督治療法(DOT)來接受藥物。 |
| **DOT is a special service given only by the Department of Public Health.** | **DOT是只有公共衛生部提供的特殊服務。** |