

肺結核 Tuberculosis

結核桿菌侵襲肺臟的傳染病，可分開放性及非開放性兩種，是可以預防且可以治癒的疾病。

- 「開放性」指痰內含有結核菌，會傳染別人。
- 「非開放性」指痰內不含結核菌，不會傳染別人。

Tuberculosis (TB) is an infectious disease caused by mycobacteria, which can be classified as open or non-open. It is a preventable and curable disease.

- “Open” means that the sputum contains mycobacteria and is infectious.
- “Non-open” means that the sputum does not contain mycobacteria and is not infectious.

主要症狀 Main symptoms»

初期症狀不明顯，當發現有咳嗽、吐痰、胃口不佳、體重減輕、無故疲倦、食慾不振、午後發燒、夜間盜汗、咯血、胸痛等，就要懷疑可能罹患肺結核。

Symptoms in the early phase are not obvious. If cough, sputum, poor appetite, loss of weight, unknown fatigue, afternoon fever, night sweats, hemoptysis, chest pain... etc, are recognized, it is possible that you probably have TB.

傳染來源

Infection source

吸入開放性肺結核病人打噴嚏或咳嗽、吐痰等含有結核菌的飛沫。

Inhalation of droplets from open TB patients' cough, sneeze or sputum ... etc, that contains mycobacteria.

如何做好日常保健

Tips on daily health care

- 1.保持室內空氣流通，陽光充足，以減少傳染的機會。
- 2.攝取均衡營養及做規律運動，增加身體對抗結核菌的抵抗力。
- 3.警覺症狀、提早做檢查。
- 4.開放性肺結核經2~3週藥物治療後，傳染性降低，變成非開放性肺結核，再經6~9個月的治療，就能痊癒。
- 5.肺結核病人即使治癒，仍要持續追蹤，建議每半年做胸部X光檢查。

1. Maintain sufficient air circulation indoors, enough sunshine to prevent infection.
2. Take balanced nutrition and exercise regularly to improve the immunity

against TB.

3. Be aware of the symptoms, do checkups earlier.
4. After medical treatment TB for 2~3 weeks, the infectiousness of open TB decreases and becomes non open TB. It can be cured after another 6~9 months course of treatment.
5. They must follow up even after cure. It is advised they do a chest x-ray every 6 months.

如何自我檢測

How to determine by yourself

由於肺結核早期症狀不明顯，容易被忽略而延誤治療，為保護自己的健康，千萬不要輕忽久咳、有痰等身體不適症狀，可以利用「七分篩檢法」自我檢測。

During the early stages of tuberculosis, the symptoms are not obvious; therefore it is easily neglected resulting delayed treatment. To protect yourself, do not neglect coughing for a period of time, having phlegm or other discomforts. Use Seven Marks Screening Test to check for yourself.

七分篩檢法

Seven marks screening test

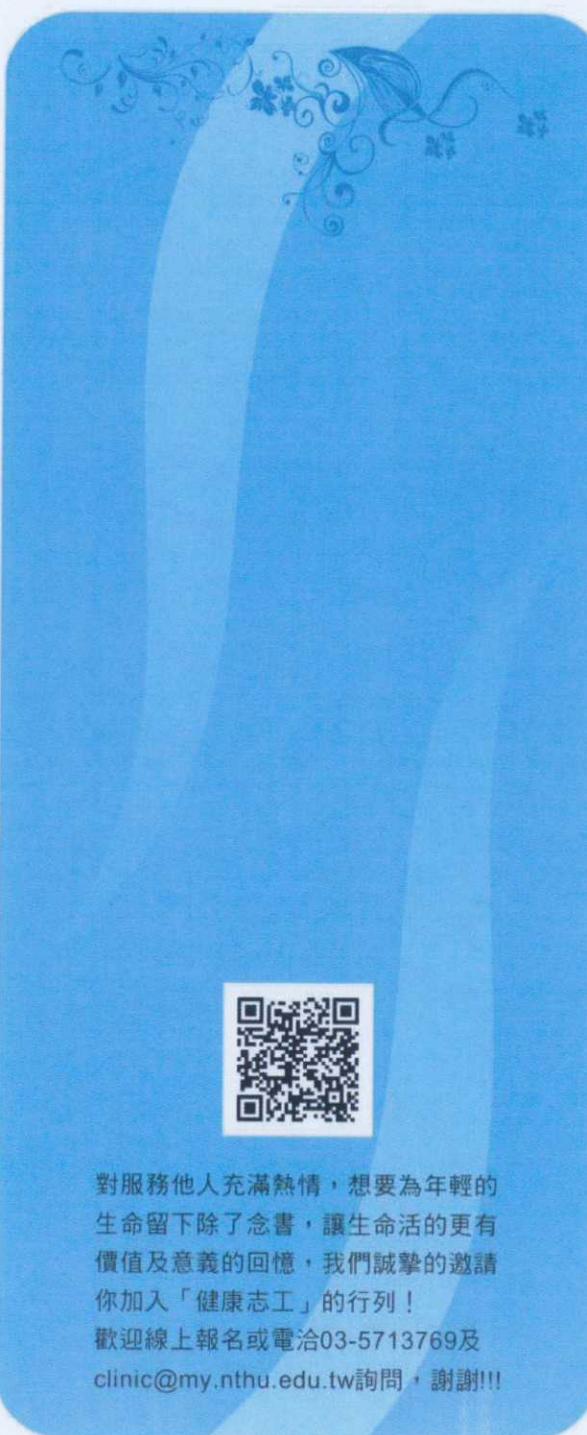
七分篩檢法是由WHO（世界衛生組織）提供肺結核簡易篩檢的計分工具，若出現咳嗽兩週(2分)，有痰(2分)，胸痛(1分)，沒有食慾(1分)，體重減輕(1分)等症狀，加總超過5分者，建議戴口罩，儘快至胸腔內科就醫檢查，並通報衛生保健組，以及早診斷及接受治療。

Seven Marks Screening Test for tuberculosis is developed by referring to the information provided by WHO (World Health Organization). It is a simple and useful tool to screen for tuberculosis, symptoms include coughing for two weeks (2pt), have phlegm (2pt), chest pain (1pt), loss of appetite (1pt), loss of weight (1pt), if the total score is higher than 5 points, suggest you wear a mask, go to the hospital and see a pulmonologist as soon as possible, also notify the Division of Health Services, to get a diagnosis and early treatment.

症狀Symptom	分數Point	有Yes
1. 咳嗽2週 Cough over 2 weeks	2 Point	
2. 有痰Phlegm	2 Point	
3. 胸痛Chest pain	1 Point	
4. 沒有食慾 Loss of appetite	1 Point	
5. 體重減輕 Loss of weight	1 Point	
合計分數Total score	分Point	



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肺結核

Tuberculosis

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