

# 炭疽病基本常识

## Anthrax: What You Need to Know

### What Is Anthrax?

Anthrax is a serious disease caused by bacteria that forms spores. Anthrax can make you sick by getting into your skin, lungs or digestive system. It can be deadly if untreated.

### How Do You Get Anthrax?

The most common and also the most deadly form of anthrax is inhalation anthrax, which is caused by breathing in anthrax spores. People can also get anthrax from touching or eating an infected animal or breathing in spores from an infected animal. Anthrax can also be used as a weapon. In 2001, 22 people got sick when anthrax was put into the mail.

You cannot catch anthrax from another person or spread it to others.

### What Happens If I Get Anthrax?

People usually get sick within 1 to 7 days of exposure to anthrax, but if it is in your lungs it may take 42 days before you get sick.

It may cause your skin to blister or have sores. You may have a sore throat, mild-fever, headache, cough and breathing problems.

You will need to be treated with medicine because anthrax can cause serious illness or death.

### 什么是炭疽病？

炭疽病是细菌导致的严重疾病，此类细菌会形成菌孢。炭疽病可透过皮肤、肺或消化系统进入人体，导致发病。如果不加治疗，可致死亡。

### 炭疽病是如何感染的？

最常见、最致命的炭疽是吸入性炭疽，由吸入炭疽菌孢引起。触摸或食用感染炭疽的动物，或吸入感染炭疽的动物释放的菌孢，也会感染炭疽。2001年，美国有22人因收到炭疽邮件而感染炭疽病。

炭疽病不会发生人际传染。

### 得了炭疽病会有什么后果？

接触炭疽病后，一般在1至7天内发病，如果是肺部感染炭疽病，则可能42天才发病。

可导致皮肤起水疱或溃疡。可能有喉咙疼、发烧、头痛、咳嗽和呼吸困难等症状。

炭疽病可导致严重疾病或死亡，必须接受药物治疗。

## How Is Anthrax Treated?

There is no way to test for anthrax before you get sick.

Antibiotics are used to treat all types of anthrax. Health-care workers will give you medicine (doxycycline or ciprofloxacin). This medicine can help prevent an anthrax infection, even if you don't feel sick.

You may have to take this medicine for 60 days. The medicine can cause nausea, diarrhea, headache or a yeast infection (women only), but it is important that you keep taking the medicine until it is gone.

Children have to take different amounts of the medicine than adults. Health-care workers have information on how to give medicine to children and babies.

## Is There An Anthrax Vaccine?

There is an anthrax vaccine, which is recommended for adults 18 through 65 years of age **who are at risk of exposure to anthrax bacteria**, such as certain laboratory workers and people who handle potentially infected animals. These people should get three doses of vaccine: the first dose when risk of a potential exposure is identified, and the remaining doses at one and six months after the first dose. After the six-month dose, the vaccine recipient is considered protected and can work in areas where there is a risk of exposure to anthrax. Boosters at 12 and 18 months, and annually thereafter, are recommended for ongoing protection.

## 如何治疗炭疽病?

炭疽病发病前无法化验检查。

抗生素用于治疗各类炭疽病。医疗人员会让您服用药物 (doxycycline或ciprofloxacin)。此类药物可协助预防感染炭疽病,即使您未感到不适。

此药物须服用60天。药物可导致恶心、腹泻、头痛或酵母菌感染(仅妇女),但必须坚持服完药物。

儿童的使用剂量与成年人不同。医疗人员会说明如何给儿童和婴儿服用药物。

## 有炭疽疫苗吗?

有炭疽疫苗。建议**有接触炭疽菌风险**的18至65岁成年人接种,比如实验室工作者和处理可能受感染动物的人员。这些人应该接种三剂疫苗:确定潜在接触风险时接种首剂,首剂后第一个月和第六个月分别接种剩余两剂疫苗。接种第三剂疫苗后,疫苗接种者视为具有抵抗力,可以在有炭疽风险区域工作。建议在第12个月和第18个月及此后每年接种增强疫苗,进行持续保护。

Anthrax vaccine is also recommended for **unvaccinated people of all ages who have been exposed to anthrax**. The vaccine has not been studied or used in children less than 18 years of age and its use in exposed children must be under an Investigational New Drug (IND) program and requires informed consent from a parent or legal guardian. These people should get three doses of vaccine together with recommended antimicrobial drugs: the first vaccine dose as soon after exposure as possible, and the remaining doses two and four weeks after the first.

同时建议**所有接触炭疽但是未接种疫苗的人员(包含所有年龄段)**接种炭疽疫苗。无18岁以下儿童中疫苗使用和研究的有关信息。因此,接触炭疽的儿童使用该疫苗必须申请试验性新药(IND)项目,并征得父母或法定监护人同意。18岁以下儿童应接种三剂疫苗,并使用推荐的抗菌药物:接触炭疽后应尽快接种首剂疫苗,剩余两剂应在首次接种后第两周和第四周接种。