

炭疽病基本常識

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.

什麼是炭疽病？

炭疽病是細菌導致的嚴重疾病，此類細菌會形成菌孢。炭疽病可透過皮膚、肺或消化系統進入人體，導致發病。如果不加治療，可致死亡。

炭疽病是如何感染的？

炭疽的最常見也是最致命的形式是吸入炭疽，它是由吸入炭疽孢子引起的。人們還可以通過接觸或食用被感染的動物或吸入被感染的動物的孢子感染炭疽病。2001年，美國有22人因收到炭疽郵件而感染炭疽病。

炭疽病不會發生人際傳染。

得了炭疽病會有什麼後果？

接觸炭疽病後，一般在1至7天內發病，如果是肺部感染炭疽病，則可能42天才發病。可導致皮膚起水疱或潰瘍。

可能有喉嚨疼、發燒、頭痛、咳嗽和呼吸困難等症狀。

炭疽病可導致嚴重疾病或死亡，必須接受藥物治療。

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.

如何治療炭疽病？

炭疽病發病前無法化驗檢查。

抗生素用於治療各類炭疽病。醫療人員會讓您服用藥物 (doxycycline 或 ciprofloxacin)。此類藥物可協助預防感染炭疽病，即使您未感到不適。

此藥物須服用60天。藥物可導致噁心、腹瀉、頭痛或酵母菌感染 (僅婦女)，但必須堅持服完藥物。

兒童的使用劑量與成年人不同。醫療人員會說明如何給兒童和嬰兒服用藥物。

有炭疽疫苗嗎？

有一種炭疽疫苗，建議有**暴露於疽細菌風險**的18至65歲的成年人使用，例如某些實驗室工作人員和處理可能感染動物的人士。這些人應接種三劑疫苗：確定在可能暴露於風險後接種第一劑，之後的一個月和六個月接種剩餘劑量。在接種完所有劑量後，疫苗接種者將被認為已獲得保護，可以在存在炭疽風險的地區工作。建議在第12個月和18個月以及以後每年一次追補疫苗以獲得持續保護。

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.

還建議**所有年齡段的暴露於炭疽病風險下且未接種疫苗的人士**都接種炭疽疫苗。該疫苗尚未在 18 歲以下的兒童中進行研究或使用，在暴露於炭疽病風險的兒童中使用該疫苗必須遵循新藥研究計劃 (IND) 的規定，並且需要父母或法定監護人的知情同意。這些人應接種三劑疫苗以及推薦的抗菌藥物：盡可能在接觸炭疽細菌後儘快接種第一劑疫苗，剩餘劑量則應在接種第一劑後兩周和四周完成。