

# Viral Hepatitis

Hepatitis is a disease of the liver most often caused by a virus. In severe cases, it can damage the liver. There are different types of hepatitis.

Most cases of hepatitis can be spread to other people. It is spread by sexual contact or by contact with stool, urine, blood or other body fluids of an infected person.

## Signs

Common signs include:

- Body aches, weakness, tiredness
- Loss of appetite
- Nausea or vomiting
- Diarrhea or constipation
- Dark urine
- Light colored stool
- Fever
- Headache
- A dull ache in the right upper side of the abdomen
- Yellow color to the skin called jaundice
- Itchy skin
- Joint pain and rashes

Some people with hepatitis have no signs.

# ウイルス性肝炎

肝炎は肝臓の病気で、主にウイルスが原因で引き起こされます。重い症状では肝臓に障害をもたらします。肝炎にはさまざまな種類があります。

多くの場合、肝炎は人に伝染します。性的接触、便、尿、血液、など体液を媒体として感染者と接触することにより伝染します。

## 兆候

一般的な症状は以下のとおりです。

- 体の痛み、脱力感、疲労感
- 食欲減退
- 吐き気または嘔吐
- 下痢や便秘
- 暗色尿
- 淡色便
- 発熱
- 頭痛
- 右上横腹部の鈍痛
- 皮膚が黄色くなる（黄疸）
- 皮膚のかゆみ
- 関節の痛み、炎症

肝炎を発症していても兆候がまったく現れない人もいます。

## **Your Care**

A blood test will show your doctor what type of hepatitis you have. Your treatment will be based on your type of hepatitis and may include:

- Rest.
- Take only the medicines ordered by your doctor. Other medicines can affect your liver.
- Do not drink alcohol since it can further damage your liver.
- Do not smoke. Avoid second hand smoke.
- Eat small portions of low fat foods to decrease nausea.
- Apply cream often to itchy, dry skin.

## **How to Prevent the Spread of Hepatitis**

If you have hepatitis or are caring for a person with hepatitis:

- Wash your hands often with soap and water. Be sure to wash your hands after contact with blood, stool, urine or saliva. Hand washing must always be done before fixing and eating food.
- The person with hepatitis should not handle food other people will eat. Throw away his or her leftovers.
- Wash dishes well with hot, soapy water and rinse.
- Wash clothing, sheets and towels used by the person with hepatitis separately.
- The person with hepatitis should not have sexual contact, including kissing, until his or her doctor says that it is safe.

## 治療

血液検査を受けることで、医師が肝炎の種類を特定できます。治療は肝炎の種類によって異なり、以下のような治療法を受けることがあります。

- 休息をとる。
- 医師が処方した薬のみを服用する。他の薬は肝臓に影響を及ぼす場合があります。
- さらに肝臓に悪影響を与えないために、禁酒する。
- 喫煙しない。受動喫煙を避ける。
- 吐き気を和らげるために、低脂肪食品を少量摂取する。
- 痒みを感じる乾燥皮膚にクリームを塗る。

## 肝炎の感染を防ぐには

自分自身が肝炎を患っている場合、または患者の世話をしている場合。

- 頻繁に石鹸で手を洗います。血液、便、尿、または唾液に触れた場合は必ず手を洗います。食事前や調理前に、必ず手を洗いましょう。
- 患者は他の人の食べ物を扱ってはなりません。患者の食べ残しは捨てましょう。
- 食器はお湯と洗剤で洗い、すすぎましょう。
- 患者が使用した衣類、シーツ、タオルは分けて洗濯しましょう。
- 患者は、医師の許可が出るまで、キスを含む性的接触は控えましょう。

## **Call your doctor if you have:**

- Vomiting where you cannot keep down any fluids
- Vomit that is bloody or looks like coffee grounds
- Black bowel movements
- Changes in behavior
- Increased bruising

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以下の症状が現れた場合は医師に連絡してください。

- 水分をとってもすぐ戻してしまうほど嘔吐がひどい場合
- 吐血したり、胃液がコーヒーの出しがらの様である場合
- 排便が黒い場合
- 容態がおかしい場合
- あざが増える場合

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Viral Hepatitis. Japanese.