

## 臺南市政府「每日聽·英語廣播」文字稿

六月份廣播主題(二)：關於登革熱你所需要知道的十件事

### 10 Things to Know about Dengue Fever

2016年6月16日~6月30日

1. 登革熱的季節又來臨了。該如何防治登革熱呢?最好的預防方法就是避免蚊子叮咬以及減少蚊子的數量。

The dengue fever season has begun. How to prevent dengue fever? The best method of protection is to avoid mosquito bites and to reduce the mosquito population.

2. 外出時，應穿著長袖衣褲以避免蚊子叮咬。清晨跟傍晚時也盡量別待在外頭，因為這是蚊子最活躍的時段。

When you go out, be sure to wear long sleeve clothes to avoid mosquito bites. Also avoid staying outdoors at dawn or in the early evening when mosquitoes are most active.

3. 減少蚊子的數量的方法就是消除蚊子繁殖的場域，這些地方包括任何可能的積水處，例如：水盆、寵物碗盤、空的植栽盆、花瓶、任何瓶瓶罐罐或空的容器。

Reducing the mosquito population involves getting rid of mosquito breeding areas. These areas include any place that still water can collect, such as birdbaths, pet dishes, empty planters, flower pots, cans or any empty vessel.

4. 記得四大訣竅：巡、倒、清、刷。經常檢查屋內外有可能積水的容器，以防成為滋生蚊子的溫床。發現積水容器後，務必將水倒乾淨。

There are four essential tips to follow: survey, drain, discard, and scrub. Survey your house regularly to check for anything that may potentially hold water and provide a hotbed for mosquitoes to reproduce and multiply. Once you find a container that has water in it, be sure to drain it completely.

5. 登革熱典型症狀有頭痛、發高燒、紅疹、骨頭關節肌肉痠痛。

Typical symptoms of dengue fever are headache, high fevers, skin rashes, and bone, joint or muscle pain.

6. 登革出血熱高危險群包括：慢性病患、抵抗力較弱的老人或小孩、曾感染不同型別的登革熱病毒患者。

High risk groups for dengue hemorrhagic fever include people with chronic illnesses, elderly or children with weakened immune system, and people who have antibodies to dengue virus from a previous infection.

7. 登革出血熱可能的症狀包括：持續嘔吐、牙齦出血、呼吸困難、昏睡、皮膚出現斑點、流鼻血、嚴重腹痛、躁動不安。

Possible symptoms of dengue hemorrhagic fever might include frequent vomiting, bleeding gums, breathing difficulty, drowsiness, red spots on the skin, bleeding from the nose, severe belly pain, and restlessness.

8. 登革熱雖然可能帶來非常大的痛苦，但通常不會致命。大部分感染登革熱的人在幾天之後病情會開始好轉，幾週之後也能痊癒。

Although dengue fever can be very painful, it's not usually fatal. Most people who get it start feeling better after several days and recover fully in a couple of weeks.

9. 別輕忽登革出血熱，感染登革出血熱的人應立即到醫療機構就醫。若未能及時治療，死亡率可達 50%。

Don't neglect dengue hemorrhagic fever. People with dengue hemorrhagic fever need to be treated in a medical facility immediately. Without timely treatment, mortality rate can reach up to 50%.

10. 要了解更多登革熱相關資訊，請上疾病管制署網站(<http://www.cdc.gov.tw>)或撥打免付費 1922 專線。

For more information about dengue fever, visit the official website of the Centers for Disease Control or call the toll-free hotline at 1922.