



病人教材

传染病的预防及控制



德国麻疹

一种需要预防飞沫传染的疾病

此简介为您提供有关德国麻疹的资讯，以及何人易受感染。亦为您解说此疾病是如何传播的，并提供预防他人被感染的措施。

如需要更多有关德国麻疹的资讯请参看下列网站：

www.cdc.gov/ncidod/dvrd/revb/measles/rubella_index.htm

www.cdc.gov/vaccines/vpd-vac/rubella/default.htm

何谓德国麻疹？

麻疹是一种病毒。（又称为德国麻疹、3日麻疹或德国麻疹病毒）目前已有预防的疫苗。

如您有下列的情况就不怕会感染：

- 验血结果显示您已得过此症，已有免疫力。
- 曾接受过两次 MMR（腮腺炎、麻疹、德国麻疹）的疫苗。

德国麻疹是需要呈报的病症。当一个病历被确定后，必须向卫生署申报以免其他与您接触的人被感染而生病。

德国麻疹最大的危险是对胎儿。如孕妇在怀孕的早期被感染，有 80% 的可能婴儿有先天性发育不正常。可能会聋盲。或心脏受损或脑部较小。很多还有智障。也可能导致孕妇流产。

德国麻疹有那些症状？

德国麻疹的症状包括轻度发烧、约持续 24 小时，然后脸部、颈部出现疹子约持续 2-3 天。疹子是粉红色或淡红的点子。可能会连接成片。

成年人被感染后可能后颈的淋巴会肿大、疼痛、肿胀或关节僵硬。

德国麻疹是如何传染的？

德国麻疹是经由患者咳嗽、打喷嚏或谈话时将带病毒的小飞沫散播到空中。而这些被感染的分泌物降落在他人的鼻腔或口腔内或因呼吸而进入他人的咽喉部、又或因与患者接近或接触到被感染的物件后触摸到自己的鼻腔内或口腔。

被感染 3 至 12 天后才开始出现症状。疹子出现时，是传染的高峰期。但在疹子出现一星期至退疹后一星期内都是传染期。

疑问？

请电：206-598-6122

您的疑问是非常重要的。当有疑问或顾虑时，请致电您的医生或医护人员。华大医院诊所的工作人员也可随时给您协助。

传染病预防及控制科：
206-598-6122

有症状的患者到诊所就诊时应当遵守“呼吸道卫生”条例：如戴口罩、经常洗手、将用过的纸巾丢在垃圾桶内。可向询问处及各个诊所的前台索取免费的“口罩”。

如何诊断德国荨麻疹？

德国荨麻疹可由症状及疹子的外形及送样本到化验室作鉴定。

在医疗中心如何保护他人不被感染？

在华大医疗中心，我们在病者的病房门口放置“预防飞沫传染”的牌子，来提醒医护人员、及访客在照顾病者时，遵照特别加强的防预措施，以保护他人不被德国荨麻疹病毒传染。凡未得此症者或未曾接受疫苗者，请勿进入病房。

什么是“预防飞沫传染病”的措施？

医护人员及照顾者在护理时必须戴口罩、眼罩、穿医院的隔离袍及戴手套。以前没得过德国荨麻疹的、不能确定是否打过德国麻疹或 MMR 疫苗的访客，不应来访。所有访客必须穿戴保护配备—戴口罩、穿医院的袍子及戴手套。

特别注意以酒精洗手液洗手最少 15 秒钟。以及加强周围环境的清洁。

除非需要到其他部门接受治疗，病者必须留在自己的病房内。如要走出病房，病者必须穿黄色的外袍、戴手套、及口罩。

病者在隔离期间请勿进入营养室，如需要点心或饮料可请医护人员为您服务。

何时可以解禁？

德国荨麻疹出现 7 天后即可解禁。

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Healthcare Epidemiology
and Infection Control

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206-598-6122



Rubella

An illness requiring droplet precautions

This handout describes Rubella and its symptoms. It also explains how this disease can be spread and offers steps to prevent others from getting it.

To learn more about Rubella, visit these Web sites:

www.cdc.gov/ncidod/dvrd/revb/measles/rubella_index.htm

www.cdc.gov/vaccines/vpd-vac/rubella/default.htm

What is Rubella?

Rubella (also called German measles, 3-day measles or Rubella virus infection) is a viral disease. It can be prevented with a vaccine.

You are not at risk if you have:

- Had blood tests showing that you are immune due to a history of clinical disease.
- Received 2 doses of the MMR (Mumps, Measles, Rubella) vaccine.

Rubella is a reportable disease. The health department is notified when a case is diagnosed to protect others who may have come in contact with you and are at risk of becoming ill.

The greatest danger from rubella is to unborn babies. If a woman gets rubella in the early months of her pregnancy, there is an 80% chance that her baby will be born with birth defects. Babies may be born deaf or blind. They may have damaged hearts or small brains. Many are mentally retarded. Miscarriages are also common among women who get rubella while they are pregnant.

What are the symptoms?

The symptoms of Rubella include a slight fever that lasts for about 24 hours, and a rash on the face and neck that lasts 2 or 3 days. The rash is pink or light red spots that may merge to form splotches.

Adults who get Rubella may get swollen glands in the back of the neck and pain, swelling, or stiffness in their joints.

How is it spread?

Rubella is spread when the infected person coughs, sneezes, or talks, which can cause infected droplets to spray into the air. The infected mucus can land in other people's noses or throats when they breathe or put their fingers in their mouth or nose after touching an infected surface.

It takes about 3 to 12 days from the time of exposure to start showing signs of the disease. Rubella is most contagious while the rash is visible, but it can be spread from about a week before the rash starts until about a week after it goes away.

Questions?

Call 206-598-6122

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff is also available to help at any time.

Healthcare
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Infection Control:
206-598-6122

Exposed or symptomatic persons should practice “respiratory hygiene” by wearing a mask, washing their hands often, and disposing of tissues in wastebaskets when coming into a health care facility. Free “Cover Your Cough Kits” are available at the Information Desk and at clinic intake areas.

How is it diagnosed?

Rubella is diagnosed by the symptoms, by the appearance of the rash, and by sending specimens to the laboratory for identification.

How are others protected at the medical center?

At University of Washington Medical Center, we place a “Droplet Precautions” sign near the doorway of your room to alert health care workers and your visitors to observe expanded precautions when caring for you to protect others who are at risk from acquiring the disease. Visitors, caregivers, and health care workers who have not had the disease or MMR (Mumps, Measles, Rubella) vaccine are advised not to enter the room.

What does it mean to be in droplet precautions?

Health care workers and caregivers wear masks, eye protection, gowns, and gloves when providing care.

Visitors should **not** enter the room if they have never had rubella, or are not sure if they have had the measles or the MMR vaccine. All visitors who enter the room should wear protective items – gowns, gloves, and masks.

Hand washing for 15 seconds, using alcohol hand gels, and environmental cleanliness are emphasized.

You will be asked to stay in your room unless you need to go to other departments in the hospital for treatment. If you leave your room, you will be asked to wash your hands and to wear a yellow gown, gloves, and a mask.

Please do not use the nutrition rooms while you are “in isolation.” When you want a snack or ice water ask a member of your health care team to bring it to you.

When can the precautions be stopped?

Droplet precautions for Rubella may be stopped 7 days after the rash appears.

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