





常见传染病防控常识

Common knowledge on prevention and control of
common infectious diseases



总务处
国际合作与交流中心

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1、常见传染病及主要症状
Common infectious diseases and main symptoms

2、传染途径
Route of transmission

3、预防措施
Precaution



肺结核病pulmonary tuberculosis যক্‌ ষা



Tuberculosis is a chronic **infectious disease** caused by infection with *Mycobacterium tuberculosis*

肺结核病pulmonary tuberculosis যক্, ষা

What are the symptoms of tuberculosis? 结核病有哪些症状?

1. **Fever**: manifested as low fever in the afternoon, and the body temperature rises most in the afternoon of 4-8, generally between $37-38^{\circ}\text{C}$. At this time, the patient is often accompanied by general fatigue or weight loss, night sweats; some patients may have a rash.

发热：表现为午后低热，多在下午4—8时体温升高，一般为 $37-38^{\circ}\text{C}$ 之间。这时病人常常伴有全身乏力或消瘦，夜间盗汗；部分患者可以出现皮疹。



肺结核病pulmonary tuberculosis যক্, ষা

What are the symptoms of tuberculosis? 肺结核病有哪些症状?

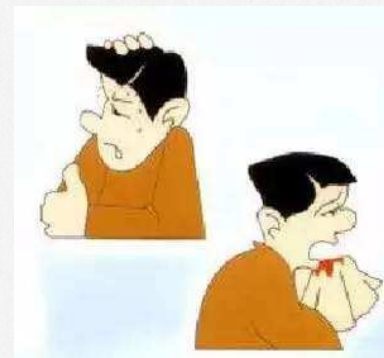
2. **Cough and sputum:** It is the most common early symptom of tuberculosis, but it is also the most likely to make patients or doctors mistakenly think that it is a "cold" or "tracheitis" and cause a misdiagnosis.

咳嗽咳痰：是肺结核最常见的早期症状，但也最易使患者或医生误以为是“感冒”或“气管炎”而导致误诊。



3. **Blood in sputum:** Blood sputum or small blood clots in the sputum. Most blood in the sputum is caused by tuberculosis.

痰中带血：痰内带血丝或小血块，大多数痰内带血是由结核引起的。



肺结核病pulmonary tuberculosis যক্, ষা

How to prevent tuberculosis? 如何预防肺结核病?

1. **Discover and cure tuberculosis patients.** If you find a student who coughs, expectorates for more than two weeks, or has symptoms of hemoptysis, you must suspect tuberculosis and check it in time.

积极发现并治愈肺结核病人。如果发现连续咳嗽、咳痰两个星期以上或者有咯血等症状的学生，就要怀疑得了肺结核，要及时检查。



2. Once diagnosed with tuberculosis, be sure to **take a break from school or leave for regular treatment at home to avoid infecting other students.** After the inspection confirms that it is not contagious, you can resume school and take up work with the hospital certificate.

一旦确诊得了肺结核，一定要休学或者休假在家正规治疗，避免传染其他同学。等到经过检查确认没有传染性了，凭医院证明就可以复学、上岗。



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How to prevent tuberculosis? 如何预防肺结核病?

3. **Actively carry out the health campaign**, strive to improve the learning and living environment of students, and regularly ventilate and ventilate classrooms and collective dormitories to keep indoor air fresh.

积极开展卫生运动，努力改善学生的学习和生活环境，对教室和集体宿舍要经常通风换气，保持室内空气新鲜。



4. **To develop good hygiene habits**, you should cover your mouth and nose with a tissue when you cough or sneeze to prevent the tuberculosis bacteria from infecting others through droplets.

要养成良好的卫生习惯，在咳嗽、打喷嚏的时候应该将手纸巾捂住嘴巴和鼻子，避免结核病菌通过飞沫传染其他人。



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How to prevent tuberculosis? 如何预防肺结核病?

5. **Strengthen physical exercise**, have a regular life, pay attention to diet nutrition and adequate sleep, maintain a healthy psychology, enhance body resistance, and minimize the chance of disease.
加强体育锻炼，生活要有规律，注意饮食营养和睡眠充足，保持健康心理，增强机体抵抗力，尽量减少发病机会。



6. If you know that some classmates or family members have coughing, expectoration for more than three weeks, or have hemoptysis, please **remind them to check and treat** them immediately.

如果你知道有同学或者家庭成员中有人连续咳嗽、咳痰三个星期以上或者有咯血等症状，请你提醒他们马上进行检查和治疗。



流感（流行性感冒）Flu (influenza) ফ্‌ লু (ই ন ফ্‌ লু য়. ে ঞ্‌ জা)



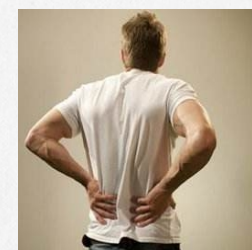
Influenza is an acute respiratory **infectious disease** caused by influenza virus, which is highly contagious.

流感（流行性感冒）Flu (influenza) ফ্‌ লু (ই ন ফ্‌ লু য়. ে ঞ্‌ জা)

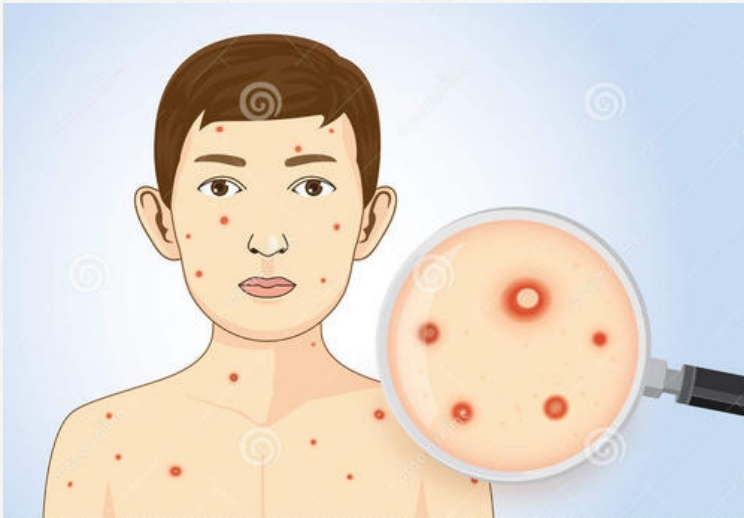
What are the symptoms of Flu? 流感有哪些症状？

The incubation period is 1-3 days. The main symptoms are fever, headache, runny nose, sore throat, dry cough, body muscles, joint pain and discomfort. The fever generally lasts 3-4 days, and there are also severe pneumonia or gastrointestinal flu.

潜伏期1—3日，主要症状为发热、头痛、流涕、咽痛、干咳，全身肌肉、关节酸痛不适等，发热一般持续3—4天，也有表现为较重的肺炎或胃肠型流感。



水痘 chicken pox জল বসন্ত



Chickenpox is a **highly contagious disease** caused by chickenpox, the herpes zoster virus.



水痘 chicken pox জল বসন্ত

What are the symptoms of chicken pox? 水痘有哪些症状?

The typical clinical manifestation of chickenpox is moderate to **low-grade fever**, and **red patchy papules** appear in batches quickly, and quickly develop into clear oval-shaped small **blisters**. After 24 hours, the blisters become turbid and easily rupture, and then **shrink** from the center, quickly Scab. Clinically, papules, vesicles, and scabs often coexist, showing a centripetal distribution, that is, the first trunk, followed by **the head, face, and limbs**, but less hands and feet, and **itching**.

水痘的典型临床表现是中低等发热，很快成批出现红色斑丘疹，迅速发展为清亮的卵圆形的小水疱，**24**小时后水疱变浑浊，易破溃，然后从中心干缩，迅速结痂。临床上往往丘疹、水疱疹、结痂同时存在，呈向心性分布，即先躯干，继头面、四肢，而手足较少，且瘙痒感重。





水痘 chicken pox জল বসন্ত

What is the source of chickenpox infection? 水痘的传染源是什么？

The source of infection is mainly **patients**. The transmission route is **respiratory infection** and **contact with food utensils, toys, bedding and towels contaminated with varicella virus**. The crowd is generally susceptible and children are more common. Because the disease is highly contagious, patients must be isolated early until all rashes are dry and crusted.

传染源主要是病人。传播途径为呼吸道飞沫传染和接触了被水痘病毒污染的食具、玩具、被褥及毛巾等的接触传染。人群普遍易感，儿童多见。由于本病传染性强，患者必须早期隔离，直到全部皮疹干燥结痂为止。



四、

流行性腮腺炎 Mumps ব ি ষ ণ্ , ণ নী র ব তা



Mumps is an infectious disease caused by mumps virus, which is an acute and systemic infection. It can be cured in about 2 weeks.

四、

流行性腮腺炎 Mumps ব ি ষ ণ্ , ণ নী র ব তা

What are the symptoms of Mumps? 流行性腮腺炎有哪些症状?

Typical clinical symptoms are **fever, swelling and pain under the ear cheeks, and under the jaw**. Parotid gland enlargement is characterized by the ear lobe as the center, spreading forward, backward, and below, and can be complicated by meningoencephalitis and acute pancreatitis.

典型的临床症状是发热、耳下腮部、颌下漫肿疼痛，腮腺肿大的特点是以耳垂为中心向前、后、下方蔓延，可并发脑膜脑炎、急性胰腺炎等。



四、

流行性腮腺炎 Mumps ব ি ষ ণ্ , ণ নী র ব তা

What is the source of infection of mumps? 流行性腮腺炎的传染源是什么?

The source of infection is **mumps patients or latent infections**, and the virus infects healthy people through **droplets**. It is more common in children and adolescents, with a good prognosis and lasting immunity after illness.



传染源是腮腺炎病人或隐性感染者,病毒经过飞沫使健康人群受感染。多见于儿童及青少年,预后良好,病后有持久的免疫力。



五、

预防措施 Precaution

- 1.Often open window
- 2.Avoid going to many crowded public places
- 3.Timely increase or decrease cloths
- 4.Develop good healthy habits
- 5.Often exercise
- 6.Keep a balanced diet
- 7.Go to hospital if you have a fever or other discomfort
- 8.Avoid contact with infectious patients, try not to reach the epidemic area of infectious diseases
- 9.Appropriate disinfection of used items and rooms of infectious patients

早发现、早隔离、早诊断、早治疗

Early detection, early isolation, early diagnosis, early treatment

多通风、多运动、多营养、讲卫生

More ventilation, more exercise, more nutrition, and hygiene

健康！



日照职业技术学院
RIZHAO POLYTECHNIC