

# 夏季传染病防治知识

随着夏季来临，气温和湿度升高，部分传染病如流行性乙型脑炎、霍乱、细菌性痢疾、猩红热、流行性腮腺炎等传染病进入高发季节。

## 一、夏季常见的传染病

- 1、肠道传染病：霍乱、副霍乱、痢疾、伤寒、副伤寒、病毒性肝炎等。
- 2、蚊媒传染病：疟疾、登革热、流行性乙型脑炎等。
- 3、鼠媒传染病：钩端螺旋体病、流行性出血热等。

## 二、为什么夏季容易发生各类传染病？

夏季天气炎热，各类细菌、病毒生长繁殖快，水源食物、环境容易受污染，是各类传染病容易发生的主要原因。老鼠、苍蝇、蚊子、蟑螂等在夏季是繁殖高峰期，它们携带的各种病原体易污染水源、食物、环境，使人类得病。天气炎热，人的体能消耗量大，喝水多减弱了胃肠功能和抗病能力，易致病。

## 三、临床表现

- 1、伤寒：潜伏期 1-2 周，起病缓，体温持续上升，持续性高热，相对缓脉，表情淡漠，无力，皮疹，肝脾肿大。
- 2、霍乱：无痛性剧烈腹泻水样便伴呕吐，每日 10 多次以上，迅速严重脱水。
- 3、痢疾：起病急，发热、腹痛、里急后重，大便量少但有粘液脓血便，每日几次到 10 多次以上。
- 4、疟疾：寒颤发热，体温 39℃以上，大汗淋漓，面色苍白，全身疼痛、乏力，间歇性或隔日发作。
- 5、登革热：起病急，畏寒，高热 39-40℃，剧烈头痛，眼眶痛，肌肉关节



痛，有出血倾向，面、颈、胸部潮红称“三红征”，结膜出血。


6、流行性乙型脑炎：起病急，全身不适，头痛，高热、恶心，呕吐为喷射状，惊厥抽搐，儿童多见。

7、钩端螺旋体病：起病急，畏寒、发热呈弛张热，全身肌痛特别是腓肠肌痛，乏力，眼结膜出血，浅表淋巴结肿大，易误诊为“流行性感冒”。

8、流行性出血热：又称肾综合征出血热，发热，全身疼痛，乏力，头痛，眼眶痛，腹痛，面额、胸部出血潮红，全身毛细血管广泛性出血，少尿。

9、流行性腮腺炎：大多数起病较急，有发热、畏寒、头痛、咽痛等全身不适症状。患者一侧或双侧耳下腮腺肿大、疼痛，咀嚼时更痛。并发症有脑膜炎、心肌炎、卵巢炎或睾丸炎等。整个病程约 7-12 天。


#### 四、预防措施



1、接种疫苗。进行计划性人工自动免疫是预防各类传染病发生的主要环节，预防性疫苗是阻击传染病发生的最佳积极手段，也是投资小，收效大的预防举措。

2、注意个人卫生和防护。要保持学习、生活场所的卫生，不要堆放垃圾。要养成良好的卫生习惯，注意饮食和个人卫生，防止病从口入，饭前便后、打喷嚏、咳嗽和清洁鼻子以及外出归来一定要洗手，不吃腐败变质变味的食物，喝开水不喝生水，不吃生冷不洁食物，生熟食品要分开，不吃苍蝇、蟑螂叮爬过的食物，勤换、勤洗、勤晒衣服、被褥，不随地吐痰。保持教室、宿舍内空气流通。

3、加强锻炼，增强免疫力。积极参加体育锻炼，多到郊外、户外呼吸新鲜空气，每天散步、慢跑、做操、打拳等，使身体气血畅通，筋骨舒展，增强体质。在锻炼的时候，必须注意气候变化，要避开晨雾风沙，要合理安排运动量，进行自我监护身体状况等，以免对身体造成不利影响。



4、生活有规律。睡眠休息要好，生活有规律，保持充分的睡眠，对提高自身的抵抗力相当重要。要合理安排好作息，做到生活有规律，劳逸结合。

5、衣、食细节要注意。根据天气变化，适时增减衣服。合理安排好饮食，饮食上不宜太过辛辣，太过则助火气，也不宜过食油腻。要减少对呼吸道的刺激，如不吸烟、不喝酒，要多饮水，摄入足够的维生素，宜多食些富含优质蛋白、糖类及微量元素的食物，如瘦肉、禽蛋、大枣、蜂蜜和新鲜蔬菜、水果等。

6、切莫讳疾忌医。在发现身体不适，或有类似反应时要尽快就医，早发现、早诊断、早隔离、早治疗，同时对患者的房间及时消毒。

## Summer Infectious Disease Prevention Knowledge

With the advent of summer, temperature and humidity increase, some infectious diseases such as epidemic encephalitis B, cholera, bacillary dysentery, scarlet fever, mumps and other infectious diseases enter the high-incidence season.

### I.Common infectious diseases in summer

1. Intestinal infectious diseases: cholera, paracholera, dysentery, typhoid, paratyphoid, viral hepatitis, etc.

2. Mosquito-borne infectious diseases: malaria, dengue fever, epidemic encephalitis B, etc.

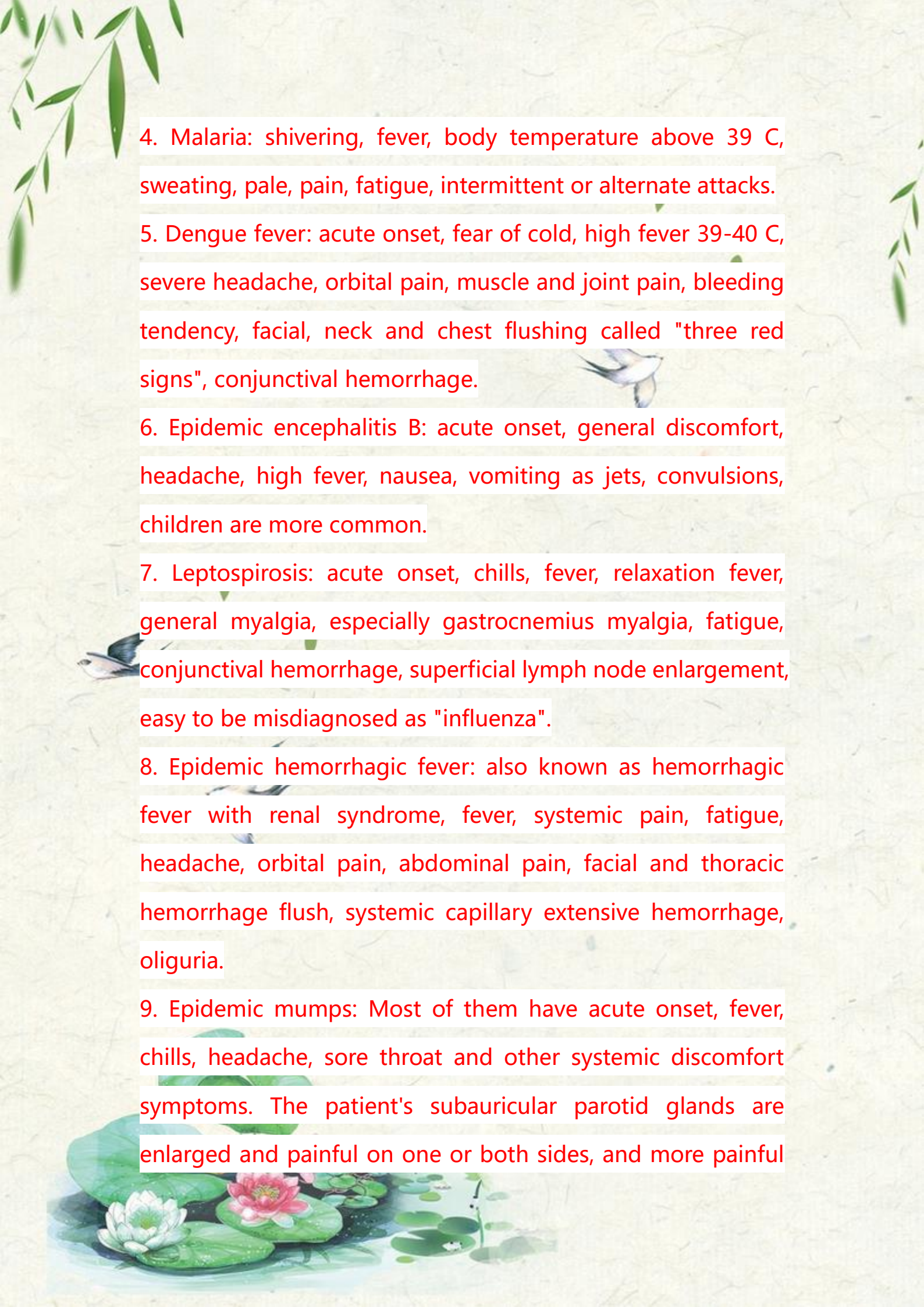
3. Rat-borne infectious diseases: leptospirosis, epidemic hemorrhagic fever, etc.

## II. Why are infectious diseases prone to occur in summer?

In summer, the hot weather, the rapid growth and reproduction of various bacteria and viruses, and the pollution of water, food and environment are the main reasons for the vulnerability of various infectious diseases. Rats, flies, mosquitoes and cockroaches are the breeding peak in summer. The pathogens they carry are easy to pollute water, food and environment and make human sick. In hot weather, people consume a lot of physical energy. Drinking more water weakens gastrointestinal function and disease resistance, which is easy to cause disease.

## III. Clinical manifestations

1. Typhoid fever: incubation period 1-2 weeks, slow onset, continuous rise in body temperature, persistent high fever, relatively slow pulse, indifferent expression, weakness, rash, liver and spleen enlargement.
2. Cholera: Painless severe diarrhea with vomiting, more than 10 times a day, rapid and severe dehydration.
3. Dysentery: Acute onset of illness, fever, abdominal pain, internal urgency and posterior weight, fecal volume is small, but there is mucus pus and blood stool, several times a day to more than 10 times.



4. Malaria: shivering, fever, body temperature above 39 C, sweating, pale, pain, fatigue, intermittent or alternate attacks.

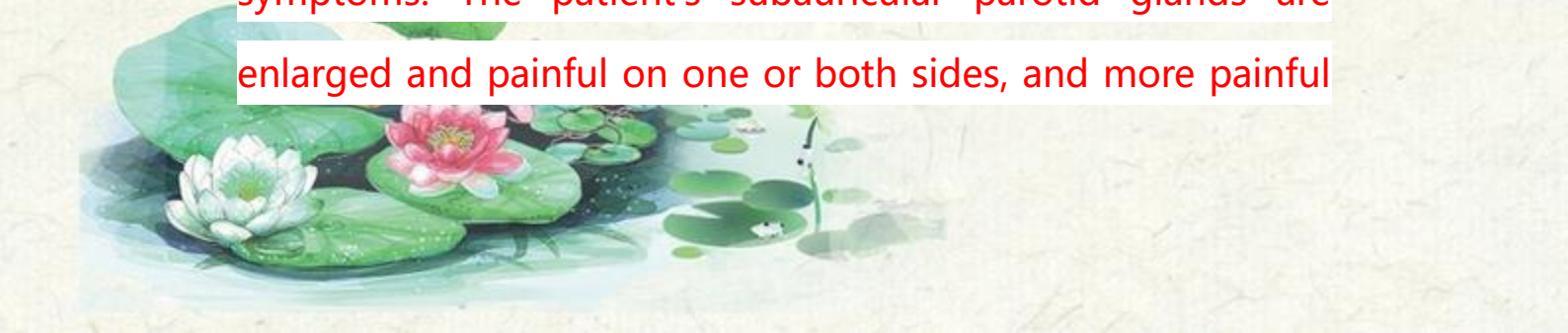
5. Dengue fever: acute onset, fear of cold, high fever 39-40 C, severe headache, orbital pain, muscle and joint pain, bleeding tendency, facial, neck and chest flushing called "three red signs", conjunctival hemorrhage.

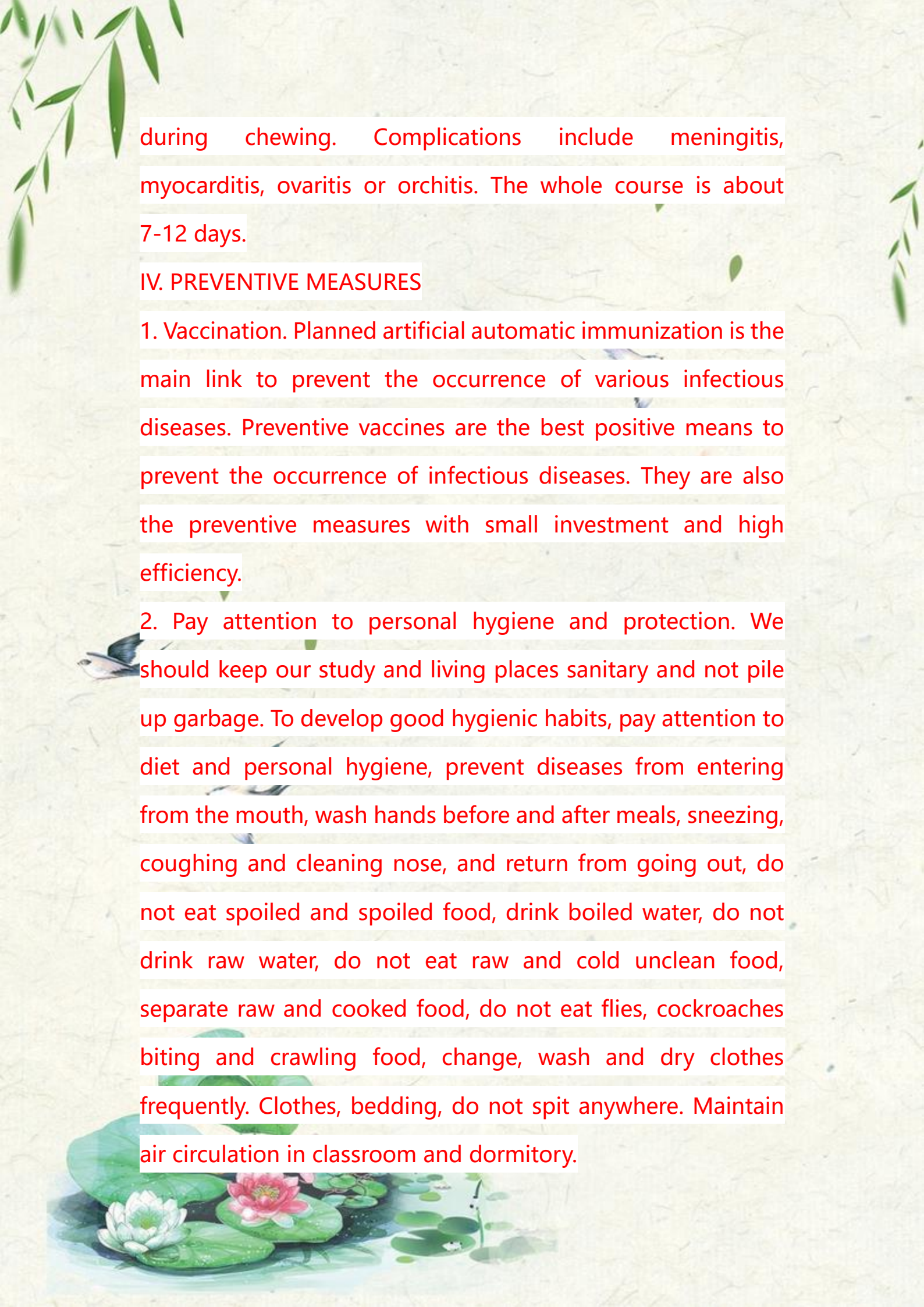
6. Epidemic encephalitis B: acute onset, general discomfort, headache, high fever, nausea, vomiting as jets, convulsions, children are more common.

7. Leptospirosis: acute onset, chills, fever, relaxation fever, general myalgia, especially gastrocnemius myalgia, fatigue, conjunctival hemorrhage, superficial lymph node enlargement, easy to be misdiagnosed as "influenza".

8. Epidemic hemorrhagic fever: also known as hemorrhagic fever with renal syndrome, fever, systemic pain, fatigue, headache, orbital pain, abdominal pain, facial and thoracic hemorrhage flush, systemic capillary extensive hemorrhage, oliguria.

9. Epidemic mumps: Most of them have acute onset, fever, chills, headache, sore throat and other systemic discomfort symptoms. The patient's subauricular parotid glands are enlarged and painful on one or both sides, and more painful



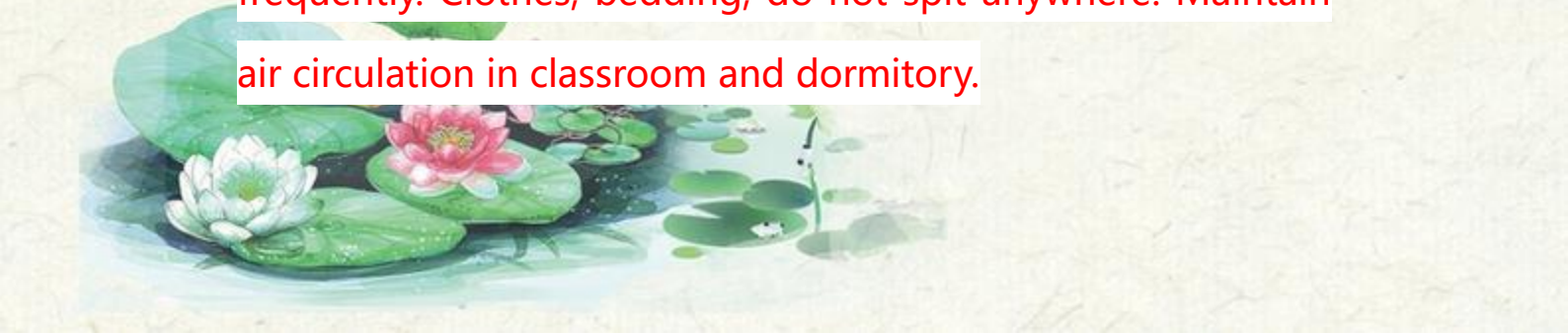


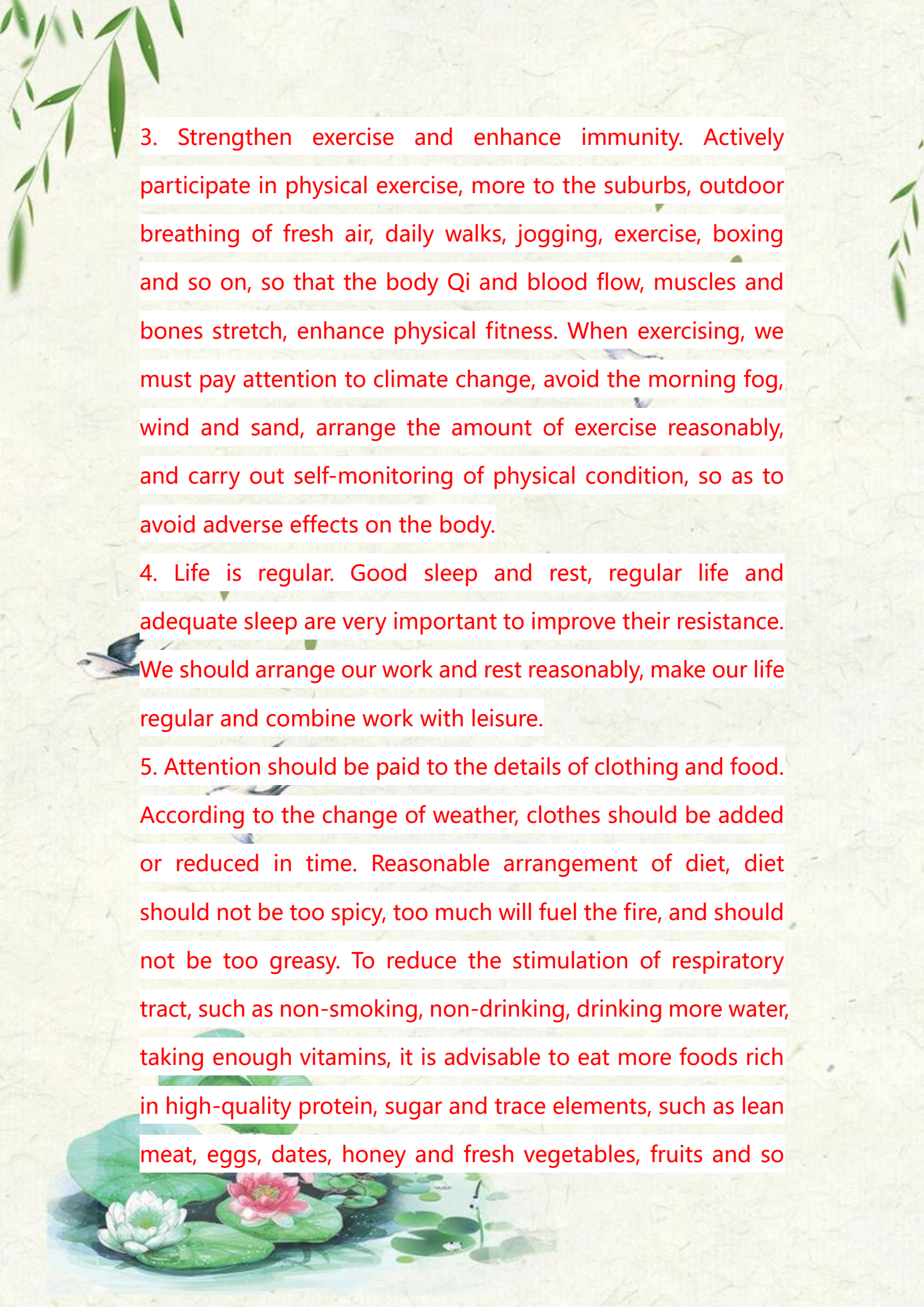
during chewing. Complications include meningitis, myocarditis, ovaritis or orchitis. The whole course is about 7-12 days.

#### IV. PREVENTIVE MEASURES

1. Vaccination. Planned artificial automatic immunization is the main link to prevent the occurrence of various infectious diseases. Preventive vaccines are the best positive means to prevent the occurrence of infectious diseases. They are also the preventive measures with small investment and high efficiency.

2. Pay attention to personal hygiene and protection. We should keep our study and living places sanitary and not pile up garbage. To develop good hygienic habits, pay attention to diet and personal hygiene, prevent diseases from entering from the mouth, wash hands before and after meals, sneezing, coughing and cleaning nose, and return from going out, do not eat spoiled and spoiled food, drink boiled water, do not drink raw water, do not eat raw and cold unclean food, separate raw and cooked food, do not eat flies, cockroaches biting and crawling food, change, wash and dry clothes frequently. Clothes, bedding, do not spit anywhere. Maintain air circulation in classroom and dormitory.



The background features a light green, textured paper-like surface. In the top left corner, there are green leaves and a bird. In the middle left, another bird is visible. At the bottom, there is a pond with green lily pads and pink and white lotus flowers.

3. Strengthen exercise and enhance immunity. Actively participate in physical exercise, more to the suburbs, outdoor breathing of fresh air, daily walks, jogging, exercise, boxing and so on, so that the body Qi and blood flow, muscles and bones stretch, enhance physical fitness. When exercising, we must pay attention to climate change, avoid the morning fog, wind and sand, arrange the amount of exercise reasonably, and carry out self-monitoring of physical condition, so as to avoid adverse effects on the body.

4. Life is regular. Good sleep and rest, regular life and adequate sleep are very important to improve their resistance. We should arrange our work and rest reasonably, make our life regular and combine work with leisure.

5. Attention should be paid to the details of clothing and food. According to the change of weather, clothes should be added or reduced in time. Reasonable arrangement of diet, diet should not be too spicy, too much will fuel the fire, and should not be too greasy. To reduce the stimulation of respiratory tract, such as non-smoking, non-drinking, drinking more water, taking enough vitamins, it is advisable to eat more foods rich in high-quality protein, sugar and trace elements, such as lean meat, eggs, dates, honey and fresh vegetables, fruits and so

on.

6. Don't be afraid of medical treatment. When discomfort or similar reaction is found, we should seek medical treatment as soon as possible, early detection, early diagnosis, early isolation, early treatment, and timely disinfection of the patient's room.

