

麻疹個案幼兒接觸者健康監測期間注意事項

Health Monitoring Precautions for Children Exposed to Measles

108.05.31

※什麼是麻疹？會有甚麼症狀？

麻疹是一種傳染力極強的病毒性疾病，可經由空氣、飛沫傳播或接觸病人鼻咽分泌物而感染。感染後約 7 至 18 天內，可能產生發燒、出疹、咳嗽、流鼻水、結膜炎(畏光、流淚水或眼睛發紅)等症狀。

※What is measles? What are the symptoms?

Measles is a highly infectious viral disease that can be transmitted through air, droplets, or exposure to nasopharyngeal secretions of patients. Symptoms such as fever, rash, cough, runny nose and conjunctivitis (photophobia, tearing up, or red eyes) may occur within 7 to 18 days after infection.

※甚麼人必須特別注意麻疹的威脅？

免疫低下患者感染後較容易產生合併症，而孕婦若感染麻疹易導致胎死腹中或早產，1 歲以下嬰兒因不具麻疹免疫力，如接觸到麻疹個案容易被感染，且感染後可能有併發症。

※Who are more susceptible to measles?

Patients with low immunity are more likely to develop complications after infection. If pregnant women are infected with measles, it may cause fetal death or premature birth. Infants under 1 year old do not have immunity to measles; once they are exposed to measles, they could easily be infected and may have complications.

※什麼情形下會被列為麻疹個案的接觸者？

在與麻疹個案出疹前後 4 天內(可傳染期)同處在一個封閉空間，無論時間長短，都算與個案有接觸，而可能被感染，並有將疾病傳播出去的風險。

※Under what circumstances will a person be listed as a measles contact?

A person being with a measles case in a closed space within 4 days before and after the patient develops rash (infectious period), regardless of the length of time, will be considered as a contact who may be infected and may spread the disease.

※接觸者需要自主健康管理幾天？該怎麼做？

與麻疹個案最後一次接觸天起往後推算 18 天為自主健康管理期間，請確實做好以下措施：

※ How many days do measles contacts need to conduct self-health management for? What should the contacts do?

Measles contacts need to conduct self-health management for 18 days starting from the date of the last contact with a measles case. Please follow the instructions below:

1. 避免接觸孕婦、小於 1 歲嬰兒、尚未完成麻疹、腮腺炎、德國麻疹混合疫苗(MMR)接種之幼童、或免疫不全病人。
1. Avoid contact with pregnant women, infants under 1 year old, children who have not completed the measles, mumps, and rubella vaccine (MMR), or immunocompromised persons.
2. 家中如有其他 1 歲以上尚未接種 MMR 疫苗的小孩，應儘快安排接種。
2. Children over 1 year old without MMR should receive vaccination as soon as possible.
3. 小於 1 歲嬰兒因不具免疫力，感染風險高，建議在家休息，避免出入公共場所(如托嬰中心、幼兒園、遊樂場、賣場等)，以免被感染或造成疾病傳播。一般成人(滿 18 歲)如果沒有任何不適或疑似症狀，仍可正常生活，但仍應避免出入公共場所，並儘量佩戴口罩。
3. Infants under 1 year old have a high risk of infection due to their lack of immunity. It is recommended to stay at home and do not go to public places (such as nursery centers, kindergartens, playgrounds, shopping malls, etc.) to avoid being infected or further spread of the disease. Adults (over 18 years old) can maintain normal routine if without any discomfort or suspected symptoms but should avoid going to public places and wear masks when possible.
4. 已完成暴露後預防或於滿 1 歲後完成 1 劑以上 MMR 之幼兒幼童，仍可正常上課，但應儘量佩戴口罩。

4. Children who have completed post-exposure prophylaxis or who have completed more than one dose of MMR after 1 year old, can still attend classes but should wear masks when possible.
5. 若不具麻疹免疫力且工作場所會增加麻疹傳播風險時，例如頻繁接觸國內外旅行者、照顧未接種過 MMR 的嬰幼兒或接觸病人等，一旦列為接觸者，除避免出入公共場所外，建議需暫停接觸他人之活動與工作，以降低可能傳染疾病的風險。
5. If you do not have measles immunity and work in high-risk premises where you: have frequent contact with domestic and foreign travelers, care for infants who have not been vaccinated with MMR, or are exposed to patients; once being listed as a measles contact, in addition to avoid going to public places, it is recommended that you minimize contact with other persons to reduce the risk of disease transmission.
6. 每天量測體溫 1 次，注意是否出現疑似症狀。
6. Measure the body temperature once a day and watch for the development of any suspected symptoms.
7. 出現任何身體不適症狀，應儘速主動與衛生單位聯繫，由衛生單位安排就醫。
7. If any suspected symptoms occur, please contact the health authority as soon as possible for assistance in seeking medical treatment.