

被通知是結核病患的接觸者，應該怎麼辦？

What should I do if I am notified that I am a contact of a TB patient?

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結核病是一種透過飛沫及空氣傳播的疾病，但當你接獲通知為結核病患的接觸者，不一定就會被感染，請勿過度著急，此時您會收到衛生保健組的檢查通知，衛生單位會開立一份檢查三聯單(結核病接觸者就醫轉介單)，請務必配合後續追蹤及檢查。

What should I do if I am notified that I am a contact of a TB patient?

Tuberculosis is a disease that spreads through droplets and air, but when you receive a notice that you are a contact of tuberculosis patient, you may not be infected. Don't be overly anxious. At this time, you will receive an inspection notice from the Health Center. The health unit will issue a triple check-up form (referral form for medical treatment of tuberculosis contacts), please cooperate with follow-up and inspection.

結核病的傳染途徑：



飛沫傳染



空氣傳染

接觸者檢查有哪些項目？

接觸者的檢查包括：胸部 X 光檢查與潛伏結核感染檢驗《丙型干擾素釋放試驗(抽血方式檢查)》，胸部 X 光檢查目的在於確認是否為結核病發病個案；潛伏結核感染檢驗目的在於了解是否感染結核菌。所有接觸者皆需進行胸部 X 光檢查，部分發病風險較高的接觸者，另外執行潛伏結核感染檢驗。政府補助接觸者檢查之部分負擔費用。僅須自付醫療院所之掛號費用。

What are the items for contact inspection?

The inspection of contacts includes: chest X-ray examination and latent

tuberculosis infection test "Interferon C release test (examination by blood sampling)". The purpose of chest X-ray examination is to confirm whether it is a case of tuberculosis; the purpose of latent tuberculosis infection test is to understand whether it is infected with tuberculosis bacteria. All contacts are required to undergo chest X-ray examinations, and some contacts with a higher risk of illness are additionally tested for latent tuberculosis infection. The government subsidizes part of the burden of the contact inspection. Only need to pay for the registration fee of the medical institution.

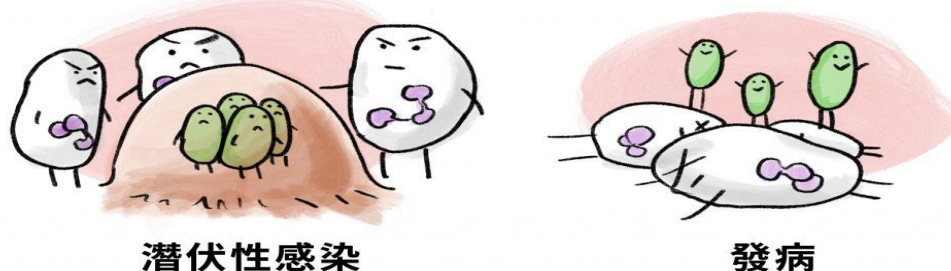
什麼是潛伏結核感染？

結核菌在肺部會被肉芽組織包覆，身體免疫力夠時，可控制不發病，這種平衡的狀態稱為潛伏結核感染，要診斷是否為潛伏結核感染，目前有 2 種診斷工具，分別為結核菌素測驗(適用於 5 歲以下)及丙型干擾素釋放試驗。

What is latent tuberculosis infection?

Tuberculosis bacteria are covered by granulation tissue in the lungs. When the body's immunity is sufficient, the disease can be controlled. This balanced state is called latent tuberculosis infection. To diagnose whether it is latent tuberculosis infection, there are currently two diagnostic tools, respectively the tuberculin test (applicable to under 5 years old) and the interferon C release test.

感染結核菌可能有的情形：



哪些人需要做潛伏結核感染檢查？

衛生單位會依個案的臨床及檢驗狀況判斷傳染性，並在「結核病接觸者就醫轉介單」勾選潛伏結核感染檢查項目，提供接觸者至指定之醫療院所進行檢查。

Who needs to be tested for latent tuberculosis infection?

The health authority will judge the infectivity according to the clinical and laboratory status of the case, and check the items of latent tuberculosis infection in the "TB Contact Referral Form", and provide the contacts to the designated medical institution for inspection.

萬一我成為結核病接觸者，我應該怎麼辦呢？

接受衛生保健組、衛生單位或醫師安排進行必要的檢查，如果檢查結果為潛伏性感染，藉由潛伏結核感染治療，可以降低日後發病機率。未來 2 年內進行自我症狀監測，若因類似症狀就醫時要提醒醫師：我曾經接觸過具傳染性的結核病人。養成健康的生活習慣，維持較佳的免疫力，避免結核菌再活化發病。

What should I do if I become a contact tuberculosis patient?

Accept the necessary examinations arranged by the Health Center, health authority or physician. If the examination result is latent infection, treatment of latent tuberculosis infection can reduce the incidence of future disease. In the next 2 years, self-monitoring of symptoms should be carried out. If you seek medical treatment for similar symptoms, you should remind the doctor: I have been in contact with infectious TB patients. Practice healthy living habits, maintain better immunity to avoid reactivation of tuberculosis.

配合進行接觸者檢查後，後續還需持續追蹤、治療嗎？

接觸者潛伏結核感染檢驗呈陰性，無需追蹤第 12 個月胸部 X 光檢查；接觸者潛伏結核感染檢驗呈陽性者，依醫師評估進行潛伏性感染治療，並建議在第 12 個月時再進行胸部 X 光追蹤，減少日後發病。

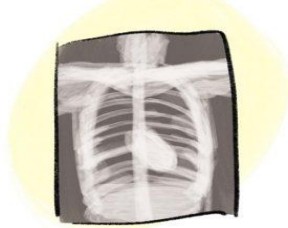
After cooperating with the contact inspection, is it necessary to continue tracking and treatment?

Contacts who tested negative for latent tuberculosis infection do not need to be followed up for chest X-ray examination at the 12th month; contacts who tested positive for latent tuberculosis infection should be treated for latent infection according to the doctor's assessment, and

chest X-rays are recommended at the 12th month X-ray tracking to reduce the incidence in the future.

疑似感染時該做的檢查：

所有人：



胸部X光

高感染風險：



丙型干擾素試驗



結核菌素試驗

接觸者檢查是在做什麼？

幫助瞭解您的身體健康狀況，也避免萬一發病了 可能傳染給周圍親友，利用胸部 X 光確認是否為活動性結核病，利用潛伏結核感染檢驗確認是否感染結核菌 (感染不等於發病) 活動性結核病人透過抗結核藥物治療可以痊癒，潛伏結核感染者透過潛伏結核感染治療可以有效降低發病機率。

What is contact inspection doing?

To help understand your physical health, and to avoid the possibility of transmission to relatives and friends in case of illness, use chest X-ray to confirm whether it is active tuberculosis, and use latent tuberculosis infection test to confirm whether you are infected with tuberculosis (infection does not equal disease) active tuberculosis patients can be cured by anti-tuberculosis drug treatment, and those with latent tuberculosis infection can effectively reduce the incidence of latent tuberculosis infection.

潛伏性結核感染有可能會變成結核病患嗎？

潛伏性結核感染的人，一生中約有 5-10%發病機率，造成肺內或肺外結核，其中又以感染後第一年的發病機率最大，但只要在未發病前，給予潛伏感染治療，就可有效減少 9 成發病機會，因此不用太過緊張。

Is it possible for latent tuberculosis infection to become a tuberculosis patient?

People with latent tuberculosis infection have a 5-10% chance of morbidity in their lifetime, causing intrapulmonary or extrapulmonary tuberculosis. Among them, the highest incidence rate is the first year after infection, but as long as the latent infection is treated before the onset, it can effectively reduce 90% chance of disease, so don't be too nervous.

什麼是結核病接觸者的權利義務？

當受醫療院所通報並確定診斷極有可能是結核病時，這位病人的密切接觸者就有知道自己是接觸者的權利。由於結核病是慢性傳染病，且傳播發生在病人診斷尚未治療之前，因此，接觸者也有依傳染病防治法，必需前往指定醫療院所接受檢查的義務。依照結核病工作手冊，接觸者會在一個月內被衛生單位通知此狀況，並進行接觸者之衛生教育及檢查。

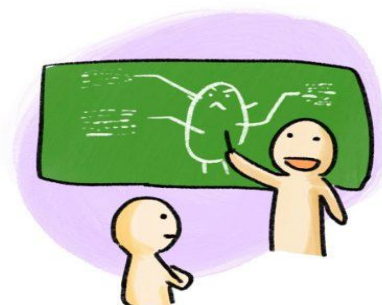
What are the rights and obligations of TB contacts?

When notified by the medical institution and confirmed that the diagnosis is highly likely to be tuberculosis, the close contact of the patient has the right to know that he is a contact. Since tuberculosis is a chronic infectious disease, and its transmission occurs before the patient is diagnosed and treated, the contacts also have the obligation to go to the designated medical institution for examination in accordance with the Communicable Disease Control Act. According to the tuberculosis work manual, the contact will be notified of the situation by the health unit within one month, and the contact will be given health education and inspection.

密切接觸者的權利及義務：



接獲通知後至醫院檢查



至衛生單位進行衛生教育及檢查

密切接觸者可以知道結核病人是誰嗎？

最重要的是要中止傳染，所以依據傳染病防治法，密切接觸者有知道自己是接觸者的權利，也有前往指定醫療院所接受檢查義務，但**沒有權利知道結核病人是誰**。

Can close contacts know who the TB patient is?

The most important thing is to stop the infection. Therefore, according to the Communicable Disease Control Act, close contacts have the right to know that they are contacts and the obligation to go to designated medical institutions for examination, but **they do not have the right to know who the target case is.**

可以拒絕和結核病患一起唸書或工作嗎？

其實只要結核病人開始治療，傳染力很快就會大幅降低，不需要排斥結核病人，且依據傳染病防治法規定，不得拒絕傳染病人就學、工作、居住等，但經主管機關基於傳染病防治工作需要限制者，不在此限。因此，除非是衛生單位判定這位患者的病情需要進行長時間隔離治療以阻斷傳染性，這時才會限制其自由進行治療。

Can I refuse to study or work with a TB patient?

In fact, once tuberculosis patients start treatment, the infectious power will be greatly reduced. There is no need to exclude tuberculosis patients. According to the provisions of the Communicable Disease Control Act, infectious patients cannot be refused to go to school, work, and live. Those who need to be restricted are not restricted here. Therefore, unless the health authority determines that the patient's condition requires long-term isolation and treatment to block infectiousness, then his freedom of treatment will be restricted.

只要配合衛生單位安排的檢查；之後如果有咳嗽超過 2 週，可向胸腔內科醫師求診，並告知醫師自己曾是結核病人的接觸者。一般人並不會因為接觸結核病患立即感染肺結核。切記！接觸不等於感染，感染不等於發病，盡早檢查防範才是最佳結核病守門員」

七分篩檢法為世界衛生組織提供之簡易評分量表，如您有下列症狀且累積**達 5 分(含)以上**或**咳嗽超過二週**，可至鄰近**醫院胸腔內科**檢查，結核病發病時常不自覺，隨時留意自己及週遭親友的健康，以期早期發現早期治療。

You just have to cooperate with the inspection arranged by the Health Center; if you have a **cough for more than 2 weeks** afterwards, you can **consult a thoracic physician and inform the physician that you have been a contact of a tuberculosis patient**. Most people do not get TB immediately from contact with TB patients. Remember! Contact does not mean infection, and infection does not mean disease. Early check and prevention is the best TB goalkeeper."

Seven-point screening method is a simple scoring scale provided by the World Health Organization. If you have the following symptoms and accumulate **more than 5 points (inclusive)** or have a **cough for more than two weeks**, you can go to **the thoracic department** of the neighboring hospital for examination. Tuberculosis is often unconscious. Keep an eye on the health of yourself and your surrounding relatives and friends for early detection and early treatment.

Self-test of Tuberculosis

If you have symptom below,

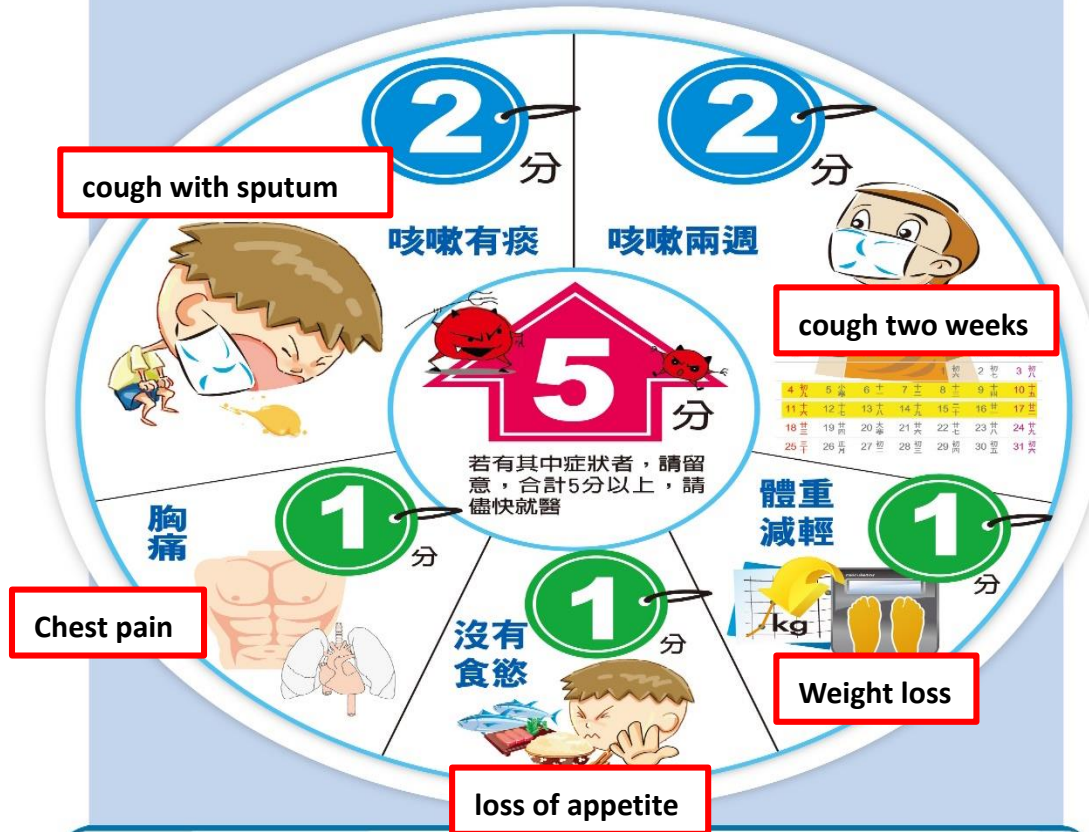
cough with sputum	(2 pts)
cough two weeks	(2 pts)
weight loss	(1 pts)
loss of appetite	(1 pts)
chest pain	(1 pts)

If you get more than 5 points, you must go to the hospital.

結核病自我檢測

七分篩檢法

一咳嗽兩週(2分)、咳嗽有痰(2分)、胸痛(1分)、沒有食慾(1分)、體重減輕(1分)，若有上述症狀，合計5分以上請儘快就醫檢查



0 分	恭喜您很健康喔！請您時時以 7 分篩檢法自我檢測，隨時注意自身健康。
3 分(含)以下	請您常以 7 分篩檢法自我檢測，隨時注意自身健康。或是您現已咳嗽超過三週，可以洽詢衛生所或至醫療院所接受胸部 X 光檢查。
4 分	請注意，若是症狀沒有減輕且已咳嗽超過三週，可以洽詢衛生所或至醫療院所接受胸部 X 光檢查。
5 分(含)以上	建議您儘速洽詢衛生所或至醫療院所胸腔內科接受胸部 X 光檢查。