

睇醫生 問清楚

Ask the right questions



抗生素 咪食錯

Use antibiotics smartly



如何護理傷風和流感

What to do for cold and flu?



- 保持室內空氣流通、充足休息和多喝水。如徵狀持續，便應求醫。
 - 遵從醫生的建議使用藥物。
 - 切勿要求醫生處方抗生素。
 - 不要自行使用抗生素。
- Maintain good indoor ventilation, have adequate rest and drink plenty of water. If symptoms persist, consult your doctor.
 - Follow your doctor's advice on the use of drugs.
 - Do not push your doctor to prescribe antibiotics.
 - Do not self-medicate antibiotics.

必須權衡利弊，才使用抗生素



常見問題

Frequently asked questions

Use antibiotics only when they are likely to be beneficial

1) 細菌和病毒有什麼分別？

細菌泛指其中一類肉眼看不見，在我們身邊無處不在的微生物。細菌只需要養分和適合的生長環境就可以獨立繁殖。病毒構造比細菌更簡單，並沒有任何能力獨立繁殖，須要進入其他細胞並借助細胞的構造幫助病毒繁殖。細菌和病毒各有完全不同的特性，可引致不同的疾病，治療的藥物亦不同。其實大部份的上呼吸道感染屬病毒感染，故無須使用抗生素。以下表列一些細菌和病毒，與其引致疾病的例子：

1) What is the difference between bacteria and viruses?

Bacteria are a class of microorganisms which cannot be seen with naked eye. They can reproduce themselves with suitable nutrients and environment. Viruses have even simpler structure than bacteria, they cannot reproduce independently. They need to enter other cells and use their help to reproduce. Bacteria and viruses have different properties and cause different illnesses and is treated with different types of drugs. Indeed, most cases of upper respiratory tract infections are caused by viruses which do not need antibiotics. The following table shows some examples of bacteria and viruses as well as the diseases they cause :



抗生素不是萬能藥

Antibiotics are not panacea

- 抗生素只適用於治療細菌性感染，但不能治療所有感染；對由病毒引起的疾病，如傷風和流行性感冒（流感）是沒有療效的。
- Antibiotics are effective for treating bacterial infections but they cannot treat all types of infections. They do not work for viral infections like cold and influenza (flu).
- 患上一般傷風和流感時，使用抗生素**不會**：
 - 治癒感染
 - 加速痊癒
- Taking antibiotics for cold and flu will **NOT**:
 - cure the infections
 - help you recover faster

傷風和流感 不需抗生素

Cold and flu No antibiotics please

抗生素可以是有害的

Antibiotics can be harmful



抗生素可引致不良後果，例如：

Antibiotics may cause adverse outcomes such as：

- 副作用，包括噁心、嘔吐、便秘或腹瀉和頭痛
- side effects, which include nausea, vomiting, constipation or diarrhoea and headache
- 過敏反應，如紅疹、皮膚痕癢、呼吸困難
- allergic reactions such as rash, itchiness, breathlessness
- 耐藥性：抗生素雖然可以治療細菌感染，但亦可同時殺死身體內的正常細菌，增加感染耐藥性細菌的風險，耐藥性細菌感染是很難醫治的。近年數據顯示耐藥性細菌日漸增多，並對大眾健康造成嚴重威脅。
- Antibiotic resistance: while antibiotics will kill the germs, they will also kill the normal bacteria in our bodies and increase the risk of acquiring more antibiotic resistant bacteria. Infections due to antibiotic resistant bacteria are difficult to treat. As shown by data in recent years, antibiotic resistance in bacteria has been increasing and posing a significant threat to population health.

病菌 Germs		病例 Disease example(s)
細菌 Bacteria	大腸桿菌 <i>Escherichia coli (E.coli)</i>	尿道炎、腸胃炎 Urinary tract infection, diarrhoeal diseases
	肺炎球菌 <i>Streptococcus pneumoniae</i>	肺炎、中耳炎 Chest infection, middle ear infection
	金黃葡萄球菌 <i>Staphylococcus aureus</i>	皮膚及軟組織感染 Skin and soft tissue infection
病毒 Viruses	鼻病毒 Rhinovirus	傷風 Cold
	流行性感冒病毒，如H1N1, H3N2 Influenza virus, e.g. H1N1, H3N2	流行性感冒 Influenza
	水痘帶狀疱疹病毒 Varicella-zoster virus	水痘 Chickenpox
	腸病毒 Enterovirus	手足口病 Hand, foot and mouth disease

2. 為什麼抗生素對病毒感染無效？

抗生素用各種方法殺死在身體內的細菌（例如阻止細菌製造細胞壁和阻止細菌製造基因等）。但如前述病毒並不靠這些方法繁殖而是靠身體的細胞幫助繁殖，因此抗生素對病毒感染完全無效。

3. 如果發燒，是否需要抗生素？

發燒是常見的病徵，不一定由細菌引起；如果出現發燒，請先諮詢你的醫生。

4. 如鼻涕呈現黃色或綠色，是否需要抗生素？

傷風或流感時，鼻涕轉濃及呈現黃色或綠色是常見的，不一定表示你已患上細菌感染。如有疑問，請諮詢你的醫生。

2. Why antibiotic is not effective for virus infection?

Antibiotics use different methods to kill the bacteria within your body (like stop making the cell wall or stop making the genes of bacteria). As mentioned before viruses do not use these methods to reproduce themselves but use your body cells to reproduce. Therefore antibiotics are not effective for virus infections.

3. If I have fever, do I need antibiotics?

Fever is a common symptom which may or may not be caused by bacteria. If you have fever, please consult your doctor first.

4. Do I need antibiotics when my nasal discharge changes to yellow or green?

It is quite normal for the discharge to become thick and change colour during a cold or flu. There may or may not be an associated bacterial infection. If you have queries, please consult your doctor.

睇醫生 問清楚 抗生素 咪食錯

Ask the right questions Use antibiotics smartly