

## 預防方法 Prevention

要預防及控制多重抗藥性微生物在社區傳播，病人及其家屬應注意並履行下列事項：

To prevent and control the transmission of MDROs in the community, patients and their relatives should take extra care to perform the following:

- ◆保持良好的個人衛生，尤其是雙手清潔。

Maintain good personal hygiene, especially keep hands clean.



- ◆避免與他人共用個人物品，如毛巾、衣物。

Avoid sharing of personal items such as towels or clothing.

- ◆避免直接用手接觸排泄物、傷口、分泌物或已被污染的物件。如需要處理以上穢物，應先戴上合適的個人防護裝備（如手套），並在處理完畢後，用梘液和清水徹底清潔雙手。



Avoid direct contact with excreta, wounds, secretions or contaminated objects with bare hands. Wear appropriate personal protective equipment (e.g. gloves) whenever it is necessary to handle them. Wash hands thoroughly with liquid soap and water afterwards.

- ◆如有破損的皮膚或傷口，應用敷料妥善覆蓋，並避免使用公共浴室、按摩或水療設施。

If there are abrasions or cuts, cover them properly with dressings, and avoid visiting public bathrooms, massage parlors or spa.

- ◆保持環境衛生和物品清潔。  
例如可用1比49稀釋家用漂白水（即把1份5.25%漂白水與49份清水混和）每日至少兩次消毒所有可觸碰的表面。金屬表面則可使用70%酒精消毒。



Maintain environmental hygiene and items cleanliness. For example, regularly disinfect all accessible surfaces with 1 in 49 diluted household bleach (i.e., adding one part of household bleach containing 5.25% sodium hypochlorite to 49 parts of water) at least twice daily. Use 70% alcohol to disinfect metal surfaces.

- ◆如果出現感染徵狀，應盡早求醫。

Seek medical advice promptly if signs or symptoms of infection develop.

- ◆跟從醫生處方，正確使用抗菌素。

Follow prescriptions by doctors and use antimicrobials properly.

備註：如病人需要入住院舍，請將其多重耐藥性微生物的狀況告知院舍的員工。

Remarks: If a patient admits to a residential home, please inform the staff of the home about his/her MDRO status.

如需要更多有關多重抗藥性微生物的資料，  
請瀏覽以下網頁：

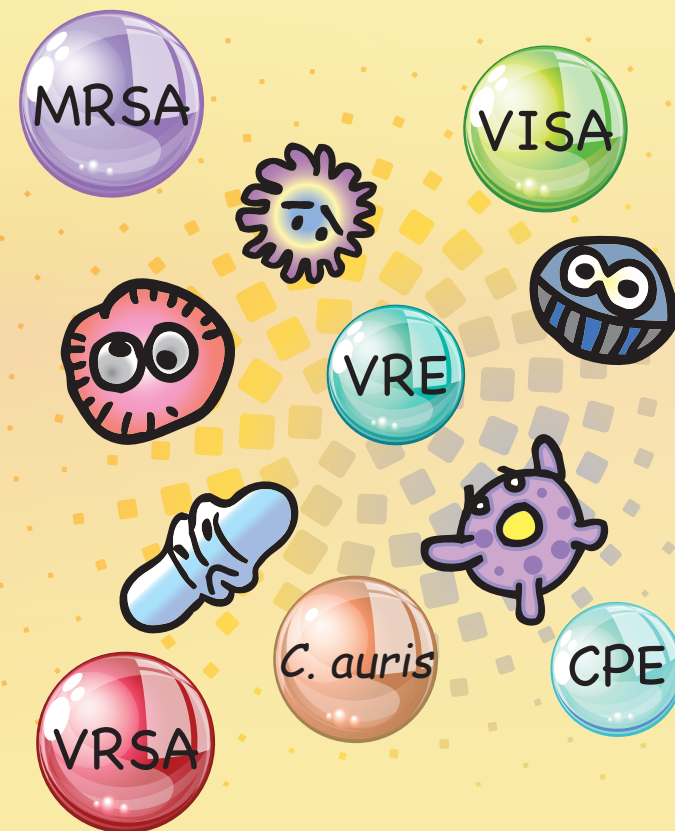
For any further information of MDROs,  
please visit the following websites:

<http://www.chp.gov.hk>

<http://icidportal.ha.org.hk/>

# 認識 多重抗藥性微生物

Multi-Drug Resistant Organisms (MDROs)



衛生防護中心  
Centre for Health Protection



衛生署  
Department of Health

## 甚麼是多重抗藥性微生物？

### What are MDROs?

多重抗藥性微生物對多類常用的抗菌素均有抗藥性，可導致難以治療的感染。雖然現時仍可使用其他抗菌素予以治療，但是其效能可能會較弱或引起較多的副作用。以下是多重抗藥性微生物的例子：

MDROs refer to those microorganisms that cause infections not treatable by several classes of commonly used antimicrobials. Although there are some alternative antimicrobials available for treatment, they may be less effective, or cause more side effects. Here are some examples of MDROs:

- ◆ 耐甲氧西林金黃葡萄球菌（一般稱為耐藥性金黃葡萄球菌）/ 萬古霉素中介耐藥性金黃葡萄球菌 / 耐萬古霉素金黃葡萄球菌

Methicillin-Resistant *Staphylococcus aureus* (MRSA) / Vancomycin-Intermediate / Resistant *Staphylococcus aureus* (VISA / VRSA)

- ◆ 耐萬古霉素腸球菌

Vancomycin-Resistant *Enterococcus* (VRE)

- ◆ 產碳青霉烯酶腸道桿菌

Carbapenemase-Producing *Enterobacteriaceae* (CPE)

- ◆ 耐碳青霉烯鮑氏不動桿菌 / 耐多藥鮑氏不動桿菌

Carbapenem-Resistant *Acinetobacter* (CRA) / Multi-Drug Resistant *Acinetobacter* (MDRA)

- ◆ 耐多藥綠膿假單胞菌

Multi-Drug Resistant *Pseudomonas aeruginosa* (MRPA)

- ◆ 耳念珠菌

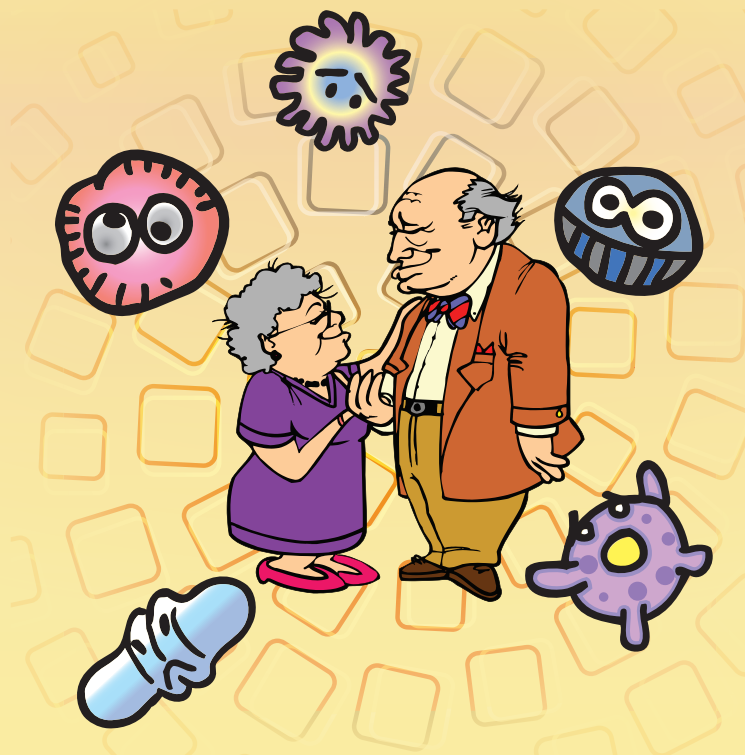
*Candida auris*

## 病徵

### Clinical Features

多重抗藥性微生物可寄存於沒有感染徵狀的人身上。但是，它們會較易入侵免疫力較弱或病情危殆的病患者，並導致肺炎、尿道感染、傷口感染或甚至血液感染。這些人士在感染後的情況通常較為嚴重，而治療的選擇亦有限。

MDROs can normally be carried in people without signs or symptoms. However, immunocompromised or critically ill patients are more prone to be infected, causing pneumonia, urinary tract infection, wound infection or even blood infection. These infections in susceptible patients are often more severe with limited treatment options.



## 傳播途徑

### Mode of Transmission

多重抗藥性微生物主要是透過接觸傳播，例如接觸患者的排泄物、傷口、分泌物或已被污染的物件或環境表面。

因此，如個人或環境衛生情況欠佳，均會有可能引致多重抗藥性微生物散播。

MDROs are transmitted by direct contact with excreta, wounds, secretions of infected patients or contaminated objects and environment surfaces.

Therefore, poor personal and environmental hygiene favour transmission of these organisms.



## 治療方法

### Treatment

如有需要，醫生會參考化驗報告而處方合適的抗菌素治療。部分皮膚感染如膿腫、膿瘡等則可能需要以開刀引流的方法治療。

If it is indicated, doctors may prescribe appropriate antimicrobial treatment with reference to the laboratory results. Skin lesions such as boils or abscesses may require incision and drainage.