

# 小頭症和寨卡病毒

## Microcephaly and Zika virus



小頭症是指嬰兒的頭部不正常地小於其他相同年齡和性別的嬰兒頭部  
Microcephaly is a condition where a baby's head is much smaller compared with other babies of the same age and sex

### 成因 Causes

小頭症的成因很多，但大部分成因不明，其中包括：  
The causes of microcephaly are diverse and in most babies unknown, e.g.

- 母親在懷孕期間感染寨卡病毒  
Zika virus infection during pregnancy
- 染色體或基因異常  
Abnormalities with chromosomes or genes
- 腦部在出生前和出生後受損  
Damage to the brain before and after birth



### 後果 Consequences

患者可能會出現以下問題：  
Babies with microcephaly may have the following problems:

- 癲癇  
Epilepsy
- 發展延緩，例如影響言語、坐、站立和走路的發展  
Developmental delay, such as problems with speech, sitting, standing and walking
- 智力障礙，例如日常生活的學習和適應能力下降  
Intellectual disability, such as decreased ability to learn and function in daily life
- 身體活動和平衡的問題  
Problems with movement and balance
- 進食的問題，例如吞嚥困難  
Feeding problems, such as difficulty swallowing
- 失聰  
Hearing loss
- 視障  
Visual impairment



### 預防 寨卡病毒感染 Prevention of Zika virus infection

由於小頭症的後果嚴重並可影響整個家庭，因此，請採取以下預防方法：  
The consequences of microcephaly could be severe affecting the entire family, please observe the following preventive measures:

- 懷孕婦女和計劃懷孕的女士不應前往寨卡病毒持續傳播的地區(受影響地區)。  
Pregnant women and women preparing for pregnancy should not travel to areas with ongoing Zika virus transmission (affected areas).
- 如必須前往受影響地區，出發前應徵詢醫生的意見。旅途中，應考慮避免發生性行為，否則應使用安全套，並時刻採取防蚊措施。  
Those who must travel to affected areas should seek medical advice before the trip, consider not having sex during travel or else condom should be used, strictly follow steps to avoid mosquito bites during the trip.
- 男性及女性外遊人士從受影響地區返港後，應分別至少6個月及至少兩個月內考慮避免發生性行為，否則應使用安全套。  
Male and female travellers should consider abstinence from sex for at least 6 months and at least 2 months respectively after returning from affected areas, or else condom should be used.
- 孕婦應避免與曾到訪受影響地區的伴侶發生性行為，否則應在整段懷孕期間使用安全套。  
Pregnant woman should not have sex with her partner who had travelled to affected areas, or else condom should be used throughout the pregnancy.

