

# 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:

- 孕婦如前往傳播活躍地區應加倍留意感染風險。在外遊期間，應嚴格遵守預防被蚊子叮咬和透過性接觸傳染的建議。  
Pregnant women should pay close attention to the infection risk if they travel to areas with active transmission and strictly follow recommendations to prevent mosquito bites and sexual transmission during travel.
- 必須前往傳播活躍地區的人士，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 people who must travel to areas with active transmission 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傳播活躍地區返港後，應分別至少3個月及至少2個月內避免發生性行為，否則應使用安全套。  
Male and female travellers should abstain from sex for at least 3 months and at least 2 months respectively after returning from areas with active transmission, or else condom should be used.
- 孕婦應避免與曾到訪傳播活躍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 areas with active transmission, or else condom should be used throughout the pregnancy.

