

◆ 性傳播感染

是指一般透過性接觸傳播的感染，包括與患者陰道交、口交或肛交。一般的社交接觸，如握手、共同進食、在公眾泳池游泳、乘搭公共汽車，共用廁所或毛巾，都不會受到感染。

性傳播感染亦可透過母嬰傳染，受感染的母親可在懷孕期或在分娩過程中將病菌 / 病毒傳給嬰兒；另一個傳播途徑是血液感染，包括輸入受感染的血液及使用受污染而未經消毒的器具，如針嘴 / 剃刀 / 紋身儀器。

◆ 常見的性傳播感染

1. 衣原體感染

潛伏期：七至二十一天

病徵及病狀：

女性

- ◆ 排尿困難
- ◆ 下陰痕癢
- ◆ 陰道分泌增加
- ◆ 非經期陰道出血
- ◆ 盆腔或小腹疼痛

男性

- ◆ 尿道口排出白色或透明分泌物
- ** 大部份患者並無病徵 **

長遠影響：

- ◆ 輸卵管發炎，引致日後宫外孕或不育
- ◆ 初生嬰兒染上衣原體眼睛結膜炎或肺炎

2. 非淋菌性尿道炎 / 非特與性生殖道感染

** 是香港最常見的性病 **

病徵及病狀：

女性

- ◆ 許多患者沒有病徵

男性

- ◆ 尿道口排出分泌物
- ◆ 小便頻密及感灼痛

長遠影響：

- ◆ 輸卵管炎、不育、宫外孕、流產和盆腔炎
- ◆ 初生嬰兒患上角膜炎或肺炎

3. 淋病 (俗稱白濁)

潛伏期：二至三天

病徵及病狀：

女性

- ◆ 膿性的陰道分泌
- ◆ 小便頻密及感刺痛

男性

- ◆ 尿道口排出黃白色混濁膿液
- ◆ 小便頻密及感刺痛
- ◆ 肛交可引致肛門周圍疼痛、痕癢及有血液黏液流出
- ** 大部份患者並無病徵 **

長遠影響：

- ◆ 口交可引致淋病性咽喉炎
- ◆ 引致前庭大腺、盆腔、輸卵管感染而導致不育
- ◆ 嬰兒出生時經過產道可引致失明

4. 梅毒

潛伏期：九至九十天

病徵及病狀：

女性及男性

- ◆ 初期：性器官出現無痛的潰口
- ◆ 中期：出現不痛不癢的皮膚疹、口瘡、發熱、淋巴結腫脹
- ◆ 隱性期：病人全無徵狀，只有驗血才會知道染有梅毒

長遠影響：

- ◆ 晚期梅毒：復發時可引致失明、精神病、殘廢，甚至死亡
- ◆ 嬰兒胎死腹中
- ◆ 新生嬰兒感染先天性梅毒或有各種殘缺如耳聾、眼盲

5. 滴蟲

潛伏期：四至二十天

病徵及病狀：

女性

- ◆ 小便時感灼痛
- ◆ 陰部痕癢
- ◆ 陰道分泌增多並呈黃、綠色及帶臭
- ◆ 性交時感灼痛

男性

- ◆ 尿道口排出灰黃色膿液
- ** 大部份患者並無病徵 **

6. 生殖器疱疹

潛伏期：二至五天

病徵及病狀：

女性及男性

- ◆ 生殖器受影響部位出現痕癢
- ◆ 出現細小的疼痛水泡
- ◆ 發燒
- ◆ 疲倦
- ◆ 肌肉痛
- ◆ 淋巴腺腫脹

長遠影響：

- ◆ 病毒會永遠隱伏在神經系統內，間中復發
- ◆ 嬰兒受感染，可引致腦炎、弱智，甚至死亡

7. 性病疣 (俗稱椰菜花)

潛伏期：由一個月至八個月不等

病徵及病狀：

- ◆ 患者性器官的皮膚出現肉色小粒，逐漸成簇，狀似椰菜花
- ◆ 破損、流血和發炎

8. 愛滋病

是由人類免疫缺乏病毒 (HIV) 所引起的，病毒會破壞人體免疫系統，可患染伺機性感染或惡性腫瘤。

性傳播感染的預防

- ◆ 伴侶之間保持專一的性關係
- ◆ 切勿濫交
- ◆ 正確及每次都使用安全套
- ◆ 若懷疑患上性傳播感染，請找醫生診治
- ◆ 若確診患上性傳播感染：
 - * 患者需依照醫囑服藥
 - * 其性伴侶亦應同時接受檢查和治療，以免交叉傳染
- ◆ 若伴侶任何一方或雙方確診患上性傳播感染，需要禁慾直到完全康復
- ◆ 接受 HPV 疫苗注射以預防感染

預防勝於治療

可向以下機構尋求協助和意見：

香港家庭計劃指導會 電話：2572 2222

社會衛生科診所 電話：2150 7370

參考資料：

www.famplan.org.hk

www.neohealth.com.hk

www.chp.gov.hk

www.cdc.gov/std



瑪麗醫院
Queen Mary Hospital

性傳播感染 知多少？

How Well Do You Know
About Sexually
Transmitted Infections?



瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
Ownership	QMH/Obstetrics and Gynaecology - 48
Last review/revision	May 2023
Approval Group	HKWC Information Pamphlet Working Group
Distribution	As requested

Sexually transmitted infections are infections that are transmitted through sexual contact, including vaginal sex, oral sex and anal sex. General social contacts such as shaking hands, sharing meals, swimming in public pools, travelling on public transport, using public toilets and towels will not spread these infections.

Sexually transmitted infections can also be transmitted from infected mother to her baby during pregnancy or delivery. Another mode of transmission is through blood contact, including blood transfusion and sharing of contaminated instruments like used razor blades, tattoo or acupuncture needles.

Common Types of Sexually Transmitted Infections

1. CHLAMYDIA

Incubation Period: 7-21 days

Signs and Symptom:

In women:

- ◆ Difficulty in urination
- ◆ Vaginal itchiness
- ◆ Increased vaginal discharge
- ◆ Abnormal vaginal bleeding
- ◆ Pelvic / abdominal pain

In men:

- ◆ White/clear discharge from penis

** Asymptomatic infection is common **

Consequences:

- ◆ Inflammation of fallopian tubes leading to future ectopic pregnancy / infertility
- ◆ Conjunctivitis or pneumonia in newborn

2. NON-GONOCOCCAL URETHRITIS/ NON-SPECIFIC GENITAL INFECTION

** Most common in Hong Kong **

Signs and Symptoms:

In women:

- ◆ Usually asymptomatic

In men:

- ◆ Urethral discharge
- ◆ Urinary frequency with burning sensation

Consequences:

- ◆ Inflammation of fallopian tubes, infertility, ectopic pregnancy, miscarriage, pelvic inflammatory disease
- ◆ Conjunctivitis or pneumonia in newborn

3. GONORRHEA

Incubation Period: 2-3 days

Signs and Symptoms:

In women:

- ◆ Purulent vaginal discharge
- ◆ Urinary frequency with burning sensation

In men:

- ◆ Yellowish, purulent discharge from penis
- ◆ Urinary frequency with burning sensation
- ◆ Anal irritation & discharge (anal sex)

** Asymptomatic infection is common **

Consequences:

- ◆ Pharyngeal gonorrhoea caused by oral sex
- ◆ Infection of Bartholin's gland pelvis, fallopian tubes, resulting in infertility
- ◆ Blindness in newborn born with vaginal delivery

4. SYPHILIS

Incubation Period: 9 - 90 days

Signs and Symptoms:

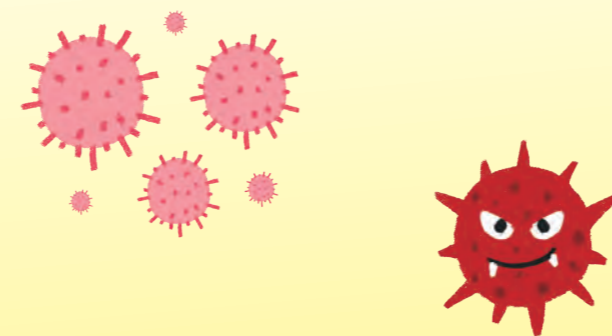
In women & men:

- ◆ Primary stage: Painless sores on genital areas
- ◆ Secondary stage: Non-itchy & painless skin rash, mouth ulcers, fever, enlarged lymph nodes

- ◆ Latent stage: No signs & symptoms, but blood test reveal presence of bacteria

Consequences:

- ◆ Late syphilis (reappear after initial infection): Blindness, mental illness, handicap, death
- ◆ Intrauterine death during pregnancy
- ◆ Congenital syphilis, blindness, deafness in newborn



5. TRICHOMONIASIS

Incubation Period: 4-20 days

Signs and Symptoms:

In women:

- ◆ Painful urination
- ◆ Vaginal itchiness
- ◆ Increased foul smelling yellow / greenish vaginal discharge
- ◆ Burning sensation during sexual intercourse

In men:

- ◆ Thick greyish yellow discharge from penis

** Asymptomatic infection is common **

6. GENITAL HERPES

Incubation Period: 2-5 days

Signs and Symptoms:

In women & men:

- ◆ Burning or tingling sensation in perineal area
- ◆ Grouped small vesicles in perineal area
- ◆ Fever
- ◆ Malaise
- ◆ Joint pain
- ◆ Enlarged lymph nodes in groin area

Consequences:

- ◆ Remain latent in nerve ganglion causing relapse
- ◆ Brain infection, mental retardation, death in newborn



7. GENITAL WARTS

Incubation Period: 1 - 8 months

Signs and Symptoms:

In women & men:

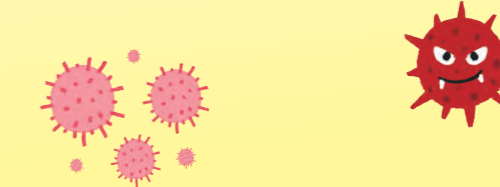
- ◆ Cauliflower-like growths in genital area
- ◆ Ulceration, bleeding, inflammation

8. AIDS

AIDS is caused by the human immunodeficiency virus (HIV) which progressively destroys the immune system, leading to opportunistic infections and cancers.

Prevention Tips

- ◆ Having mutual monogamy
- ◆ Reducing number of sexual partners
- ◆ Using male latex condom correctly & consistently
- ◆ Consulting a doctor if you are worried that you may be infected
- ◆ If you are infected:
 - * Ensuring good drug compliance during treatment
 - * Advising your sexual partner for check up and treatment to prevent cross infection
- ◆ Abstaining from sexual activities until completion of treatment if you and/or your partner are infected
- ◆ Getting vaccinated for prevention of HPV infection



PREVENTION IS BETTER THAN CURE !

Organizations to seek help and advice:

The Family Planning Association of Hong Kong

Tel: 2572 2222

Social Hygiene Clinics

Tel: 2150 7370

References:

www.famplan.org.hk

www.neohealth.com.hk

www.chp.gov.hk

www.cdc.gov/std

