

腸病毒感染資料

腸病毒群主要分為五大類及再分為數十種，五大類包括小兒麻痺病毒；柯薩奇病毒A，柯薩奇病毒B，ECHO病毒及腸病毒。

傳染途徑

腸病毒主要是由直接接觸患者呼吸道分泌物或糞便，再經口部傳入腸道引致感染。小童較容易受感染，而成人也有機會染病。

腸病毒引致的疾病

由腸病毒感染而引起的疾病通常較輕微及會自然痊癒，常見的有手足口病。病發初期，病者會連續發燒四至五天。手、腳及臀部出現水泡或無痛紅疹，口腔內及舌旁會有疼痛的潰瘍引致舌嚥困難及影響食慾。這些水泡及紅疹通常7-10天內會消退。嚴重的併發症有無菌性腦膜炎、腦炎、心肌炎及急性肢體無力等，但並不常見。

預防感染

預防傳播和感染腸病毒是保持個人衛生，例如：

- ◆ 吃飯前、如廁後及處理完嬰兒的尿片或其他穢物後應徹底洗手。
- ◆ 咳嗽或打噴嚏時應掩蓋口鼻。
- ◆ 兒童玩具或用具應經常清洗乾淨。
- ◆ 患手足口病的兒童應該：
 - 留在家中休息，直至痊癒
 - 避免和家人共用食具
- ◆ 如有以下癥狀，應立即求診：
 - 持續高燒
 - 嚴重嘔吐，沒法進食
 - 極度疲倦及昏睡
 - 焦躁不安
 - 腹脹
 - 閉尿(長時間沒有排尿)
 - 呼吸急促
 - 心跳或脈搏極快(每分鐘多於140)
 - 手腳無力，活動困難
 - 肌肉抽搐
 - 眼部活動異常
 - 盜汗，手腳冰冷，臉色蒼白


留意家中其他小童，如有類似徵狀，應立刻求診

資料由瑪麗醫院兒童及青少年科提供。



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腸病毒感染資料 ADVICE ON ENTEROVIRUS INFECTION

 瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
Ownership	QMH/Paediatrics & Adolescent Medicine-1
Last review/revision	Jul/2024
Approval	HKWC Information Pamphlet Working Group
Distribution	As requested

ADVICE ON ENTEROVIRUS INFECTION

Enteroviruses are small RNA viruses which can be divided into 5 groups with many sub types. The 5 groups are Polioviruses, Coxsackieviruses A, Coxsackieviruses B, ECHO viruses and Enteroviruses respectively.

Mode of Transmission

- ◆ Enteroviruses enter the body via oral route and they are shed either the faeces or from the oropharyngeal secretion.
- ◆ Young children are the main infected host or reservoir but adults can also be infected.
- ◆ The viruses are transmitted by the faecal-oral route or by direct contact with respiratory secretion.

Clinical Manifestation

- ◆ Enteroviral infections are mostly mild.
- ◆ Hand-foot-mouth disease (HFMD) is one of the commonest form of

enteroviral infection. It usually presents with fever which lasts for 4-5 days. It is associated with painless vesicles and rash at hand, feet and buttock. Painful ulcers are found in the mouth and tongue, causing difficulties in swallowing. The condition may last for 7-10 days.

- ◆ More severe complications are rare, but include aseptic meningitis, encephalitis, myocarditis and acute flaccid paralysis.

Preventive Measures

The most important in avoiding the acquisition and transmission of enterovirus infection is to observe personal hygiene

- ◆ Wash hands thoroughly before eating, after toileting or handling nappy/excreta.
- ◆ Cover mouth and nose when coughing or sneezing.
- ◆ Clean surfaces of toys and other appliances thoroughly.
- ◆ If a child is suffering from HFMD/

herpangina, he/she should stay at home and take adequate rest until recovery. He/she should refrain from going to school or day-care centre until the illness is over.

- ◆ Avoid sharing of eating utensils among household members;
- ◆ Either visit the Accident and Emergency Department consult or a doctor when the child has any of the following conditions :
 - Persistent high fever
 - Repeated vomiting and poor feeding
 - Easy fatigue and sleepiness
 - Irritability
 - Abdominal distension
 - Urine retention
 - Shortness of breath
 - Fast heart beat or pulse (>140/min.)
 - Unsteady gait or limb weakness
 - Muscle jerk
 - Abnormal eye movement
 - Extremities with cold sweating or pallor

Observe closely for similar symptoms or signs among other children in the household and consult a doctor as soon as possible when these similar symptoms or signs appear