

在白细胞计数低时预防感染

Preventing Infections When Your White Blood Cell Count is Low

Low white blood cell (WBC) count is called neutropenia. Chemotherapy, radiation therapy, other treatments or an illness may cause a low WBC count. A low WBC count makes you more likely to get an infection.

Often the only sign of an infection in a person with cancer is a fever. Most people getting cancer treatments are told to check their temperature 2 times each day while their WBC count is low. Your doctor or nurse may give you other instructions. Do not take any medicines such as Tylenol to lower your temperature unless directed by your doctor.

When your WBC is low, you need to take extra care to prevent infection.

To Help Prevent Infection:

Hygiene

- Wash your hands for at least 15 seconds with warm water and soap. Wash before eating, when preparing food, and after using the toilet. Anyone caring for you should do the same.
- Shower or take a bath every day if you are allowed.
- Do not take bubble baths or use hot tubs.
- Check your skin closely for cuts, rashes, redness and swelling. Call your doctor if you have problems.
- After you urinate or have a bowel movement, always wipe from your front to your back. Wash your hands.

白细胞（WBC）计数低被称为嗜中性白血球减少症（Neutropenia）。化疗、放疗、其他治疗或疾病都可能引起白细胞计数低。白细胞计数低会使您更有可能受到感染。

通常，癌症患者受感染的唯一症状是发烧。大多数正进行癌症治疗的患者在白细胞计数低时都被告知要每天检测体温2次。您的医生或护士也可能会给您其他的指示。除非由您的医生指示，否则不要服用任何如泰诺（Tylenol）等的药物来降低体温。

当您白细胞低的时候，您需要格外小心避免感染。

通过以下方式避免感染：

卫生

- 用温水和肥皂洗手，至少持续15秒钟的时间。在吃东西之前、准备食物时以及在用完厕所之后都要洗手。任何护理您的人员也都应当这么做。
- 如果可以，每天洗澡（淋浴或盆浴）。
- 不要洗泡泡浴或用热水按摩浴缸。
- 仔细检查皮肤有无割伤、皮疹、发红和肿胀。如果您有问题，请致电给您的医生。
- 在您小便或大便之后，始终要从前面往后面进行擦拭。要洗手。

- Use an electric razor for shaving to avoid cuts.
- Use a soft bristle toothbrush to clean your teeth after eating and before bedtime. If you have dentures, clean them in the morning and evening.
- Inspect your mouth each day. Call your doctor if you have any redness, white patches, cuts or bumps.
- Wear a mask or leave the room when it is being cleaned.
- Do not use douches or tampons.
- Use a condom and a water-based lubricant such as K-Y Jelly when having sexual intercourse. Do not use a diaphragm or IUD.
- 使用电动剃刀来剃须，以避免割伤。
- 使用软毛牙刷，在吃东西后和就寝前刷牙。如果您佩戴假牙，早晨和傍晚都要对其进行清洁。
- 每天检查口腔。如果您有任何发红、白斑、割伤或肿块，请致电给您的医生。
- 在清理房间时，请佩戴口罩或离开房间。
- 不要使用灌洗器或用月经棉条。
- 在性交时请用避孕套和水基滑润剂，如K-Y软膏。不要使用子宫帽避孕套或避孕环（IUD）。

Food Safety

- Do not eat raw or undercooked foods such as:
 - Fresh fruit or vegetables
 - Raw eggs, meat or fish
- Cook meat, fish and eggs well done.
- Use only **pasteurized** milk, cheeses, yogurt or cream.
- Do not leave drinks sitting out for more than 2 hours.

Other Tips

- Get plenty of rest. Try to get about 8 hours of sleep a night.
- Walk, or at least sit up in a chair, 3 to 4 times a day. Pace yourself and do not get too tired.
- Avoid people with infections such as colds, flu, cold sores, shingles, chicken pox, measles and mumps.

食品安全

- 不要吃生的或未煮熟的食物，例如：
 - 生水果或蔬菜
 - 生鸡蛋、生肉或生鱼
- 将鸡蛋、肉或鱼完全煮熟后食用。
- 只食用经过巴氏**消毒**牛奶、干酪、酸奶或奶油。
- 不要饮用打开放置超过2个小时的饮料。

其他提示

- 要多休息。每晚尽量睡够约8小时。
- 每天步行（或至少在椅子中坐直）3至4次。自己安排步调，不要太过疲劳。
- 避开感染感冒、流感、感冒疮、带状疱疹、水痘、麻疹和流行性腮腺炎的人。

- Avoid people who have had vaccines in the past few weeks. Vaccines could be for polio, rubella, mumps, measles, yellow fever or smallpox.
- Ask your doctor before getting vaccines when your WBC count is low.
- Do not clean birdcages, fish tanks or cat litter boxes. If there is no one to help you, wear rubber gloves and throw them away after every use.
- Wear gloves when gardening. Avoid plants and live flowers in vases.
- Have your furnace filters changed each month.
- 避开在过去几个星期里注射过疫苗的人。例如为预防小儿麻痹症、风疹、流行性腮腺炎、麻疹、黄热病或天花的疫苗等。
- 当您白细胞计数低的时候，在注射疫苗之前请先咨询您的医生。
- 不要清理鸟笼、鱼缸或猫砂盒。如果没有人帮您，请戴橡胶手套，每次用完之后丢掉手套。
- 进行园艺操作时请佩戴手套。避开花瓶中的植物和鲜花。
- 每个月更换您的火炉过滤网。

Call your doctor right away if you have:

- A fever over 100.4 degrees F or 38 degrees C
- Chills or sweats
- Any signs of infection such as redness, warmth, swelling, drainage or pain
- Sweats
- Feel more tired
- Sore throat or mouth
- A cough
- Pain or burning when passing urine
- Cloudy or bloody urine

Talk to your doctor or nurse if you have any questions or concerns

若有下列现象，请立即联系医生：

- 发热超过华氏100.4度或摄氏38度
- 发寒或出汗
- 任何如发红、发热、肿胀、流排泄物或疼痛的感染症状
- 出汗
- 感到异常疲劳
- 喉咙痛或口腔疼痛
- 咳嗽
- 小便时疼痛或灼痛
- 小便不清或带血

如果有任何疑问或担心，请咨询医生或护士。