

在白細胞計數低時預防感染

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.

低白細胞（WBC）計數又稱嗜中性白血球減少症（neutropenia）。化療、放療、其他治療或疾病都可能引起低白細胞計數。白細胞計數低令您更有可能受到感染。

一般而言，癌症患者受感染的唯一症狀是發燒。大多接受癌症治療的患者白細胞計數低時，都會被要求每天測量體溫兩次。您的醫生或護士可能會給您其他指示。如無醫生指引，切勿服用 Tylenol 等藥物降溫。

白細胞計數低時，需格外小心免受感染。

下列行為有助避免感染：

衛生

- 以溫水和肥皂洗手至少十五秒鐘。進食前、煮食時及如廁後都要洗手。任何照顧您的人都應這樣做。
- 如情況允許，每天淋浴或洗澡。
- 不要洗泡泡浴或用熱浴缸。
- 仔細檢查皮膚有沒有割傷、皮疹、發紅和腫脹。如有問題，請致電醫生。
- 小便或大便後，緊記由前往後擦拭乾淨。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.

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.

- 請用電動剃刀剃鬚，避免割傷。
- 使用軟毛牙刷，在進食後和就寢前刷牙。如有佩戴假牙，早晨和傍晚都要清潔乾淨。
- 每天檢查口腔。如果你有任何發紅、白斑、切傷或腫塊，請打電話給你的醫生。
- 有人清理房間時，請佩戴口罩或離開房間。
- 別灌洗陰道或使用月經棉條。
- 性交時請用避孕套和水基滑潤劑，如 K-Y 軟膏。不要使用子宮帽避孕套或避孕環（IUD）。

食品安全

- 不要吃生的或未煮熟的食物，例如：
 - 新鮮水果或蔬菜
 - 生雞蛋、肉或魚
- 將雞蛋、肉或魚徹底煮熟。
- 只食用**消毒過的**牛奶、起司、乳酪或奶油。
- 切勿放置飲料超過兩小時。

其他提示

- 要多休息。每晚嘗試睡八小時左右。
- 每天慢走三到四次，或至少坐到椅子上。跟隨自己步調，不要累壞自己。
- 避開感染感冒、流感、感冒瘡、帶狀皰疹、水痘、麻疹和流行性腮腺炎的人士。

- 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.
- 避開在過去數星期注射疫苗的人。疫苗可以是小兒麻痺症、風疹、流行性腮腺炎、麻疹、黃熱病或天花疫苗。
- 白細胞計數低時，注射疫苗前應事先問準醫生。
- 不要清理鳥籠、魚箱或貓糞箱。如沒有人幫忙，事前請佩戴橡膠手套，用完後馬上丟棄。
- 作園藝時請戴手套。遠離放置在花瓶中的植物和鮮花。
- 每個月請人更換火爐過濾網。

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

如有下列情況，請立即致電醫生：

- 體溫高於華氏 100.4 °度或攝氏 38 °度
- 發寒或出汗
- 任何如發紅、發熱、腫脹、流排洩物或疼痛等感染症狀
- 出汗
- 感到更加疲累
- 喉嚨痛或口痛
- 咳嗽
- 小便時疼痛或灼痛
- 小便不清或帶血

若您有任何疑問或擔憂，請諮詢您的醫生或護士。