

甲、乙、丙、丁、戊、庚型肝炎

「肝炎」即是肝臟細胞發炎。肝炎的成因有很多，而過濾性病毒是其中之一種。其他包括酒精、藥物、化學劑和遺傳病等。

「病毒性肝炎」一詞普遍用於臨床病徵相似，但其實由不同病毒所引起的肝炎。症狀包括食慾不振、疲倦無力、噁心、嘔吐、肚瀉、發熱、上腹不適、黃疸及小便呈茶色。現今已鑑別出最少有六種不同的病毒，分別為甲、乙、丙、丁、戊、庚型。甲型和戊型肝炎是經由腸道傳染，而乙、丙、丁、庚型肝炎則是由血液途徑傳染。在香港，甲型和乙型是病毒性肝炎中最流行的兩種。



甲型肝炎

甲型肝炎可說是最流行的一種肝炎，主要是由腸道傳染，例如吃了受病毒沾染而未經煮熟的食物，特別是蜆、蠔等貝殼類食物，或飲用受污染的水和奶等。其潛伏期為二至六星期。

大部份的患者都能完全康復，但亦有極少數的病例會發展成肝臟衰竭，甚至死亡。甲型肝炎痊癒後，通常可獲終生免疫，並沒有長期帶病毒的情況。



預防方法

注射甲型肝炎免疫球蛋白只有短暫的保護作用，而甲型肝炎疫苗的保護期的長短有待研究確定。因此最佳的預防方法是飲用煮沸的食水和吃清洗乾淨並徹底煮熟的食物。（甲型肝炎病毒在 100 高湯煮五分鐘才會死亡）



乙型肝炎

乙型肝炎在香港極之普遍，有半數本地人士或曾受此病毒感染。

乙型肝炎病毒存在於血液及體液內，傳染途徑包括四種：（一）血液接觸，（二）性接觸，（三）母親在生產或快將生產時傳染給嬰兒，（四）家庭內的親密接觸。



其潛伏期為六星期至六個月。此病毒會引起急性肝炎，更可導致慢性肝病包括肝硬化和肝癌。大概有百份之五至十的成年人和百份之七十至九十的嬰兒受感染後未能完全清除病毒而成為長期帶病毒者，同時亦成為傳播根源，將病毒傳染給他人。

預防方法

最有效的預防方法是接受預防乙型肝炎疫苗注射。初生嬰兒及六歲以下的學前兒童可於母嬰健康院接受免費疫苗注射。帶病毒母親產下的嬰兒在出生時需注射多一針乙型肝炎免疫球蛋白。

醫護人員感染乙型肝炎的機會較大，因此亦應接受疫苗注射。

疫苗必須注射三次，才可產生最佳的保護作用，基本程序如下：

第一和第二劑：相距一個月

第二和第三劑：相距五個月

於處理血液及體液時遵行一般的預防措施是可以避免傳染乙型肝炎及其他經由血液傳染的疾病，任何傷口要妥善包紮好。接觸傷口時應先戴上保護手套。針灸、紋身及穿耳所用的儀器必須徹底消毒。切勿與人共用牙刷和剃刀等用具。減少性伴侶的數目和正確使用安全套。



丙型肝炎

丙型肝炎主要傳播途徑是透過輸血和共用針筒針咀注射毒品。感染後亦會導致慢性肝病，甚至肝癌。自1991年7月起，香港紅十字會已對所有收集的血液樣本進行丙型肝炎抗體測試。在香港，估計有千份之二的人曾感染這病毒，現時還未發明有效的預防丙型肝炎疫苗。



丁型肝炎

丁型肝炎病毒，又稱為 Delta Agent，傳播途徑與乙型肝炎一樣，是世界多處引起急性和嚴重慢性肝炎的其中一個主因，但卻少見於亞洲。丁型肝炎病毒是一種不完全的病毒因子，需要依附在乙型肝炎病毒中才可以在人體細胞內生存及繁殖。因此，有效預防乙型肝炎亦同時可預防丁型肝炎。

戊型肝炎

戊型肝炎病毒，像甲型肝炎病毒一樣，是經由腸道傳染，在一些發展中的國家是十分普遍，但在香港並未曾普遍流行，暫時仍未發明有效的預防戊型肝炎疫苗。

庚型肝炎

庚型肝炎病毒是一種最新發現的肝炎病毒。庚型肝炎在香港並不常見。其主要傳染途徑是透過血液傳染。庚型肝炎會否導致慢性肝病或肝癌，現在仍有待研究，但暫時卻沒有有效的預防疫苗。

HEPATITIS A B C D E G

"Hepatitis" means inflammation of the liver cells. There are many causes of hepatitis and viral infection is one of them. Others include alcohol, drugs, chemicals and hereditary diseases.

The term "viral hepatitis" is commonly used for several clinically similar diseases that are etiologically and epidemiologically distinct. Symptoms include poor appetite, tiredness, nausea, vomiting, diarrhoea, fever, upper abdominal discomfort, jaundice and tea-coloured urine. Nowadays, at least 6 different agents have been identified, namely Hepatitis A, B, C, D, E and G virus. Hepatitis A and E are spread by the oro-fecal route while Hepatitis B, C, D and G are transmitted parenterally. In Hong Kong Hepatitis A and B infection are more common than the others.



Hepatitis A

Hepatitis A virus (HAV) is probably the most common of all hepatitis. It is transmitted by the oro-fecal route through contaminated food, drinks and shellfish. It has an incubation period of 2 to 6 weeks.

Most patients have a complete recovery but in a few cases, the liver may be severely affected. Immunity is usually life-long and there is no chronic carrier state.



Prevention

Hepatitis A immunoglobulin only provides short-term protection. On the other hand, the protection period of Hepatitis A vaccine is still under observation. Therefore the more practical way to prevent this disease is to drink boiled water and eat well-cooked food (100 boiling water of 5 minutes can kill Hepatitis A virus)

Hepatitis B

Infection by the hepatitis B virus (HBV) is extremely common in Hong Kong. Half of the local population have been infected by the virus.

HBV is present in blood and body fluids of carriers and is spread in four ways: (i) blood contact, (ii) sexual contact, (iii) mother to infant transmission at or around the time of delivery, (iv) close intrafamily contact.

It has an incubation period of 6 weeks to 6 months. The virus causes acute hepatitis which can be followed by chronic liver damage, including cirrhosis and liver cancer. Approximately 5-10% of adults and 70-90% of infants infected are unable to clear the virus, thus becoming chronic carriers and serve as a source of infection to others.

Prevention

The most effective way of prevention is by Hepatitis B vaccination. Newborn babies and pre-school children at or below the age of 6 can receive free vaccination service in all Maternal and Child Health Centres. Babies born to carrier mothers should receive an additional dose of Hepatitis B immunoglobulin at birth.

Health care workers are at higher risk of contracting HBV and should therefore be vaccinated.

Three doses of vaccine are necessary to ensure maximum protection. The basic schedule is as follows:

1st and 2nd dose: at an interval of 1 month.

2nd and 3rd dose: at an interval of 5 months.

Universal blood precautions should be taken to prevent transmission of HBV or other bloodborne pathogens. All wounds should be properly dressed. Wear disposable gloves before touching wounds. Equipments for acupuncture, tattooing and ear-piercing should be adequately sterilized. Do not share toothbrushes and razors etc.

Limit the number of sexual partners and always practise safer sex with condoms.

Hepatitis C

Hepatitis C is mainly acquired by blood transfusion and sharing needles among injecting drug users. It can lead to severe chronic hepatitis and even liver cancer. Since July, 1991 the HK Red Cross Transfusion service screens all donated blood for Hepatitis C antibody. In Hong Kong there is 0.2% of the population estimated to be infected with Hepatitis C. At present there is no effective vaccine to prevent hepatitis C infection.

Hepatitis D

Hepatitis D virus (HDV), also known as the delta agent, is transmitted by the same routes as HBV and is an important cause of acute and severe chronic hepatitis in many parts of the world but is uncommon in Asia. HDV is an incomplete viral particle which cannot reproduce in liver cells without the presence of HBV. In other words, effective prevention of hepatitis B will also prevent against hepatitis D.

Hepatitis E

Hepatitis E virus (HEV) like HAV, is transmitted by the oro-fecal route. It has been responsible for large outbreaks of infection in many developing countries. Hepatitis E infection is uncommon in Hong Kong. Vaccine is not yet available.

Hepatitis G

Hepatitis G virus is a newly found virus. It is uncommon in Hong Kong. The main route of transmission is by blood contact. The possibility of developing chronic hepatitis or liver cancer is still under study. Vaccine is not yet available.



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Website 網址
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