B 型 (乙型) 肝炎：
移民需要知道什麼?

Hepatitis B:
What Do Immigrants Need To Know?

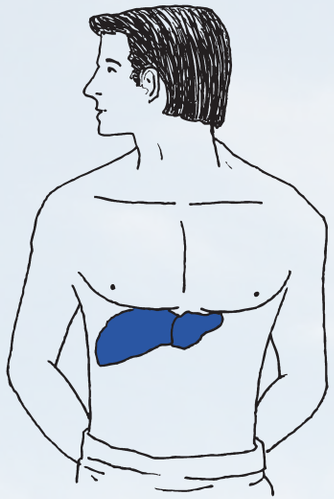
介紹

B 型肝炎是一種由 B 型肝炎病毒所引起的肝臟發炎。

這種病毒非常容易傳播(比愛滋病病毒更容易)。

當這種病毒進入血液後，能引起嚴重的肝臟疾病，例如：慢性肝炎(肝臟炎症)，肝硬化和肝癌。

比起在加拿大或美國出生的人，移民更有可能在他們的血液中帶有 B 型肝炎病毒。



什麼是 B 型肝炎？

感染 B 型肝炎的人通常沒有症狀，而且他們不知道自己曾經接觸過病毒。

很多得到 B 型肝炎的人會康復並且對它產生免疫力。他們永遠不會再感染這個病，也不會將它傳播給其他人。

但是，有些感染 B 型肝炎的人卻永遠不會康復而成爲肝炎帶菌者。他們有可能將此病傳給他們的家人和性伴侶。

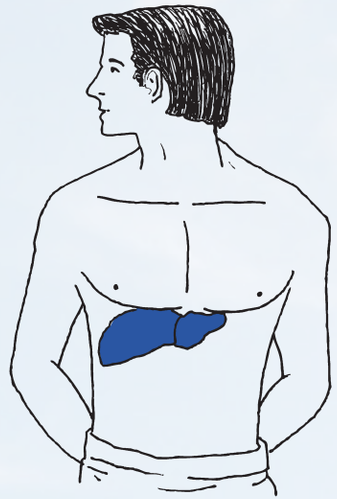
Introduction

Hepatitis B is an infection of the liver and is caused by the hepatitis B virus.

The virus can spread very easily (more easily than the AIDS virus).

After the virus enters the bloodstream, it can cause serious liver diseases such as chronic hepatitis (liver inflammation), cirrhosis, and liver cancer.

Immigrants are far more likely to carry the hepatitis B virus in their blood than people who were born in Canada or the United States.



What is hepatitis B?

Hepatitis B is a serious disease of the liver. People who are infected with the hepatitis B virus often experience no symptoms and do not know that they have been exposed to the virus.

Many people who get hepatitis B recover and become immune to the disease. They will never contract it again and cannot pass the disease to other people.

However, some people who get hepatitis B never recover and become hepatitis carriers. They can pass the disease to their family members and sexual partners.

B 型肝炎的症狀是什麼？

在感染 B 型肝炎的時候，
很多人是沒有症狀的。

B 型肝炎最常見的症狀是：

- 發燒
- 疲倦
- 沒有食慾
- 噁心嘔吐
- 腹部不適
- 皮膚和眼睛變黃
- 深色的尿液和淡色的糞便

What are the symptoms of hepatitis B infection?

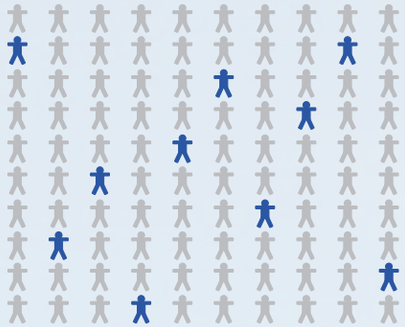
Many people have no symptoms when they are exposed to hepatitis B.

The most common symptoms of hepatitis B infection are:

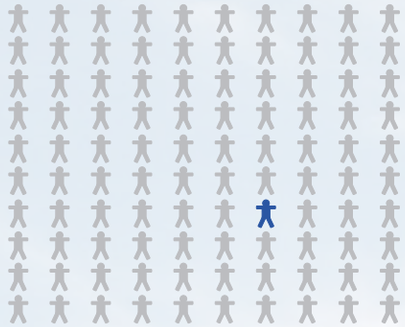
- Fever
- Tiredness
- Loss of appetite
- Nausea and vomiting
- Abdomen discomfort
- Yellowish skin and eyes
- Dark urine and light stools

那些國家的 B 型肝炎感染率比較高？

亞洲國家有較高的 B 型肝炎感染率。約有百分之十移民到北美的亞洲人是 B 型肝炎帶菌者。相比之下，在加拿大和美國出生的人當中，只有低於百分之一的人是 B 型肝炎帶菌者。



约有10%在北美的亞裔移民是B型肝炎帶菌者



少於1%在加拿大或美國的出生的人是B 型肝炎帶菌者

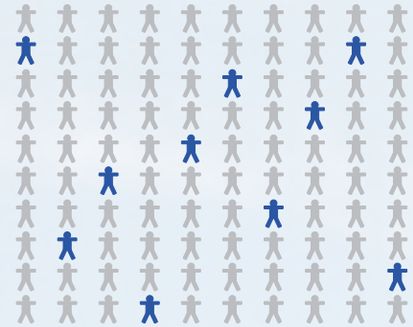
很多在非洲、中東、東歐和前蘇聯的國家，他們的 B 型肝炎感染率也很高。

沒有人知道爲什麼 B 型肝炎在某些國家比較普遍。但是，一旦它在一個國家內形成了，就很容易由上一代傳給下一代。

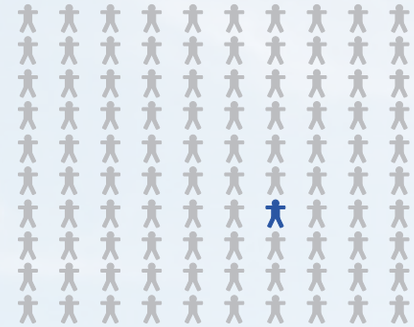
全球B型肝炎分布 深顏色的地方表示感染率高

Which countries have high rates of hepatitis B infection?

Asian countries have high rates of hepatitis B infection. About 10% of Asian immigrants to North America are hepatitis B carriers, compared to less than 1% of people who were born in Canada or the United States.



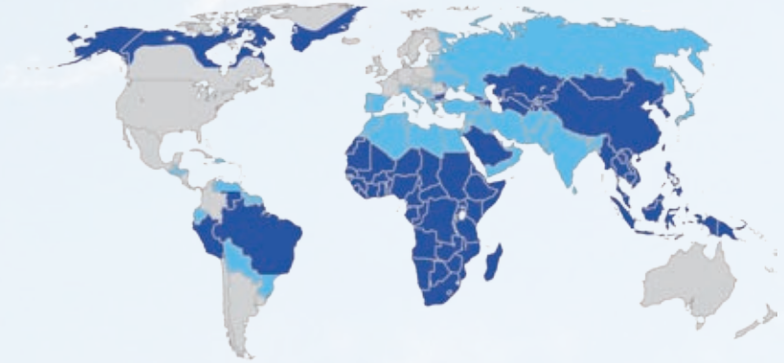
About 10% of Asian immigrants to North America are hepatitis B carriers.



Less than 1% of people who were born in Canada or the United States are hepatitis B carriers.

Most countries in Africa, the Middle East, Eastern Europe, and the former Soviet Union also have high rates of hepatitis B infection.

Nobody knows why hepatitis B is more common in some countries than others. However, once the disease is established in a country, it is easily spread from one generation to the next.



Hepatitis B worldwide. Darker colors indicate higher rates of infection.

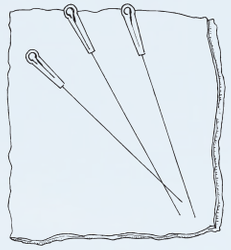
B 型肝炎是如何傳播的？

B 型肝炎是由接觸感染者的血液或其他體液來傳播。有幾種情況可能會引起 B 型肝炎的感染：

- B 型肝炎帶菌者的婦女在生產時傳染給她的嬰兒
- B 型肝炎帶菌者進行不安全的性交
- B 型肝炎帶菌者和他人共用刮鬍刀、牙刷、或指甲刀
- B 型肝炎帶菌者和他人共用針灸、穿耳洞、或紋身用的針

B 型肝炎不是經由空氣、食物或水來傳播。人們不會感染 B 型肝炎當他們：

- 和一位 B 型肝炎帶菌者牽手或握手
- 當一位 B 型肝炎帶菌者打噴嚏或咳嗽時，和他/她站得很近
- 和一位 B 型肝炎帶菌者共用叉子、筷子和其他進食用的餐具
- 吃由一位 B 型肝炎帶菌者所準備的食物



How is hepatitis B spread?

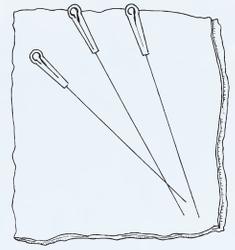
Hepatitis B is transmitted by contact with an infected person's blood or other body fluids.

Exposure to hepatitis B can occur when:

- A woman who is a hepatitis B carrier infects her baby during childbirth
- A person who is a hepatitis B carrier engages in unprotected sexual intercourse
- A person who is a hepatitis B carrier shares razors, toothbrushes, or nail clippers with another person
- A person who is a hepatitis B carrier shares acupuncture, ear piercing, or tattooing needles with another person

Hepatitis B is not transmitted through the air, food, or water. People *cannot* get hepatitis B when they:

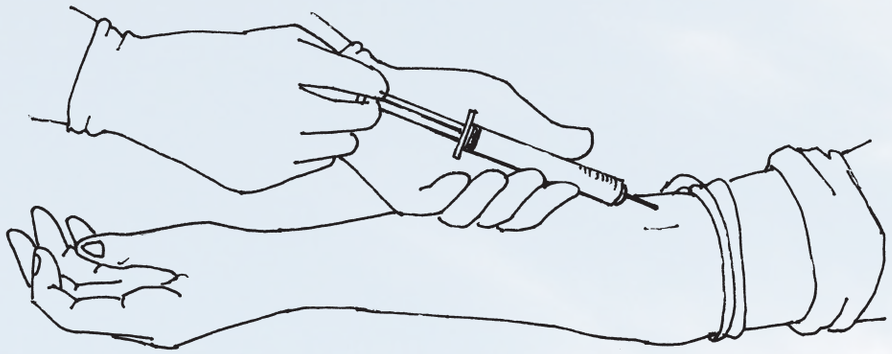
- Hold or shake hands with a hepatitis B carrier
- Stand close to a hepatitis B carrier when he/she sneezes or coughs
- Share forks, chopsticks, and other eating utensils with a hepatitis B carrier
- Eat food that has been prepared by a hepatitis B carrier



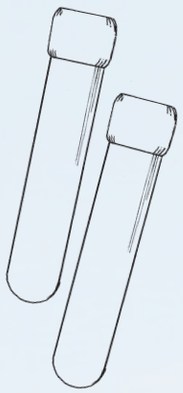
如何才能知道自己是否感染過 B 型肝炎？

一個簡單的血液測驗能顯示人們是否曾經感染 B 型肝炎。

B 型肝炎血液測驗：



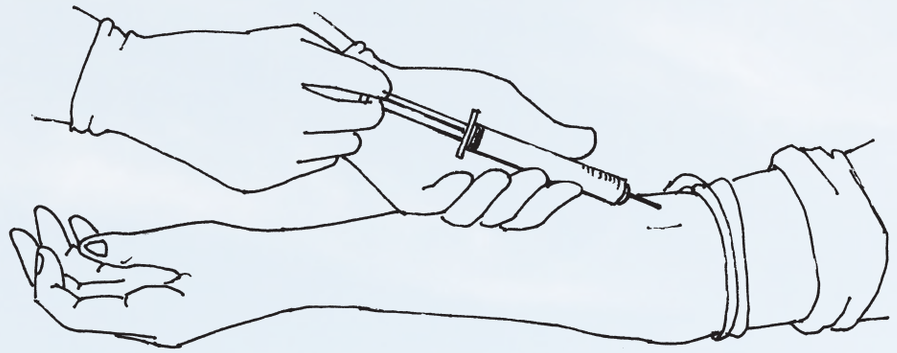
- 可以在任何醫生的辦公室或門診進行
- 只花幾分鐘
- 只需要非常少量的血
- 不需要做任何準備
- 通常只需要做一次



通常在兩三個星期後就可以知道 B 型肝炎測驗結果。

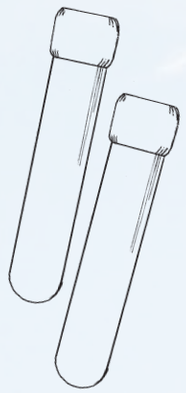
How can people find out if they have been infected with hepatitis B?

A simple blood test can show whether people have been infected with hepatitis B.



The hepatitis B blood test:

- Can be done at any doctor's office or clinic
- Just takes a couple of minutes
- Only requires a very small amount of blood
- Does not require any preparation
- Usually only needs to be done once



Hepatitis B test results are normally available in a couple of weeks.

B 型肝炎測驗結果有三種

沒有感染 B 型肝炎

- 這個人從未感染過 B 型肝炎。他/她應該和他/她的醫生談談是否需要注射疫苗來對抗病毒。

對 B 型肝炎免疫

- 這個人以前曾經感染過 B 型肝炎病毒並且已經完全康復。他/她不會感染別人而且不需要注射疫苗。

B 型肝炎帶菌者

- 這個人曾經感染過 B 型肝炎病毒但未能完全康復。他/她的血液裡帶有引起 B 型肝炎的病毒。和非 B 型肝炎帶菌者相比，這個人的肝臟比較有可能受到損傷及患上肝硬化和肝癌。
- 一位 B 型肝炎帶菌者可能看起來和感覺起來是健康的。但是，他/她應該採取預防措施來避免感染他/她的家人和其他人。對帶菌者的家人來說，去做檢查及注射疫苗來對抗 B 型肝炎是很重要的。
- B 型肝炎帶菌者應該定期做健康檢查、血液測驗、和 X 光檢查，以便能儘早查出肝臟損傷。此外，醫生可能會建議用藥物來預防肝臟損傷。

There are three types of hepatitis B blood test results

Not infected with hepatitis B

- The person has never been exposed to hepatitis B. He/she should talk to his/her doctor about getting vaccinated against the virus.

Immune to the hepatitis B virus

- The person has been infected with the hepatitis B virus in the past and has fully recovered. He/she cannot infect another person and does not need to be vaccinated.

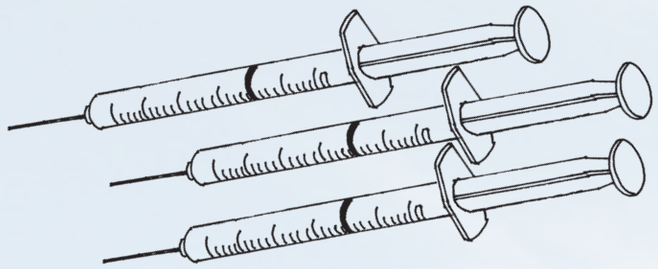
Hepatitis B carrier

- The person has been infected with the hepatitis B virus and has not fully recovered. He/she carries the virus that causes hepatitis B disease in his/her blood. The person is far more likely to experience liver damage, cirrhosis, and liver cancer than people who are not hepatitis B carriers.
- A hepatitis B carrier may look and feel healthy. However, he/she should take precautions to avoid infecting his/her family and other people. It is important for family members of carriers to get tested and vaccinated against hepatitis B.
- Hepatitis B carriers should get regular check-ups, blood tests, and X-rays so liver damage can be detected early. Additionally, doctors may recommend medicines to prevent liver damage.

注射 B 型肝炎疫苗

人們可以注射疫苗來對抗 B 型肝炎。B 型肝炎疫苗已經在北美使用超過 20 年而且很安全。

如果 B 型肝炎血液測驗結果顯示沒有感染過 B 型肝炎病毒，這個人應該和他/她的醫生談談是否注射 B 型肝炎疫苗。



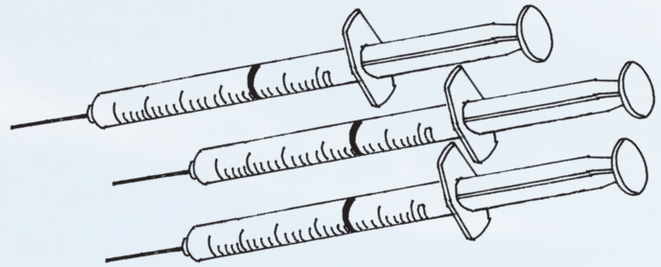
注射 B 型肝炎疫苗對 B 型肝炎帶菌者的家人以及有多位性伴侶的人特別重要。

疫苗注射是在六個月內打三針。第二針是在第一針打完一個月後打，第三針是在第一針打完六個月後打。

Hepatitis B vaccination

People can be vaccinated against hepatitis B. The hepatitis B vaccine has been used in North America for over 20 years and is very safe.

If the hepatitis B blood test shows no previous exposure to the hepatitis B virus, the person should talk to his/her doctor about getting the hepatitis B vaccine.



Hepatitis B vaccination is especially important for the family members of carriers as well as people with multiple sexual partners.

Vaccination involves a series of three shots over a six-month period. The second shot is given one month after the first shot, and the third shot is given six months after the first shot.

爲什麼有很多移民還沒有做 B 型肝炎血液檢查？

移民解釋爲何他們沒有做 B 型肝炎血液檢查。以下是其中一小部分原因：

“我住在北美洲，所以沒有感染 B 型肝炎的危險。”

相對於亞洲、非洲、中東、東歐、和前蘇聯等地區，B 型肝炎在加拿大和美國比較不普遍。但是，大多數有 B 型肝炎的移民是在嬰兒或兒童時期受感染。當他們來北美時，很多已是 B 型肝炎帶菌者。

“我從來沒有 B 型肝炎的症狀。”

大約三分之二感染 B 型肝炎的人沒有任何症狀。大部分的 B 型肝炎帶菌者看起來和感覺起來是健康的，也不知道他們的血液裡帶有病毒。只有血液測驗能顯示某人是不是 B 型肝炎帶菌者。知道自己是不是帶菌者這點很重要，因爲這樣人們才能保護他們的家人。

“我定期運動，吃健康的食物，並且不喝酒。”

擁有健康的生活習慣是很重要。但是，它並不能保護人們免於受到 B 型肝炎感染。做 B 型肝炎血液測驗仍然很重要。根據測驗結果，人們或許可以藉著注射疫苗來預防 B 型肝炎感染。

“我的醫生從來沒有告訴我，我需要做 B 型肝炎檢查。”

醫生有很多病人，無法記得和每一位移民談有關做 B 型肝炎檢查的事。如果一位醫生不知道某人是從 B 型肝炎感染率高的國家移民來的，他/她可能就不會想到要做檢查。移民應該約個時間去看醫生並且詢問有關 B 型肝炎檢查的事。

“我怕醫生會告訴我，說我是一個 B 型肝炎帶菌者。”

讓 B 型肝炎帶菌者越早知道他們的血液裡帶有病毒是很重要的。他們必須採取預防措施來保護他們的家人。同時，帶菌者需要定期讓醫生檢查，有些帶菌者或許可以服用藥物來預防肝臟損傷。

Why have many immigrants not been tested for hepatitis B?

There are many reasons immigrants give for not getting tested for hepatitis B. Here are just a few:

“I am not at risk of hepatitis B because I live in North America.”

Hepatitis B is less common in Canada and the United States than in regions such as Asia, Africa, the Middle East, Eastern Europe, and the former Soviet Union. However, most immigrants with hepatitis B were infected as infants or children. Many immigrants are hepatitis B carriers when they come to North America.

“I have never had any symptoms of hepatitis B.”

About two-thirds of people who are infected with hepatitis B do not have any symptoms. Most hepatitis B carriers look and feel healthy, and don’t know they are carrying the virus in their blood. Only a blood test can tell if someone is a hepatitis B carrier. It is important for people to know if they are carriers so they can protect their families.

“I exercise regularly, eat healthy food, and do not drink alcohol.”

It is important to lead a healthy lifestyle. However, these things do not protect people from hepatitis B infection. It is still important to get a hepatitis B blood test. Depending on the results, people may benefit from a vaccine to prevent hepatitis B infection.

“My doctor has never told me that I should get tested for hepatitis B.”

Doctors have many patients and can’t remember to talk to every immigrant about being tested for hepatitis B. If a doctor does not know someone is an immigrant from a country with high rates of hepatitis B infection, he/she may not think about it. Immigrants should make an appointment to see their doctor and ask about hepatitis B testing.

“I am afraid the doctor will tell me that I am a hepatitis B carrier.”

It is important for hepatitis B carriers to know they carry the hepatitis B virus in their blood as soon as possible. They need to take precautions to protect their family. Also, carriers need to be checked regularly by a doctor, and some carriers may benefit from medicine to prevent liver damage.

我要如何和我的醫生談做 B 型肝炎檢查的事？

告訴您的醫生，您最近在一個 ESL 課程中獲得有關 B 型肝炎的資料。

告訴您的醫生，資料中說由您的國家來的移民得 B 型肝炎的風險很高。

告訴您的醫生，您聽說過 B 型肝炎檢查和疫苗。

將這本小冊子給您的醫生看。

How do I talk to my doctor about being tested for hepatitis B?

Tell your doctor that you recently received information about hepatitis B in an ESL class.

Tell your doctor that the information said that immigrants from your country are at high risk of hepatitis B.

Tell your doctor that you heard about the hepatitis B test and vaccine.

Show your doctor this pamphlet.

請記得...

由亞洲、非洲、中東、東歐和前蘇聯等大部份國家來的移民，感染 B 型肝炎的風險很高。

B 型肝炎血液檢查是查出一個人是否曾感染過 B 型肝炎病毒的唯一方法。

有疫苗可以預防感染 B 型肝炎。

知道您的 B 型肝炎狀況可以除去您不必要的擔憂，保護您的家人及後代的健康。

如果您還沒有做過 B 型肝炎檢查，約個時間去看您的醫生，將這本小冊子給他/她看，並且和他/她談談 B 型肝炎檢查。

Remember…

Immigrants from most countries in Asia, Africa, the Middle East, Eastern Europe, and the former Soviet Union are at high risk of hepatitis B infection.

Hepatitis B testing is the only way to find out if a person has been exposed to the hepatitis B virus.

There is a vaccine that can prevent hepatitis B infection.

Knowing your hepatitis B status can save you unnecessary worry, protect your family, and help future generations.

If you have not been tested for hepatitis B, make an appointment to see your doctor, show him/her this pamphlet, and talk to him/her about hepatitis B testing.

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Funding for development and printing of this pamphlet:
NCI #CA113663
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