

Flu information

流感信息

What is the flu?

什么是流感？

The flu (influenza) is an infection of the nose, throat, and lungs caused by influenza viruses. Flu viruses cause illness, hospital stays and deaths in the United States each year. There are many different flu viruses and sometimes a new flu virus emerges to make people sick.

流感是由流感病毒所引起的鼻、喉及肺部感染。每年，美国有大量人群感染上流感病毒，并因此而住院，甚至死亡。流感病毒种类繁多，有时人们会感染上一种新型流感病毒。

What is novel H1N1 flu?

什么是新甲型 H1N1 流感？

Novel H1N1 flu is a new and very different influenza virus that is spreading worldwide among people. This new virus was called "swine flu" at first because it has pieces of flu viruses found in pigs in the past. However, novel H1N1 virus has not been detected in U.S. pigs.

新甲型 H1N1 流感是一种与其他流感病毒有着显著区别的新型流感病毒，可在人群间肆意传播，从而蔓延至世界各地。由于过去曾在猪身上发现此类流感病毒，因此这种新型病毒最初被称为“猪流感”。然而在美国，并未在猪身上发现此新甲型 H1N1 病毒。

Influenza is unpredictable, but scientists believe that the new H1N1 virus will cause illness, hospital stays and deaths in the United States over the coming months. This flu season, the new virus may cause a lot more people to get sick than during a regular flu season. It also may cause more hospital stays and deaths than seasonal flu.

流感是无法预测的，但是科学家们认为，在接下来几个月内，美国将会有大量人群感染上新甲型 H1N1 流感病毒，并因此而住院，甚至死亡。与以往相比，由于新型流感病毒的侵袭，今年的流感季节可能有更多的人患病。与季节性流感相比，它还会导致更多人住院，甚至死亡。

How serious is the flu?

流感的严重程度如何？

The flu can be very serious, especially for younger children and children of any age who have one or more chronic medical conditions. These conditions include asthma or other lung problems, diabetes, weakened immune systems, kidney disease, heart problems and neurological and neuromuscular disorders. These conditions can result in more severe illness from influenza, including the new H1N1 virus.

流感可能会非常严重，尤其对于幼童和患有一种或多种慢性疾病的儿童而言。此类疾病包括哮喘或其它肺部问题、糖尿病、缺乏免疫力、肾脏疾病、心脏问题和神经及神经肌肉障碍。更为严重的流感疾病（包括新甲型 H1N1 流感病毒）可能会诱发此类疾病。

How does flu spread?

流感如何传播？

Both novel H1N1 flu and seasonal flu are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with influenza. People also may get sick by touching something with flu viruses on it and then touching their mouth or nose.

新甲型 H1N1 流感和季节性流感均主要以流感感染者的咳嗽和喷嚏为媒介，在人群间肆意传播。此外，在接触带有流感病毒的物品后，又碰触自己的口鼻，也会受到感染。

What are the symptoms of the flu?

流感有哪些症状？

Symptoms of seasonal flu and novel H1N1 flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea.

季节性流感和新甲型 H1N1 流感的症状包括发烧、咳嗽、喉咙痛、流鼻涕或鼻塞、全身疼痛、头痛、发冷和乏力。一些人还可能出现呕吐和腹泻症状。

How long can a sick person spread the flu to others?

受感染者将流感传染给他人需要多长时间？

People infected with seasonal and novel H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with novel H1N1 flu.

季节性流感和新甲型 H1N1 流感的受感染者会剥离病毒，并且会从发病前一天到之后的 5-7 天传染他人。某些人可能会用更长的时间，尤其是儿童和免疫力低下人群以及感染上新甲型 H1N1 流感病毒的人群。

Protect your child

保护您的孩子

How can I protect my child against flu?

我如何保护孩子免受流感侵袭？

Get a seasonal flu vaccine for yourself and your child to protect against seasonal flu viruses. Take everyday steps to prevent the spread of all

flu viruses. This includes:

为您自己及孩子接种季节性流感疫苗，以预防季节性流感病毒。

采取日常措施以阻止所有流感病毒的传播。其中包括：

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, alcohol-based hand cleaners are also effective.*
- 咳嗽或打喷嚏时，用纸巾遮掩口鼻。将用过的纸巾丢入垃圾桶。
- 勤用香皂和清水洗手，尤其是在咳嗽或打喷嚏后。如果没有香皂和清水，也可使用含酒精成分的洗手液。*



- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Teach your child to take these actions too.
- Try to keep your child from having close contact (about 6 feet) with sick people, including anyone in the household who is sick.
- Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.
- Throw away tissues and other disposable items used by sick persons in your household in the trash.
- 避免用手触摸眼睛、鼻子和嘴，因为病毒可通过这些途径传播。
- 同时教导孩子采取这些措施。
- 尽量让孩子远离病人（大约 6 英尺），包括患病的家庭成员。
- 按照产品标签上的说明使用家庭消毒剂擦拭桌边、浴室表面、厨房台面和孩子的玩具，保持其表面的清洁。
- 将家中受感染者使用过的纸巾及其它一次性物品扔入垃圾桶。

Is there a vaccine to protect my child from H1N1 flu?

是否有疫苗可以保护我的孩子免于感染甲型 H1N1 流感？

A vaccine against novel H1N1 flu is being produced and will be available in the coming months as an option for the prevention of the new H1N1 flu. A vaccine against seasonal flu is available each fall and winter. More information about the new H1N1 flu vaccine and the seasonal flu vaccine is available on the CDC Web site.

新甲型 H1N1 流感疫苗正处于生产阶段，并有望在未来数月内投入使用，以预防新甲型 H1N1 流感。季节性流感疫苗于每年秋冬季节进行接种。CDC 网站提供有关新甲型 H1N1 流感疫苗和季节性流感疫

苗的更多信息。



Is there medicine to treat the flu?

是否有治疗此类流感的药物？

Antiviral drugs can treat both seasonal flu and the new H1N1 flu. These drugs can make people feel better and get better sooner. But they need to be prescribed by a doctor and they work best when started during the first 2 days of illness. These drugs can be given to children. The priority use for these drugs is to treat people who are seriously ill or who have a medical condition that puts them at high risk of serious flu complications.

抗病毒药物能够治疗季节性流感和新甲型 H1N1 流感。这些药物可减轻病症并缩短病程。但是此类药物必须由医生开具，并在发病后两日内服用最为有效。儿童也可服用此类药物。这些药物优先用于治疗病情严重者，或者患有易引起严重流感并发症疾病的人士。

What should I use for hand cleaning?

我应该用什么来洗手？

Washing hands with soap and running water (for as long as it takes to sing the "Happy Birthday" song twice) will help protect against many germs. When soap and running water are not available, wipes or gels with alcohol in them can be used (the gels should be rubbed into your hands until they are dry).*

用香皂和流动水洗手（持续时间为唱两遍“生日快乐”歌）有助于预防多种病菌。如果没有香皂和流动水，可用含酒精成分的洁手液或啫喱状洗手液代替（用适量啫喱状洗手液揉搓双手直至干透）*

If your child is sick

如果孩子生病了

What can I do if my child gets sick?

如果孩子生病了，我该怎么办呢？

If your child is 5 years or older and otherwise healthy and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids.

如果您的孩子已满 5 岁且身体健康，但却出现了流感病症，包括发烧及/或咳嗽，如有必要可咨询您的医生，并确保孩子得到充分休息及大量饮水。

If your child is younger than 5, or of any age and has a medical condition like asthma, diabetes, or a neurologic problem and develops flu-like symptoms, including a fever and/or cough, call your doctor or get medical attention. This is because younger children and children who have chronic medical

conditions (like asthma or diabetes) may be at higher risk of serious complications from influenza infection, including the new H1N1. Talk to your doctor early if you are worried about your child's illness.

如果您的孩子未满 5 岁，或是患有哮喘、糖尿病，或神经问题等疾病的儿童（任何年龄），出现了流感症状（包括发烧及/或咳嗽），请联系您的医生或寻求医疗救助。这是因为幼童和患有慢性疾病的儿童（如哮喘或糖尿病）发生流感（包括新甲型 H1N1 流感）引发的严重并发症的风险较高。如果您担心孩子的病情，请尽早咨询您的医生。

What if my child seems very sick?

如果孩子看起来非常虚弱，应该怎么办？

Even children who have always been healthy before or had the flu before can get a severe case of flu.

即使孩子之前一直身体健康，或曾得过流感，但也可能感染上流感且病情严重。

Call or take your child to a doctor right away if your child of any age has:

如果您的孩子（任何年龄）出现下述症状，请立即联系医生或带孩子去看医生：

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu-like symptoms, including a fever and/or cough.
- 呼吸急促或呼吸困难
- 皮肤发青或发灰
- 未大量饮水
- 严重或持续呕吐
- 昏迷不醒或无反应
- 变得易怒，不想被抱着
- 流感症状有所好转，但随后又出现发烧，咳嗽更加严重
- 患有其它疾病（如心脏或肺部疾病、糖尿病、或哮喘），出现了流感病症，包括发烧及/或咳嗽。

Can my child go to school day care or camp if he or she is sick?

如果孩子生病了，他/她还能否上学、去日间托儿所或参加露营活动？

No. Your child should stay home to rest and to avoid giving the flu to other children.

不能。您的孩子应该留在家中休息，并避免将流感传染给其他孩子。

When can my child go back to school after having the flu?

孩子在感染上流感后，何时能重返学校？

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (Their fever should be gone without them having taken a fever-reducing medicine.) A fever is defined as 100°F or 37.8°C.

在您的孩子退烧后，应留在家中至少 24 个小时，不要上学、去日间托儿所或参加露营活动。（在未服用退烧药的情况下，体温降至正常范围。）当体温在 100°F 或 37.8°C 以上时，被视为发烧。

*Though the scientific evidence is not as extensive as that on hand washing and alcohol-based sanitizers, other hand sanitizers that do not contain alcohol may be useful for killing flu germs on hands in settings where alcohol-based products are prohibited.

*虽然科学证据表明含酒精成分的洗手液要比不含酒精成分的洗手液有效，但在禁用含酒精产品的背景下，不含酒精成分的洗手液也可用于杀死手上的流感病菌。

For more information, visit www.cdc.gov or www.flu.gov

or call

1-800-CDC-INFO

如需更多信息，请访问

www.cdc.gov 或 www.flu.gov

或拨打1-800-CDC-INFO



Seasonal and Novel H1N1 Flu:

季节性和
新甲型 H1N1
流感：

A Guide for Parents

家长
指南

Adapted from the Center for Disease Control and Prevention publication. www.cdc.gov

改编自疾病预防控制中心出版物。 www.cdc.gov