



急性咽喉炎

Acute pharyngitis

甚麼是急性咽喉炎?

What is acute pharyngitis?

急性咽喉炎大部份是由病毒引起。至於細菌感染，最普遍的致病源是甲型鏈球菌。病情平均持續 1 星期。我們的身體一般有足夠抵抗力可對抗感染。

Majority of acute pharyngitis are viral infections. For bacterial infection, group A streptococcus is the most common causative pathogen. The average length of illness is one week. Our body has immunity which can usually fight the infection on its own.

急性咽喉炎有甚麼病徵?

What are the symptoms of acute pharyngitis?

患者如出現咳嗽、流鼻水及眼紅，則較大機會是病毒感染。至於細菌性咽喉炎，你可能會出現發高燒、嚴重的喉嚨發炎且扁桃腺含膿、以及頸部淋巴腺腫大。

The presence of cough, runny nose and red eyes are more suggestive of a viral infection. For bacterial pharyngitis, you may have high fever, severe inflamed throat with pus on tonsils, and swollen lymph nodes on your neck.

如何診斷急性咽喉炎?

How is it diagnosed?

你的家庭醫生會根據你的病歷史和身體檢查作出診斷並查看你病情的嚴重性。有時，你的醫生可能需要採取咽喉或鼻咽分泌樣本作進一步測試。如感染屬嚴重，你也許需要入院再作治療。Your family doctor will base on your medical history and physical examination to make the diagnosis and determine your disease severity. Sometimes, your doctor may need to swab your throat or collect your nasopharyngeal aspirate specimen for further testing. If the infection is severe, you might need to be admitted to hospital for further treatment.

我需要抗生素嗎?

Do I need antibiotic?

由細菌引致的急性咽喉炎可能需要使用抗生素。你應遵從家庭醫生指示完成整個療程。除此之外，多喝飲料、多休息以及使用暖鹽水漱口亦有助舒緩喉嚨不適。

Acute pharyngitis caused by bacteria may require antibiotic. You should finish the course as instructed by your family doctor. Besides, drinking plenty of fluids, get enough rest and gargle with warm salty water may also help to reduce throat discomfort.

我何時需要求診?

When should I call my doctor?

如病徵沒有改善或病情轉差（例如：持續發熱、發冷、出疹、呼吸或吞嚥困難），或你對病情有所擔心，請儘快向你的家庭醫生諮詢意見。

Call your doctor if your symptoms don't start to improve, get worse (e.g. persistent fever, chill, rash, difficulty breathing or swallowing), or you are worried about your illness, seek advice from your family doctor as soon as possible.

此單張由你的家庭醫生提供，有關資料只提供一般概要，並不適用於所有情況，請諮詢你的家庭醫生以獲取更多相關的資訊。

This patient information sheet is provided to you by your family doctor. The information just provides a general overview and may not apply to all.

Always consult your family doctor for more information.