



## 社區型肺炎

# Community-Acquired Pneumonia

### 甚麼是社區型肺炎？

#### **What is community-acquired pneumonia?**

社區型肺炎是指於醫療環境以外感染的肺炎。它可以由細菌（如肺炎鏈球菌、肺炎支原體）或與呼吸道病毒一起引致。

Community-acquired pneumonia is infection of the lungs acquired outside healthcare settings. It can be caused by bacteria such as *Streptococcus pneumoniae* and *Mycoplasma pneumoniae*, alone or with respiratory viruses.

### 社區型肺炎有甚麼病徵？

#### **What are the symptoms of community-acquired pneumonia?**

患者可能有咳嗽、發燒、呼吸時胸痛、氣促和產生痰涎。

Patients may have cough, fever, chest pain on breathing, shortness of breath, and production of sputum.

### 如何診斷社區型肺炎？

#### **How is it diagnosed?**

你的家庭醫生會根據你的病歷和身體檢查作出診斷並斷定病情的嚴重性。有時，醫生可能需要收集你的痰涎樣本作測試。如感染嚴重，你可能需要入院作進一步治療。

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 collect your sputum 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 antibiotics?**

肺炎通常需要使用抗生素治療。你應遵從家庭醫生指示完成整個療程。此外，多喝飲料以及多休息亦會對病情有幫助。

Pneumonia usually requires antibiotic treatment. You should finish the course as instructed by your family doctor. Drinking plenty of fluids and getting enough rest would be helpful too.

### 我何時需要求診？

#### **When should I call my doctor?**

大部份患者會於接受有效治療後三天內好轉。如病情沒有因治療而改善甚至轉差（如持續發燒、呼吸困難）或你對病情有所擔心，請儘快向你的家庭醫生諮詢意見。

Most patients begin feeling better within 3 days upon effective treatment. Seek advice from your doctor if your symptoms do not improve or get worse (e.g. persistent fever or difficulty in breathing) or you are worried about your illness.

### 如何預防社區型肺炎？

#### **How to prevent community-acquired pneumonia?**

建立健康的生活模式，保持良好的個人衛生，按衛生防護中心或家庭醫生的建議接種季節性流感及肺炎鏈球菌疫苗。

Adopt a healthy lifestyle, maintain good personal hygiene, and receive seasonal influenza and pneumococcal vaccination as advised by the Centre for Health Protection or your family doctor.

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.