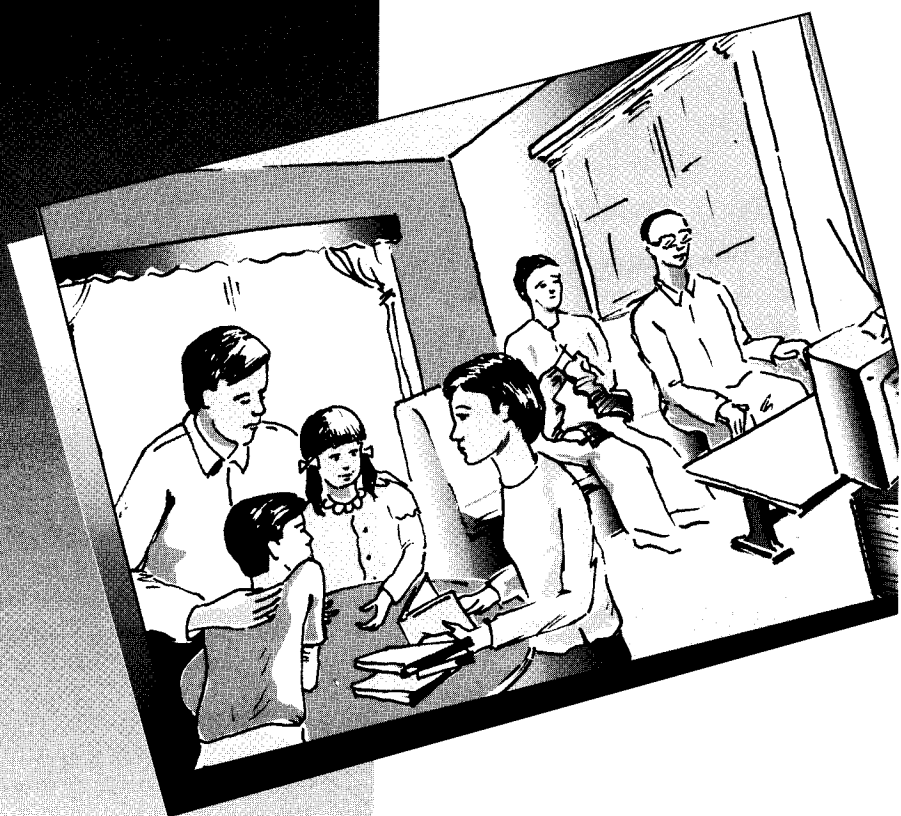
爲了你及你家人的健康

請服用預防結核病藥



Pills to Prevent TB

For you and your family!

CHINESE

AAPCHO
Association of Asian Pacific Community Health Organizations

PILLS TO PREVENT TB

Your doctor has given you pills to protect you from TB. Your pills are probably isoniazid (INH). It is the same medicine that people with TB take to cure the disease. For you, it will help prevent TB. The pills are very safe!!

Even if you do not feel sick, you need to take these pills. **It is very important that you take them exactly as the doctor tells you and for as long as the doctor says.** Usually, this is between 6 and 12 months. If you stop taking your pills too soon, the pills may not work. So tell your doctor right away if you stop taking the pills.

- Your pills will help prevent TB
- The pills will work only if you follow the doctor's directions

用來預防結核病的藥

醫生給你服用的藥丸是預防結核病的。這些藥可能就是雷米封(INH)，雷米封除了用來治療結核病外，也可用來預防結核病。請放心，這些藥非常安全!!

即使你沒有病，你也需服用此藥。你一定要按照醫生的吩咐，按時服藥，並且遵照完成整個療程，這是非常重要的：通常整個療程需要六至十二個月，如果你自己太早停服藥物，便不能起到預防結核病的作用。因此，如果停了藥，應立即通知你的醫生。

- 服用此藥有助於預防結核病
- 只有按照醫生的吩咐服藥，才能起到預防結核病的作用。





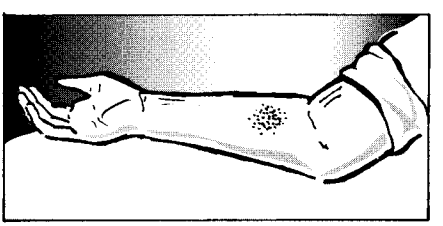
WHY DO YOU NEED PILLS?

If someone close to you has TB disease, you may also have TB germs in your body— even though you are not sick. The germs can hide in your body in a sleeping state. A TB skin test checks for this. Sometimes the germs can wake up and make you sick. Taking TB pills will help prevent this from happening.

If the TB skin test reveals that you have TB germs in your body, the doctor has given you the pills because:

- you got the TB germs recently
- you are younger than 35 years old
- you had TB once and were not treated completely with TB medicines
- your chest x-ray shows you are at a higher risk for getting sick from TB, OR,
- you have a medical condition that makes you more likely to get sick from TB.

- Taking preventive pills will help make sure you stay healthy!



爲什麼需要服用藥丸呢？

當你與結核患者接觸時，你可能已吸入了結核菌，做結核菌素皮膚測驗可以驗出身體內是否有結核菌存在。藏於身體內的結核菌會處於睡眠狀態，因而，你可能未感覺有結核病的症狀。但有時病菌會醒來，變成活動狀態，它會使人生病。因此，服用藥丸可以預防這個情況發生。

如果你的皮膚試驗結果顯示你體內已有結核菌感染，醫生給你服用此藥，其理由包括：

- 你最近吸入過結核菌.
- 你的年齡在三十五歲以下.
- 你曾患結核病，但未能進行徹底的藥物治療.
- 你的胸部X光片顯示可能懷疑有肺結核，或
- 你患有其他疾病，該疾病會使你更容易得結核病.

服用預防性藥物將有助於保證你的身體健康！

THINGS TO WATCH

注意事項

The TB pills (INH) are very safe. Millions of people take them without problems. In some people, however, they cause side effects. Side effects are more common in older people.

If any of these symptoms happen to you, stop taking the pills and tell your nurse or doctor right away:

- loss of appetite, don't feel hungry
- weakness, dizziness
- new rash or itching
- fever when you don't have a cold
- nausea, vomiting
- yellow skin or eyeballs
- tea-colored urine
- numbness or tingling in the hands or feet.

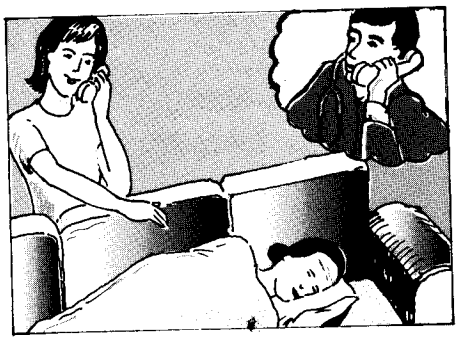
- Your pills are very safe.
- If you feel side effects *tell your doctor right away!*

結核藥（INH，雷米封）是很安全的，數以百萬計的人服用此藥皆無問題。但偶有少數人會出現副作用。此副作用較常發生於年齡較大的人。

如果你發現以下任何症狀，立即停藥，並通知你的醫生或護士。

- 食慾缺乏，不覺飢餓.
- 全身軟弱、頭暈.
- 新出現的皮疹或皮膚發痒.
- 沒有感冒時也覺得全身發熱.
- 噁心、嘔吐.
- 皮膚發黃或眼珠發黃.
- 小便茶色.
- 手足麻木或刺痛.

- 你所服用的藥物是很安全的.
- 如果你感到有以上副作用，*立即通知你的醫生！*



ARE YOU A PARENT?

The doctor may have told you your child needs the pills to prevent TB. Even if your child is not sick, the preventive treatment may be needed. Children taking pills for TB prevention are not contagious and cannot spread the germs to other people.

They can go to school, play with other children, and lead a normal life.

It may be hard to remember to give your child the medicine because your child feels fine. Don't forget—they must take the medicine as the doctor says, otherwise it may not work!

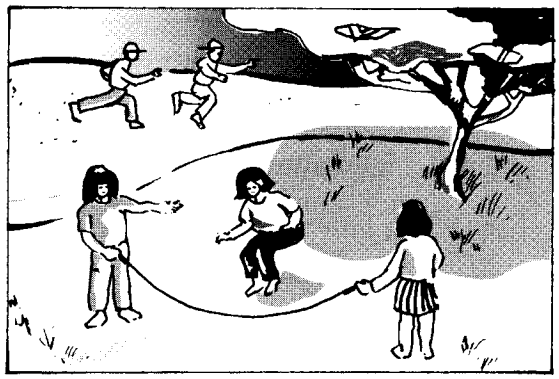
- The pills will help keep your child from getting sick.
- Your child should continue to live a normal life!
- Remember to give them the medicine as the doctor directs.

你是小孩的父（母）親嗎？

醫生可能告訴你，你的小孩需服用預防結核病的藥。即使你的小孩沒有結核病的症狀，也需要服藥作爲預防性治療。服用預防結核病藥物的小孩不屬傳染病人，不會傳染結核菌給別人，他（她）們照常上學，照常和其他小孩一起玩耍，一切生活如常。

因爲小孩身体無任何不適，你或者會忘記給他（她）服用藥丸，切記！如果你未能按照醫生吩咐給小孩服藥丸，就起不到預防結孩病的作用！

- 此藥將有助於預防你小孩得結核病。
- 你的小孩仍可繼續進行一切日常的生活。
- 切記要按照醫生吩咐給小孩服藥丸。



WAYS TO REMEMBER

There are lots of ways to remember your pills. You will need to work out a system that works for you. Here are a few suggestions:

- Take the medicine at the same time every day, such as at night before you go to sleep.
- Mark off on a calendar every time you take your pills. Your doctor or clinic may have special calendars that have the pills attached.
- Each night, put out the pills for the next day.
- Use a box that has 7 small compartments (one for each day of the week), so you know if you have taken the pills for the day.
- Keep the pills in a place where you can't miss them— some place in the bathroom or kitchen is good, but be sure they are out of the reach of children.

PROTECT YOURSELF FROM TB! TAKE YOUR PILLS AS YOUR DOCTOR DIRECTS!

幾種提醒服用藥丸的方法

有好些方法來提醒你按時服藥，你需要找出一套適合於你自己的方法。以下提示可供參考.

- 規定每天同一時間服藥，例如在每晚睡前服.
- 每次服藥時，在日曆上做記號。你的醫生或診所在配給你藥時，可能附上一張服藥用的特殊日曆供使用.
- 每晚將明天用的藥拿出來.
- 將一個小長盒分爲七小格（每格爲星期的天數，即星期一、二、三、四、五、六、日、）這樣你就可檢查出哪一天沒有服過藥.
- 把藥放在你常去的地方，這樣你也不會忘記吃藥了。如浴室或廚房皆可。請記住，藥是需放在小孩拿不著的地方.

保護你自己，免得結核病！！按你的醫生的吩咐服藥！！

