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## 腹泻时应该怎么办？

多数腹泻发作病程自限，几天后痊愈。腹泻可能伴随有恶心、呕吐和/或发烧。**重要的是要避免脱水。始终保证饮用足量的液体**，特别是在热天旅行时。这对儿童极其重要。如果孩子焦躁或易怒，或有特别口渴的迹象，或双眼凹陷，或皮肤干燥失去弹性，说明已经在逐步脱水，应当立即求医。

如果大便非常频繁，似水或带血，或者持续3天以上，应当寻求医疗帮助。如果无法获得医疗帮助，可以进行一个服用环丙沙星\*的3天疗程（成人每天2次每次500mg，儿童每天2次每次15mg/kg）。

**一开始腹泻，要喝更多的液体**，如口服补液配方、开水、处理过的水或瓶装水、淡茶、汤或其他安全的液体。**避免喝任何可能使身体进一步脱水的饮料，包括咖啡、过甜的饮料、某些药茶和酒。**

年龄组	液体或口服补液盐**的饮用量
2岁以下儿童	每次腹泻后最多半杯
2-10岁儿童	每次腹泻后最多1杯
较大儿童和成人	不限量

与普遍看法相反，**不建议服用止腹泻药物**。对儿童决不能用这类制剂，它们可能引起肠梗阻。



\* 通用名称 - 可能以其它名称销售

\*\* 如果没有口服补液盐，可以在1升安全的水中混入6茶匙糖和1茶匙盐（“泪水的味道”），并按上表中标明的量饮用。

## 每天有数百万人患病，上千人死于可预防的食源性疾病

这本手册中的建议对每个旅行者都很重要，而对于高危人群则尤其重要，这些人是婴幼儿、孕妇、老年人以及包括艾滋病毒/艾滋病患者在内的免疫妥协者，他们特别容易感染食源性疾病。

## 记住：预防胜于治疗

这份指南对世卫组织食品安全五大要点所传达的全球信息作了修改，以便明确针对令人关注的旅行相关卫生问题。

食品安全五大要点所传达的全球信息可从  
[www.who.int/foodsafety/consumer/5keys/en](http://www.who.int/foodsafety/consumer/5keys/en)  
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世界卫生组织

本文件由

食品安全、人畜共患病和食源性疾病司出版

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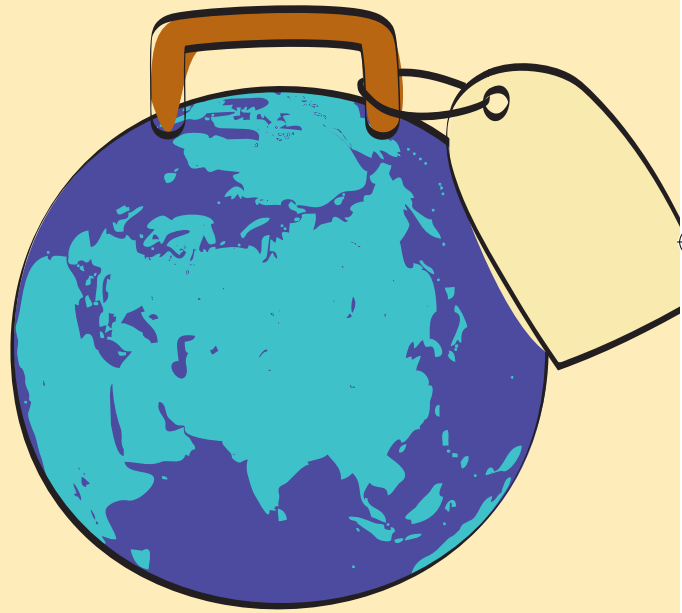
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世界卫生组织

# 旅行者 食品安全 指南

如何避免由不安全的饮食导致的疾病  
以及腹泻时应该怎么办





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## 预防食源性疾病：食品安全五大要点

离家前请向您的医生咨询，就您在目的地可能罹患的各种疾病，以及疫苗接种或其他预防措施的必要性索取建议。一定要在您的行李中携带口服补液盐。



### 保持清洁

经常洗手而且每次拿食品和吃食品前都要洗手。

泥土和水中以及动物和人身上常常可找到许多危险的微生物，而且手上也会携带并转移到食品上。在食品市场触摸生的食物，特别是生肉时要知道这一点，拿过这类食品后要洗手。这类市场经常有活的动物，可能传播包括禽流感在内的一系列疾病。因此，要避免触摸或亲密接触这些动物。



### 生熟分开

若经常光顾街上食品摊或旅馆和餐馆的自助餐，要确保将熟食与可能污染它的生食物分开。除了可以削皮或去壳的水果和蔬菜外，避免食用任何未经烹调的食物。

含有生蛋或半熟蛋的菜肴，如家庭自制蛋黄酱、某些调味汁和奶油冻等甜点可能有危险。生的食物会含有危险的微生物，可能通过直接接触污染熟食，从而将致病细菌再度传给安全的熟食。



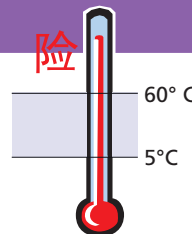
### 做熟

一般说来，要确保将食物彻底做熟，并保持滚热。具体说，要避免生的海产品，仍然发红或仍有粉红色汁水的禽肉，以及半熟的肉末/碎肉夹饼，因为它们各个部分都含有有害的细菌。适当烹调可杀死危险的微生物，这是保证食品安全的最有效途径之一。然而，至关重要的是，食品的各个部位都要彻底做熟，即各部位的温度均要达到70°C。



### 保持食物的安全温度

在室温下存放数小时的熟食是导致食源性疾病的另一个重要危险因素。在自助餐上，在市场、餐馆和街头摊贩处，如果食品不是热的或冷藏的/放在冰上，则要避免选取。如果以室温储存食品，微生物可迅速繁殖。将食物冷藏或置于冰上（温度在5°C以下），或者使食物保持滚烫（60°C以上），可以减缓或遏制微生物滋生。



### 选择安全的水和食品

冰激淋、饮用水、冰块和生牛奶如果由有污染的成分制成，则可能很容易受到危险的微生物或化学物质的污染。若有怀疑，就避开它们。所有水果和蔬菜，若生食要削皮。外表受损的不要吃，因为受损和霉变食物中会形成有毒化学物质。绿叶蔬菜（如绿生菜）可能含有难以去除的危险微生物。如果对这类蔬菜的卫生状况有怀疑，则不要食用。

如可能，瓶装水是较安全的饮用水，但总要检查密封装置，确保它没有遭到损坏。如果对饮用水的安全有怀疑，则将它煮沸。这样可以杀死其中的所有危险微生物。如果不能煮沸，则应当考虑微孔过滤和使用碘片等消毒剂。瓶装或以其它方式包装的饮料通常可以安全饮用。



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