



謹請注意，HealthLinkBCFile 的 PDF 檔的篇幅長約兩頁，每檔不超過1百萬位元組（megabyte）。檔案大小應不會影響下載速度。

#

Please note that all HealthLinkBC File PDFs are approximately 2 pages and under 1 megabyte each. The file size should not affect your download speed.

蜱蟲叮咬和疾病

01 Tick Bites and Disease

大腸桿菌感染

02 *E. coli* Infection

巴氏殺菌消毒奶和生奶

03 Pasteurized and Raw Milk

中毒性休克綜合症

04 Toxic Shock Syndrome

井水中的硝酸鹽

05a Nitrate in Well Water

井水檢測

05b Well Water Testing

頭虱

06 Head Lice

狂犬病

07a Rabies

狂犬病免疫球蛋白和疫苗

07b Rabies Immune Globulin and Vaccine

淋病

08a Gonorrhea

尿道炎

08b Urethritis

盆腔炎

08c Pelvic Inflammatory Disease (PID)

生殖器疱疹

08d Genital Herpes

梅毒

08e Syphilis

子宮頸炎

08f Cervicitis

細菌性陰道炎 (BV)

08g Bacterial Vaginosis (BV)

陰虱

08h Pubic Lice

傳染性軟疣

08i Molluscum Contagiosum

黴菌性陰道炎

08j Vaginal Yeast Infection

衣原體疾病

08l Chlamydia

HIV與HIV測試

08m HIV and HIV Tests

預防性傳播感染 (STI)

08o Preventing Sexually Transmitted Infections (STIs)

滴蟲病

08p Trichomoniasis

疥瘡

09 Scabies

賈第鞭毛蟲感染

10 *Giardia* Infection

紫外線輻射

11 Ultraviolet Radiation

長者為何應接種滅活流行性感冒 (流感) 疫苗

12a Why Seniors Should get the Inactivated Influenza (Flu) Vaccine

關於流行性感冒 (流感) 的事實

12b Facts about Influenza (the Flu)

流行性感冒 (流感) 免疫接種：誤解與事實

12c Influenza (Flu) Immunization: Myths and Facts

滅活流行性感冒 (流感) 疫苗

12d Inactivated Influenza (Flu) Vaccine

小兒麻痺疫苗 (IPV)

13 Polio Vaccine (IPV)

麻疹、流行性腮腺炎、風疹疫苗 (MMR)

14a Measles, Mumps, Rubella (MMR) Vaccine

麻疹

14b Measles

流行性腮腺炎

14c Mumps

風疹

14d Rubella

麻疹、腮腺炎、風疹及水痘混合疫苗

14e Measles, Mumps, Rubella and Varicella (MMRV) Vaccine

破傷風、白喉、百日咳及小兒麻痺 (Tdap-IPV) 疫苗

15a Tetanus, Diphtheria, Pertussis, Polio (Tdap-IPV) Vaccine

白喉、破傷風、百日咳、小兒麻痺症及乙型流感嗜血桿菌 (DTaP-IPV-Hib) 疫苗

15b Diphtheria, Tetanus, Pertussis, Polio, *Haemophilus influenzae* Type b (DTaP-IPV-Hib) Vaccine

百日咳

15c Pertussis (Whooping Cough)

乙型流感嗜血桿菌 (Hib) 疫苗

16 *Haemophilus Influenzae* Type b (Hib) Vaccine

沙門氏菌病

17 Salmonellosis

破傷風和白喉 (Td) 疫苗

18a Tetanus and Diphtheria (Td) Vaccine

破傷風、白喉、百日咳 (Tdap) 疫苗

18c Tetanus, Diphtheria, Pertussis (Tdap) Vaccine

破傷風免疫球蛋白

18d Tetanus Immune Globulin

嬰幼兒牙齒護理

19 Dental Care for Your Infant and Toddler

水浸後的清理工作

20 Clean-up after a Flood

自製罐裝食物：如何防止肉毒桿菌中毒

22 Home Canning – How to Avoid Botulism

丙型腦膜炎球菌 (Men-C) 結合疫苗

23a Meningococcal C Conjugate (Men-C) Vaccine

腦膜炎球菌四價疫苗

23b Meningococcal Quadrivalent Vaccines

乙型腦膜炎球菌 (Men-B) 疫苗

23c Meningococcal B (Men-B) Vaccine

野外的健康風險

24 Health Risks in the Wilderness

乙型肝炎疫苗

25a Hepatitis B Vaccine

乙型肝炎免疫球蛋白

25b Hepatitis B Immune Globulin

嬰兒乙肝疫苗

25c Hepatitis B Infant Vaccine

[為初生嬰兒預防乙型肝炎](#)

25d Protecting Your Baby against Hepatitis B at Birth

[兒童的防曬安全](#)

26 Sun Safety for Children

[家居熱浴缸和浴池:衛生和安全須知](#)

27a Residential Hot Tubs and Pools: Health and Safety Tips

[家居熱浴缸和浴池:水質安全](#)

27b Residential Hot Tubs and Pools: Safe Water Quality

[有關飲用水中加入氟化物的資訊](#)

28 Water Fluoridation Facts

[二手煙的危害](#)

30a The Harmful Effects of Second-hand Smoke

[煙草替代品的健康風險](#)

30b Health Risks of Alternative Tobacco Products

[戒煙](#)

30c Quitting Smoking

[含鉛漆及其危害](#)

31 Lead Paint and Hazards

[石棉：我何時應當警覺？](#)

32 Asbestos: Why Should I Worry?

[甲型肝炎疫苗](#)

33 Hepatitis A Vaccine

[HTLV – 1病毒](#)

34 HTLV-1 Virus

[與熱相關的疾病](#)

35 Heat-related Illness

[漢他病毒肺症候群](#)

36 Hantavirus Pulmonary Syndrome

[清除嚙齒動物（大老鼠和小老鼠）](#)

37 Getting Rid of Rodents (Rats and Mice)

[孕婦 HIV 測試](#)

38a HIV Testing in Pregnancy

[妊娠期與牙齒保健](#)

38b Pregnancy and Dental Health

[懷孕與營養：葉酸與預防神經管缺陷](#)

38c Pregnancy and Nutrition: Folic Acid and Preventing Neural Tube Defects

[懷孕與飲酒](#)

38d Pregnancy and Alcohol Use

[胎兒酒精譜系障礙](#)

38e Fetal Alcohol Spectrum Disorder

[游泳安全須知](#)

39 Safety Tips for Swimmers

[丙肝病毒感染](#)

40a Hepatitis C Virus Infection

[攜帶丙肝病毒健康生活](#)

40b Living Well with Hepatitis C Virus Infection

[慢性肝炎的健康飲食](#)

40c Healthy Eating for Chronic Hepatitis

[感染乙肝病毒後保持健康生活](#)

40d Living Well with Hepatitis B Virus Infection

[對旅遊人士的健康忠告](#)

41a Health Advice for Travellers

[成人旅行免疫](#)

41c Travel Immunizations for Adults

[與兒童一起旅行](#)

41d Travelling with Children

[旅行者腹瀉](#)

41e Traveller's Diarrhea

[瘧疾的預防](#)

41f Malaria Prevention

[孕婦旅行](#)

41g The Pregnant Traveller

[日本腦炎 \(乙型腦炎 \) 疫苗](#)

41h Japanese Encephalitis Vaccine

[黃熱病疫苗](#)

41i Yellow Fever Vaccine

[傷寒疫苗](#)

41j Typhoid Vaccine

[旅行者腹瀉與霍亂疫苗](#)

41k Traveller's Diarrhea and Cholera Vaccine

[家和其它居所中的氡氣](#)

42 Radon in Homes and Other Dwellings

[弓形蟲病](#)

43 Toxoplasmosis

[有關水痘的事實](#)

44a Facts about Chickenpox

[水痘疫苗](#)

44b Chickenpox (Varicella) Vaccine

[睡眠相關因素導致的嬰兒死亡](#)

46 Sleep Related Infant Death

[藍綠藻 \(藍細菌 \) 潮](#)

47 Blue-green Algae (Cyanobacteria) Blooms

[隱孢子蟲感染](#)

48 *Cryptosporidium* Infection

[卑詩省的水媒病感染](#)

49a Water-borne Infections in British Columbia

[飲用水消毒](#)

49b Disinfecting Drinking Water

[飲用水中的砷](#)

49c Arsenic in Drinking Water

[飲用水中的鉛](#)

49e Lead in Drinking Water

[山林火災：對飲用水質的影響](#)

49f Wildfires: Its Effects on Drinking Water Quality

[飲用水中的錳](#)

49g Manganese in Drinking Water

[寶寶的免疫系統與疫苗接種](#)

50a Your Baby's Immune System and Vaccines

[兒童接種疫苗的好處](#)

50b The Benefits of Vaccinating Your Child

[兒童疫苗是安全的](#)

50c Childhood Vaccines are Safe

[兒童疫苗：疫苗成份及為什麼要有這些成份](#)

50d Childhood Vaccines: What is in the Vaccines and Why

[讓小孩較安心接受疫苗注射](#)

50e A Better Immunization Experience for your Child

[卑詩省六年級學生的疫苗接種](#)

50f Grade 6 Immunizations in B.C.

[卑詩省九年級學生的免疫接種](#)

50g Grade 9 Immunizations in B.C.

[免疫接種時使用的麻醉膏和麻醉貼片](#)

50h Numbing Creams and Patches for Immunizations

[結核病 \(TB \)](#)

51a Tuberculosis (TB)

[採集痰液用於結核病 \(TB \) 檢查](#)

51b Sputum Testing for Tuberculosis (TB)

[結核病 \(TB \) 患者的家庭隔離](#)

51c Home Isolation for Tuberculosis (TB)

泳後痕癢

52 Swimmer's Itch

幼兒及其視力

53a Young Children and Their Vision

小學學齡兒童及其視力

53b Elementary School Age Children and Their Eyes

第五病 細小病毒感染

54 Fifth Disease Parvovirus Infection

克雅綜合症 (CJD)

55a Creutzfeldt-Jakob Disease (CJD)

變異型克雅綜合症 (vCJD)

55b Variant Creutzfeldt-Jakob Disease (vCJD)

為免疫系統減弱人士預防水媒疾病

56 Preventing Water-Borne Infections For People with Weakened Immune Systems

彎曲菌感染

58 *Campylobacter* Infection

食品安全：提高食品安全的簡單方法

59a Food Safety: Easy Ways to Make Food Safer

鮮果與蔬菜的食品安全

59b Food Safety for Fresh Fruits and Vegetables

食品安全：食品標籤指示

59c Food Safety: Instructions on Food Labels

壞死性筋膜炎 (食肉菌感染)

60 Necrotizing Fasciitis (Flesh-Eating Disease)

寵物在人類疾病中扮演的角色

61a Role of Pets in Human Disease

參觀親撫動物園與開放農場

61b Petting Zoo and Open Farm Visits

肺炎球菌結合 (PCV 13) 疫苗

62a Pneumococcal Conjugate (PCV 13) Vaccine

[肺炎球菌多糖體疫苗](#)

62b Pneumococcal Polysaccharide Vaccine

[免疫球蛋白](#)

63 Immune Globulin

[手足口病](#)

64 Hand, Foot and Mouth Disease

[室內空氣質量](#)

65a Indoor Air Quality

[室內空氣質量：霉菌和其它生物污染物](#)

65b Indoor Air Quality: Mould and Other Biological Contaminants

[室內空氣質量：燃燒副產品](#)

65c Indoor Air Quality: Combustion By-products

[室內空氣質量：揮發性有機化合物 \(VOC \)](#)

65d Indoor Air Quality: Volatile Organic Compounds (VOCs)

[顆粒物與室外空氣污染](#)

65e Particulate Matter and Outdoor Air Pollution

[室外空氣質量 二氧化硫 \(SO₂ \)](#)

65f Outdoor Air Quality Sulphur Dioxide (SO₂)

[卑詩省醫護人員的免疫接種](#)

66 Immunizations for Health Care Workers in B.C.

[新生兒篩查](#)

67 Newborn Screening Test

[對心臟有益的健康飲食](#)

68a Heart Healthy Eating

[降低高血壓的生活方式](#)

68b Lifestyle Steps to Lower Your High Blood Pressure

[鐵與健康](#)

68c Iron and Your Health

[食物中的鐵質](#)

68d Iron in Foods

[食物來源中的鈣與維生素 D](#)

68e Food Sources of Calcium and Vitamin D

[膳食脂肪與您的健康](#)

68f Dietary Fats and Your Health

[葉酸與您的健康](#)

68g Folate and Your Health

[纖維與健康](#)

68h Fibre and Your Health

[成年人的健康小食](#)

68i Healthy Snacks for Adults

[健康飲食，邁向健康晚年](#)

68j Healthy Eating and Healthy Aging for Adults

[成人用維生素和礦物質補充劑](#)

68k Vitamin and Mineral Supplements for Adults

[通過飲食控制便秘：成人](#)

68l Managing Constipation with Diet: Adults

[魚中的汞](#)

68m Mercury in Fish

[給寶寶餵食配方奶 未雨綢繆](#)

69a Feeding Your Baby Formula: Before You Start

[給寶寶餵食配方奶 安全配製和儲存配方奶](#)

69b Feeding Your Baby Formula: Safely Making and Storing Formula

[嬰兒的初始食物](#)

69c Baby's First Foods

[幫助 1 至 3 歲幼兒健康進食](#)

69d Helping Your 1 to 3 Year Old Child Eat Well

[1 至 3 歲幼兒的正餐及加餐建議](#)

69e Meal and Snack Ideas for Your 1 to 3 Year Old Child

[母乳餵養](#)

70 Breastfeeding

兒童失聰

71a Hearing Loss in Children

嬰兒和兒童聽力測試

71b Hearing Tests for Infants and Children

成人失聰

71c Hearing Loss in Adults

未經巴氏殺菌 (消毒) 的果汁及蘋果汁飲品：對健康構成威脅

72 Unpasteurized Fruit/Vegetable Juices and Ciders: A Potential Health Risk

耐甲氧西林金黃色葡萄球菌 (MRSA)

73 Methicillin-Resistant *Staphylococcus Aureus* (MRSA)

抗萬古黴素腸球菌 (VRE)

74 Vancomycin-Resistant *Enterococci* (VRE)

李斯特菌病

75 Listeriosis

[食源性疾病高危人士飲食禁忌](#)

76 Foods to Avoid for People at Risk of Food-borne Illness

[耶爾辛氏鼠疫桿菌腸道病](#)

77 Yersiniosis

[長者摔倒可以預防](#)

78 Seniors' Falls can be Prevented

[Q 熱](#)

79 Q Fever

[志賀氏桿菌痢疾](#)

80 Shigellosis

[膿皰病](#)

81 Impetigo

[紅眼症 \(結膜炎\)](#)

82 Pinkeye (Conjunctivitis)

[玫瑰疹](#)

83 Roseola

[雷伊氏綜合症](#)

84 Reye Syndrome

[洗手：防止病菌傳播](#)

85 Hand Washing: Help Stop the Spread of Germs

[搖晃嬰兒綜合症](#)

86 Shaken Baby Syndrome (SBS)

[諾如病毒](#)

87 Norovirus

[西尼羅河病毒](#)

88 West Nile Virus

[藥物噴灑舞毒蛾](#)

90a Gypsy Moth Spraying

[卑詩森林的飛機灑藥](#)

90b Aerial Spraying in B.C.'s Forests

[使用激素避孕法並同時使用其它藥物](#)

91a Using Hormone Methods of Birth Control with Other Medications

緊急避孕

91b Emergency Contraception (EC)

兒童與玩耍 從出生至 3 歲

92a Your Child and Play from Birth to 3 Years

兒童的成長 從出生至 3 歲

92b Your Child's Development from Birth to 3 Years

孩子的感受

92c Your Child's Feelings

如廁學習

92d Toilet Learning

睡眠時間

92e Time for Bed

預防虐待與忽視老年人

93a Preventing Abuse and Neglect in Later Life

虐待與忽視老年人：家庭照料者資訊

93b Abuse and Neglect of Older Adults: Information for Family Caregivers

虐待與忽視老年人：了解性別差異

93c Abuse and Neglect of Older Adults: Understanding Gender Differences

經濟虐待老年人

93d Financial Abuse of Older Adults

床蟲

95 Bed Bugs

驅蟲劑和 DEET

96 Insect Repellents and DEET

接觸血液或體液：預防感染

97 Contact with Blood or Body Fluids: Protecting against Infection

癭球菌疾病（加特隱球菌）

98 Cryptococcal Disease (*C.gattii*)

怎樣量體溫 兒童與成年人

99 How to Take a Temperature: Children and Adults

兒童和青少年的嚴重食物過敏

100a Severe Allergic Reactions to Food: Children and Teens

過敏無憂的成人護理機構

100b Allergy Safe Adult Care Facilities

創建過敏無憂的兒童護理機構

100c Allergy Safe Child Care Facilities

人類乳頭狀瘤病毒 (HPV) 感染和生殖器疣

101a Human Papillomavirus (HPV) Infection and Genital Warts

人類乳頭狀瘤病毒 (HPV) 疫苗

101b Human Papillomavirus (HPV) Vaccine

了解「減少傷害」：物質使用

102a Understanding Harm Reduction: Substance Use

面向家庭和照護人的「減少傷害」資訊

102b Harm Reduction for Families and Caregivers

長者撤離社區須知

103a Community Evacuation Information for Seniors

長者擔任緊急反應志願者

103b Seniors as Emergency Response Volunteers

在緊急情況下照顧住在長期照護機構中的長者

103c Caring for Seniors in Long-Term Care in an Emergency

輪狀病毒疫苗 (RotaTeq®)

104 Rotavirus Vaccine (RotaTeq®)

白喉、破傷風、百日咳、乙肝、小兒麻痺和乙型流感嗜血桿菌 (DTaP-HB-IPV-Hib) 疫苗

105 Diphtheria, Tetanus, Pertussis, Hepatitis B, Polio, and *Haemophilus influenzae* type b (DTaP-HB-IPV-Hib) Vaccine

A 群鏈球菌感染

106 Group A Streptococcal Infections

嬰兒睡眠安全

107 Safe Sleeping for Babies

能量飲料

109 Energy Drinks

在護理機構中應對咀嚼和吞嚥困難

110a Managing Chewing and Swallowing Difficulties in Care Facilities

預防嬰幼兒發生噎塞：兒童保育者必讀

110b Preventing Choking in Babies and Young Children: For Child Care Providers

帶狀皰疹疫苗

111 Shingles Vaccines

熱性驚厥（發熱性驚厥）

112 Febrile Seizures (Fever Seizures)

艱難梭狀芽孢桿菌（艱難梭菌）

114 Clostridium Difficile (*C.difficile*)

胎兒超聲波檢查

116 Fetal Ultrasound

納洛酮：治療過量服用鴉片類藥物

118 Naloxone: Treating Opioid Overdose

未成年人法案、成熟未成年人同意書及免疫接種

119 The Infants Act, Mature Minor Consent and Immunization

產碳青黴烯酶菌

120 Carbapenemase-producing Organisms (CPO)

環孢子蟲感染（環孢子蟲病）

121 *Cyclospora* infection (cyclosporiasis)