



HealthLinkBC



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

### 污水處理系統的保養和運作

21 Maintenance and Operation of Onsite Sewage Systems

[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（SO<sub>2</sub>）](#)

65f Outdoor Air Quality Sulphur Dioxide (SO<sub>2</sub>)

## [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

[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

[膿疱病](#)

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

[床蝨](#)

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

[癩球菌疾病（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

[在護理機構中應對餵食、咀嚼和吞嚥困難](#)

110a Managing Feeding, 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)