

## 英文

### How to self-care by properly taking medicine when you are ill

What will you do when you get sick? Most of people go to see doctor, but for some minor illness, you actually can take care of yourself by getting medicine from community pharmacy.

#### Common Cold

Mainly resulting from virus, it will make major impact to respiratory system, known as running nose stuffy nose, sore throat, coughing or even fever, etc. Patient should take great deal of water, take good rest, and get medicine from nearby community pharmacy.

There is no panacea for common cold. Mostly the medicine for common cold is instruction drugs. Patient just takes it under the pharmacist's instructions.

The influenza or seasoning flu may cause systemic symptoms, then going for doctors' diagnosis, examination and taking medicine is essential.

#### Pain

People may experience "pain" more or less in one's life time, which including headache, toothache, stomach-ache, gastric distress, menstrual cramps pain, and muscle pain, etc.

Acute pain caused by any physical injury or damage can be relieved once the injury is treated or damage is recovered.

## 中文對照說明

### 生病時如何自我健康照護

生病了該怎麼辦呢？很多人都會看醫師。但有些常見小病，可以先到社區藥局購買藥師指示藥，照顧您自己。

#### 感冒

主要是由病毒造成的疾病，對身體的主要影響於呼吸系統，出現的症狀，如鼻涕、鼻塞和喉嚨痛、咳嗽甚至會發燒等，這時應該多喝水、多休息，也可以就近於社區藥局向藥師購買感冒藥使用。

感冒無特效藥，大部分的感冒藥都是指示藥，只要藥師指示就可以服用。

若有全身性的症狀，可能是流行性感冒或季節性流行感冒，就必須去找醫師診療、檢查、用藥。

#### 疼痛

疼痛是人一生或多或少會經歷的，有頭痛、牙痛、肚子痛、胃痛、生理痛、肌肉疼痛等。

疼痛是由於身體受到傷害造成的「急性疼痛」，只要把引起疼痛的疾病或傷害處理好，疼痛就會消失。

In the event of headache, menstrual pain or toothache, you may purchase painkiller at the community pharmacy as indicated by the pharmacist to relief the pain. If the pain sustains, you should then consult a physician for treatment and check on the drugs you consumed.

If pain appears frequently, such as severe chest pains, headache, or stomach-ache, etc. it is essential to see the doctor for diagnosis, examination and take medicine.

## Fever

When body temperature exceeds 38 Centigrade degree, it is called "fever". Fever is a phenomenon that human body drives its immune system to eliminate the invading virus, toxins, and fix all damages occurred.

Fever may be caused by common colds, bacterial, virus infections' disease. However, exercising or hot weather may cause higher body temperature temporarily. Just take some rest and drinking water if it is caused by the later factor.

If the fever results from the disease, it is required to take antipyretic. In addition, there are some ways to lower body temperature by placing ice pillow on forehead or back of the head, taking a good rest, drinking sufficient water, and taking off heavy clothes, etc.

If the fever comes back after 4-6 hours taking antipyretic, patient should see the doctor immediately for further treatment.

當您發生頭痛、經痛、牙痛時，可以到社區藥局購買藥師指示的止痛藥服用，即可緩減疼痛。服藥後若未減緩，就要找醫師診療、檢查用藥。

疼痛的不適感，若發生頻率高，如嚴重胸痛、頭痛、胃痛等，就要找醫師診療、檢查、用藥。

## 發燒

當體溫超過 38°C 以上，就可稱為發燒。發燒是因為身體在消滅傷害身體的感染病菌、毒素，並同時修補那些傷害所產生的現象。

發燒的原因可能是感冒、細菌、病毒感染的疾病，但也可能因為運動、天氣熱造成的短暫體溫升高，後者可補充水分、稍作休息就會好。因為疾病造成的發燒，就須用退燒藥，並多休息、多補充水分，可將冰枕置於額頭或腦後、適度減少覆蓋的衣服，以讓體熱散去。

若服用退燒藥過後 4-6 小時，身體又發燒，表示疾病未排除，應該找醫師，讓醫師針對疾病治療。

## Nausea, Vomit

They are common symptoms while you are sick. It will usually be recovered by taking OTC medicine, good rest and avoiding dehydration.

If nausea and vomit result from gastric acid hypersecretion, patient may take antacids, and stay away from milk, tea, coffee, and any irritating beverages, such as acid drinks.

For those who usually gets dizzy, or even becomes nausea or vomit while taking any kinds of transportations, they may take motion sickness pills half an hour prior to the departure.

During pregnancy, if the nausea or vomit becomes a serious impact to her daily life, nutritional status and fetal development, the patient may take medicine in accordance with doctor's prescription.

## Constipation

Constipation becomes a common disease of civilization in modern days. It may result from work pressure, stress, lack of exercise, or unbalanced nutrition, and is possibly caused diseases or medicine as well.

If the constipation results from habits of diet or psychological stress, it can be improved by changing daily habits of diet to stimulate gastrointestinal motility, such as taking more vegetables, increasing water intake, building habits of exercise, etc. and developing a good defecation habit.

If the constipation results from diseases or medicine, patient may purchase stool softener from community pharmacy. However, patient should not abuse or rely too much on the softener, otherwise it may affect function of gastrointestinal motility, or neglect the reason of constipation which may further cause a delay treatment.

## 噁心、嘔吐

噁心、嘔吐是很常發生的身體不適症狀。通常不會很嚴重，可居家自我用藥照顧，要多休息，避免脫水。

若是胃酸分泌過多造成的噁心、嘔吐，可服用制酸劑，但要避免服用牛奶、茶、咖啡、酸性飲料等刺激性飲料。

若是搭車、搭船或坐飛機容易頭暈造成噁心、嘔吐的，可在搭車前半小時先服用暈車藥。

若是因懷孕造成的噁心、嘔吐，除非影響到孕婦的生活作息、營養狀態及胎兒發育，才需要在醫師指示下用藥，不可自行用藥。

## 便秘

便秘是現代人常見的文明病，由於工作、精神、生活壓力大，缺乏運動、飲食不均衡所造成的，也可能是因疾病或用藥所造成的。

若是生活飲食習慣、心理壓力造成的便秘，以改變生活飲食習慣為主，如多吃蔬菜、增加飲水量、養成運動習慣等來刺激腸胃蠕動。

養成良好的排便習慣。

若因疾病或用藥所造成的，可到社區藥局購買軟便劑服用。但勿濫用及過度依賴軟便劑，避免影響腸胃蠕動功能、或忽略

便秘的原因而延誤就醫。

## Diarrhea

The reasons for diarrhea may be involving bacterial, virus, medicine, food poison, gastrointestinal malabsorption, etc. Minor diarrhea can be cured by taking antidiarrhea drugs or gastrointestinal agent from community pharmacy. Besides, intake lots of water to avoid dehydration, and accompanying with light diet.

In any events of persistent diarrhea, diarrhea with fever, severe vomiting, or bloody stool happened, patient should go to the hospital immediately for further examination, and stop taking antidiarrheal or other medicines.

Once the condition of diarrhea is relieved, patient may stop taking antidiarrheal. However, it is essential to intake lots of water for electrolyte support, and serves liquid food to rest the belly.

For occasional minor illness or uncomfortable feeling, patient may take OTC or instruction drugs under the instruction of pharmacist nearby community pharmacy. In any event of patient's not getting improve or even worse, patient should go to the hospital immediately for further diagnosis and treatment.

## 腹瀉

腹瀉的原因可能是細菌、病毒、藥物、食物中毒、腸胃吸收不良等引起。

輕微的腹瀉可自行到社區藥局購買止瀉劑或整腸劑服用，並多喝水以避免脫水，飲食要清淡。

持續性腹瀉、或伴有發燒、嚴重嘔吐、解血便，應立即就醫，在醫師指示下查明原因，並服用止瀉劑及其他藥物。

若腹瀉減輕，就可以停用止瀉劑，但仍須多喝水補充電解質，食用流質性食物，讓腸胃休息。

在生活中身體常見小病症及不適感，輕微而短暫的症狀可以到社區藥局找藥師購買指示藥或成藥自我照顧；但若病情並未因藥物而得到緩解時，甚至有更嚴重的症狀，應立即就醫，由醫師診斷及用藥。