



2025年流感 公眾健康資訊

Influenza 2025: Public Health Information

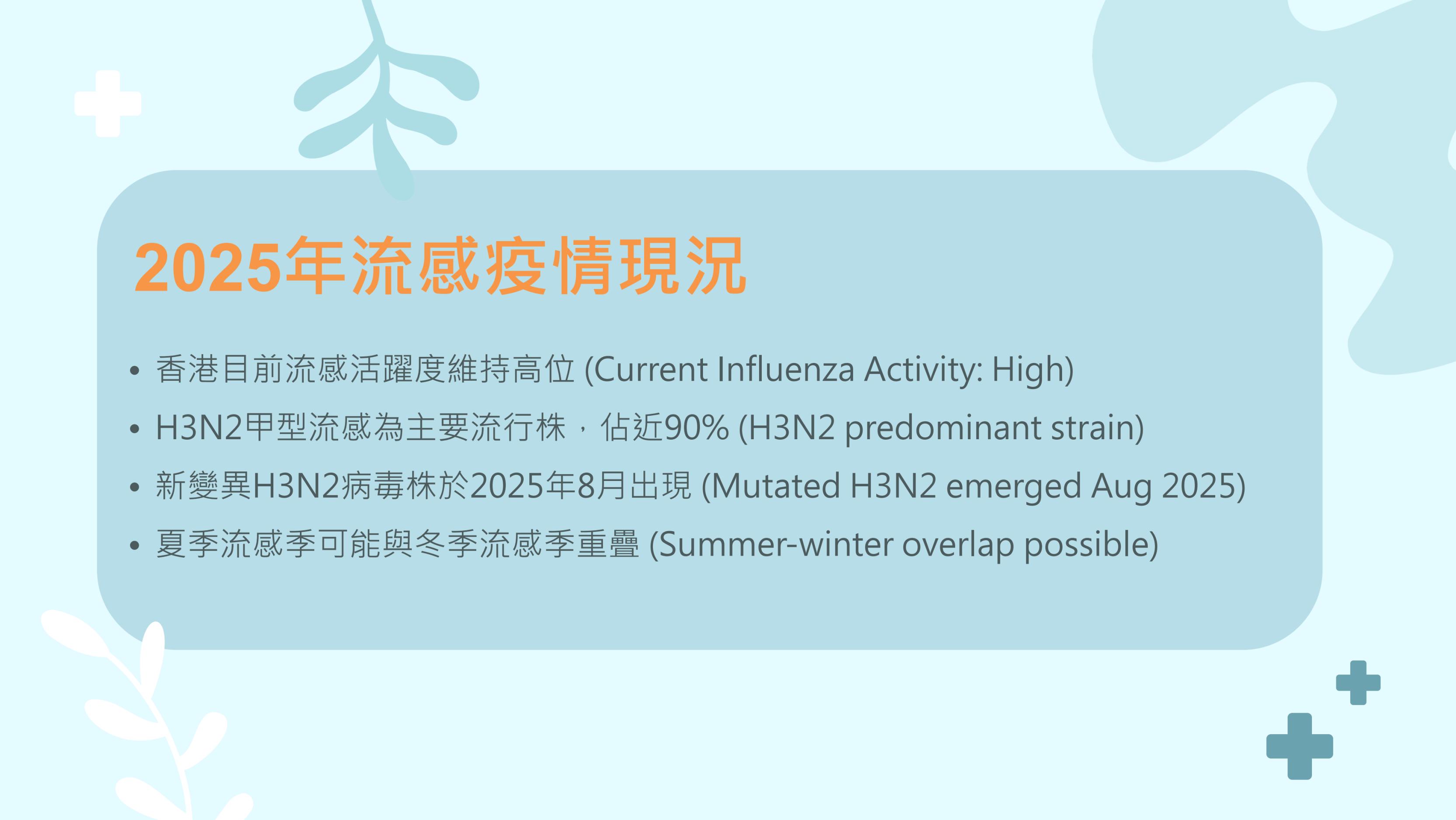
特別關注腸胃症狀 • 2025年11月

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2025年流感疫情現況

- 香港目前流感活躍度維持高位 (Current Influenza Activity: High)
- H3N2甲型流感為主要流行株，佔近90% (H3N2 predominant strain)
- 新變異H3N2病毒株於2025年8月出現 (Mutated H3N2 emerged Aug 2025)
- 夏季流感季可能與冬季流感季重疊 (Summer-winter overlap possible)



典型流感症狀 (Typical Symptoms)

呼吸道症狀

發燒、咳嗽、喉嚨痛、流鼻水
(Fever, cough, sore throat, runny nose)

全身症狀

肌肉痠痛、頭痛、疲倦、發冷
(Muscle aches, headache, fatigue, chills)

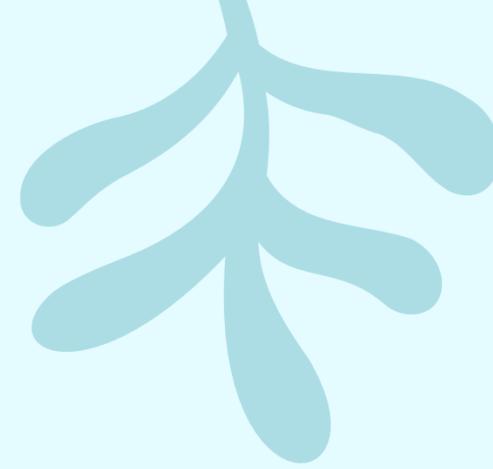


2025年新發現：腸胃症狀增加

今年較多患者報告較以往更多腸胃道症狀
(Increased GI symptoms reported in 2025)

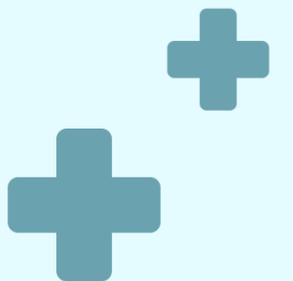
- 噁心 (Nausea)
- 嘔吐 (Vomiting)
- 腹瀉 (Diarrhea)
- 腹痛 (Abdominal pain)





兒童腸胃症狀 (GI Symptoms in Children)

- 4歲以下兒童：40%出現腸胃症狀 (40% in children <4 years)
- 較成人更常見嘔吐及腹瀉 (Vomiting & diarrhea more common than adults)
- 學校感染個案：52.7%有腹痛或腹瀉 (52.7% in school-acquired cases)
- 腸胃症狀可能預示病情較嚴重 (May indicate severe manifestation)





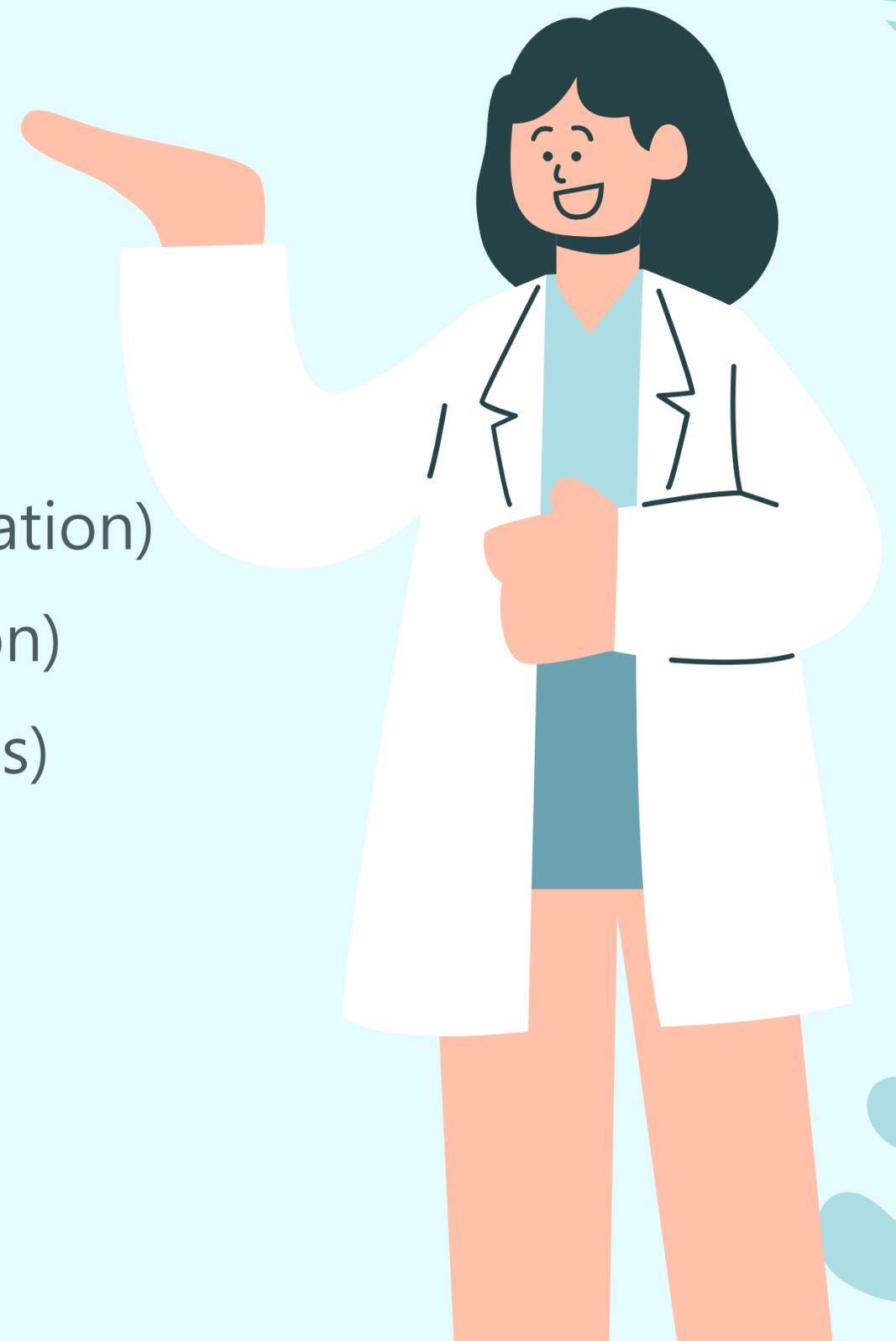
成人腸胃症狀 (GI Symptoms in Adults)

- 約23%確診流感成人出現腹瀉 (23% with diarrhea)
- 雖較兒童少見，但仍需警覺 (Less common than children, but important)
- 可能伴隨呼吸道症狀或單獨出現 (With or without respiratory symptoms)
- 腸胃症狀通常較輕微 (Usually milder than in children)

為何出現腸胃症狀？

病毒如何影響腸道 (How Virus Affects GI Tract)

- 直接機制：病毒進入腸道組織 (Direct viral infiltration)
- 間接機制：免疫系統失調 (Immune dysregulation)
- 肺腸軸線：呼吸道與腸道相互影響 (Lung-gut axis)



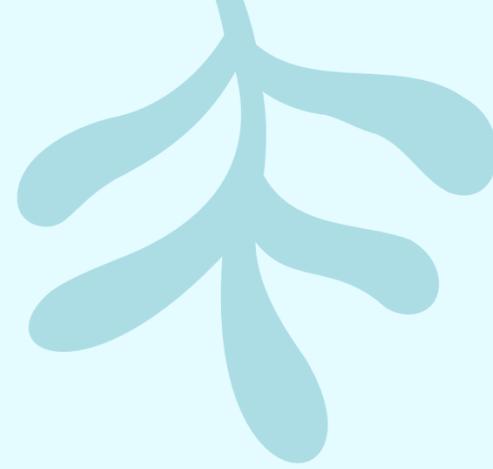


兒童警示徵象

(Warning Signs - Children)

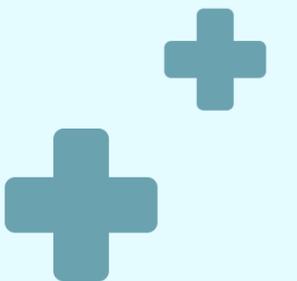
- 呼吸困難或急促 (Difficulty breathing)
- 嚴重嘔吐無法進食飲水
(Severe vomiting, unable to drink)
- 嗜睡、不願玩耍 (Lethargy, unwilling to play)
- 持續高燒超過3天 (Persistent fever > 3 days)





成人警示徵象 (Warning Signs - Adults)

- 呼吸困難或胸痛 (Shortness of breath or chest pain)
- 嚴重或持續嘔吐 (Severe or persistent vomiting)
- 神智不清 (Confusion)
- 症狀改善後又惡化 (Worsening after improvement)





嚴重併發症 (一) (Serious Complications 1)

- 肺炎 (Pneumonia) - 最常見併發症 (Most common)
- 敗血症 (Sepsis) - 50%重症兒童 (50% severe pediatric cases)
- 腦病變 (Encephalopathy) - 可致命 (Can be fatal)
- 脫水 (Dehydration) - 因嘔吐腹瀉 (From vomiting/diarrhea)

嚴重併發症 (二)

(Serious Complications 2)

- 心肌炎/心包膜炎 (Myocarditis/Pericarditis)
- 橫紋肌溶解症 (Rhabdomyolysis)
- 多器官衰竭 (Multi-organ failure)
- 續發性細菌感染 (Secondary bacterial infections)



需住院治療警示徵象 (Red Flags for Hospitalization)

- 嚴重呼吸窘迫或血氧飽和度低 (Severe respiratory distress/low O₂)
- 意識改變或抽搐 (Altered consciousness/seizures)
- 持續胸痛或心跳異常 (Persistent chest pain/arrhythmia)
- 嚴重脫水無法口服補液 (Severe dehydration, cannot rehydrate)



不同年齡組別死亡率 (Mortality Rates by Age Group)

嬰兒 (Infants)

<1歲：較高風險

兒童 (Children)

1-17歲：0.5-1%

成人 (Adults)

18-64歲：0.1-0.5%

長者 (Elderly)

≥65歲：1-5%

何時需要求醫？

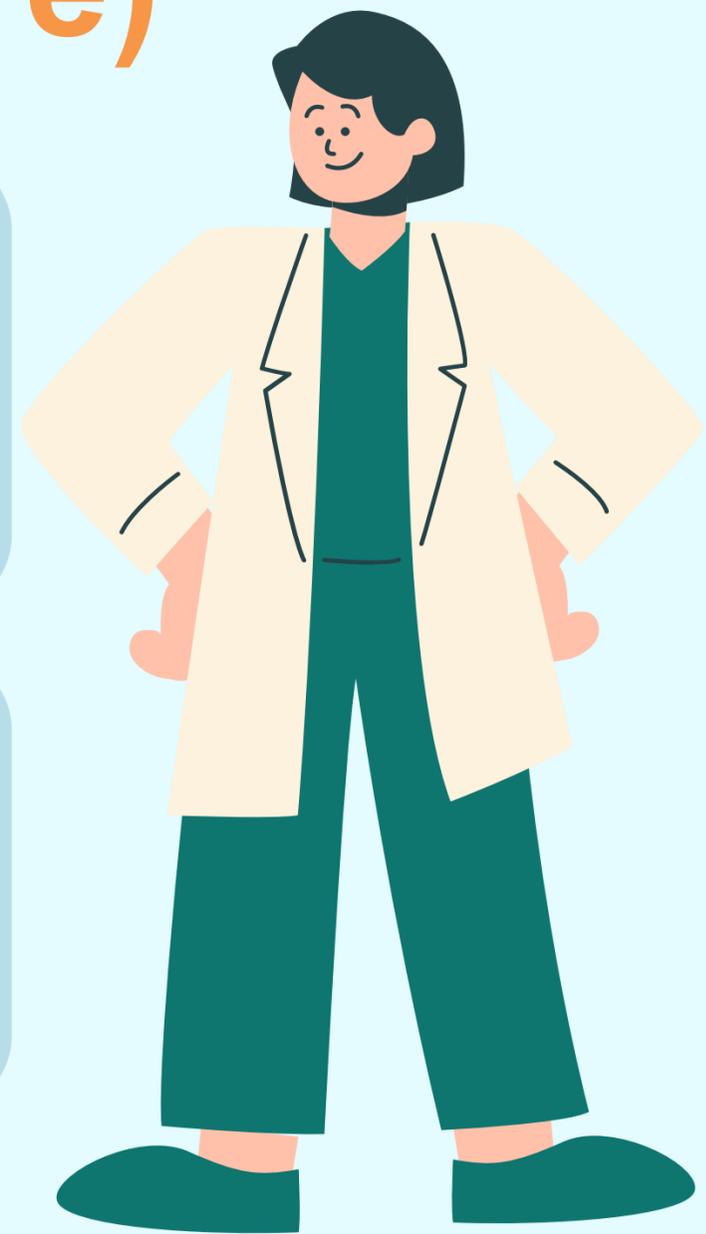
(When to Seek Medical Care)

立即就醫

出現任何警示徵象、嚴重腸胃症狀、無法飲水

儘早求診

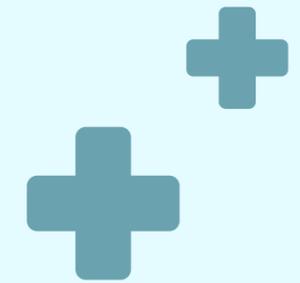
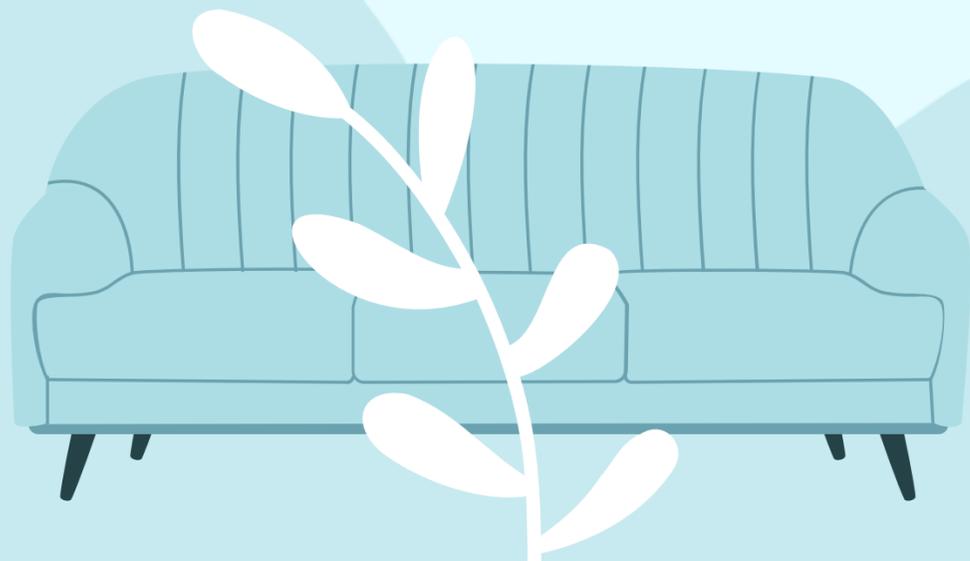
高危人群（幼兒、長者、長期病患）出現症狀

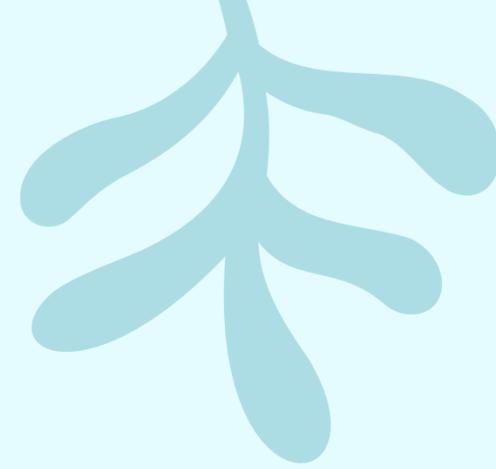




家居護理建議 (Home Care)

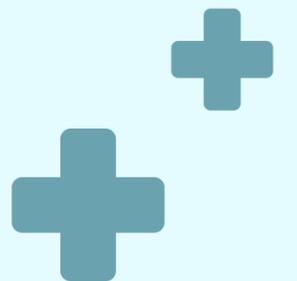
- 充足休息及睡眠 (Adequate rest and sleep)
- 大量補充水分 (Drink plenty of fluids)
- 清淡飲食，少量多餐 (Light diet, small frequent meals)
- 按需服用退燒止痛藥 (Fever reducers as needed)





腸胃症狀時的補水 (Hydration with GI Symptoms)

- 少量多次補充 (Small frequent sips every 5 minutes)
- 使用電解質飲料或口服補液鹽 (Electrolyte drinks/ORS)
- 兒童可用冰棒補水 (Popsicles for children)
- 避免含糖飲料可能加重症狀 (Avoid high-sugar drinks)



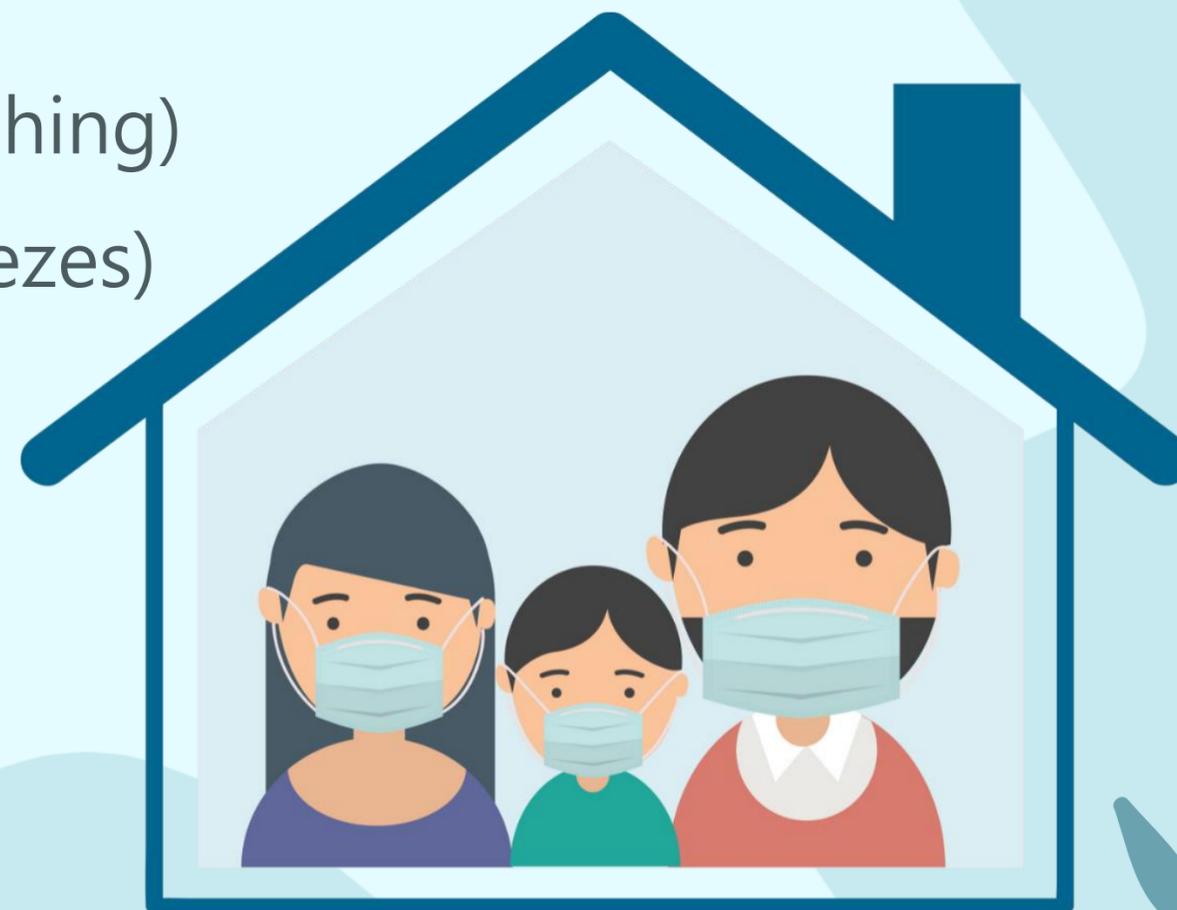
預防方法：接種疫苗 (Prevention: Vaccination)

- 最有效預防方法 (Most effective prevention)
- 雖有變異株，疫苗仍可預防重症 (Protects against severe illness)
- 建議每年接種 (Annual vaccination recommended)
- 高危人群應優先接種 (Priority for high-risk groups)



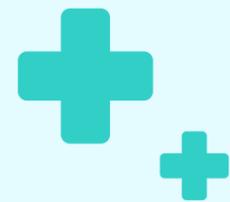
預防方法：個人衛生 (Prevention: Hygiene)

- 勤洗手，特別是接觸口鼻後 (Frequent handwashing)
- 咳嗽打噴嚏時掩蓋口鼻 (Cover coughs and sneezes)
- 避免接觸眼鼻口 (Avoid touching face)
- 患病時留在家中 (Stay home when sick)

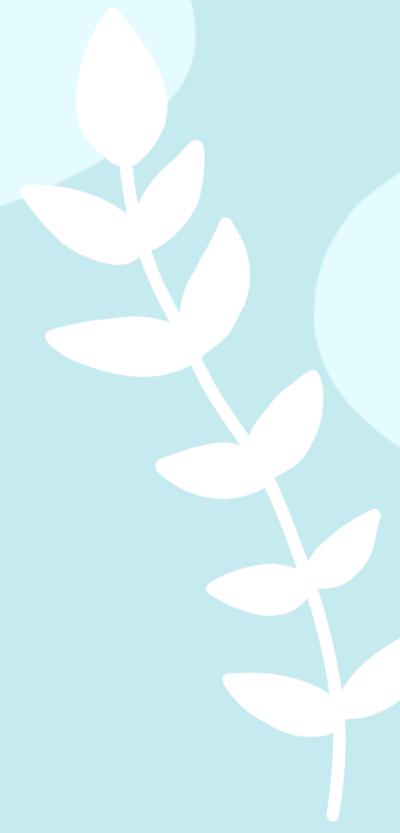
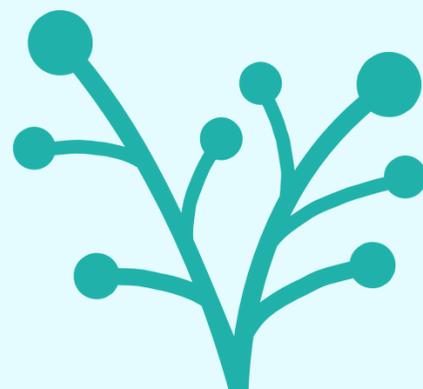




重點訊息 (Key Messages)



- 2025年流感可能引起較多腸胃症狀 (More GI symptoms in 2025)
- 兒童腸胃症狀較成人常見 (More common in children)
- 腸胃症狀可能預示嚴重病情 (May indicate severe illness)
- 及早求醫，接種疫苗，保持衛生 (Early care, vaccination, hygiene)





保護自己 保護他人

Protect Yourself, Protect Others

如有疑問，請諮詢您的家庭醫生

For questions, consult your family doctor

部分參考資料：

衛生署、美國疾病管制與預防中心 (CDC)

