



Preventing Contagious Diseases 防止传染病

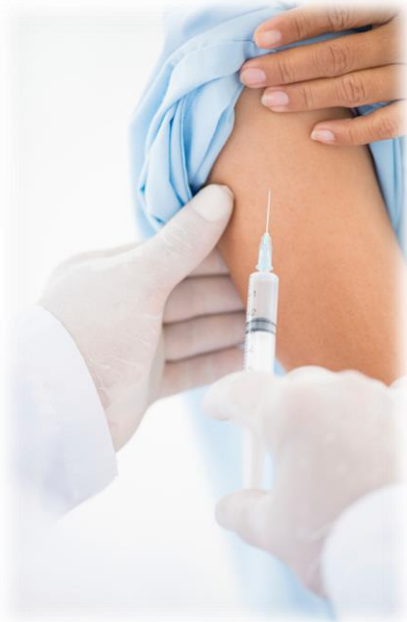
life  beats

lyondellbasell

Preventing Contagious Diseases – Vaccines

防止传染病-牛痘

The most effective deterrents to contagious diseases, when available, are vaccines. Once a vaccine or series of vaccines have been completed, the individual needs to do little or nothing more to be highly protected from diseases which, in times past, have been the causes of epidemics killing thousands to millions of people. 一对传染病的最有效的方法就是疫苗，一旦一个后系列的疫苗研制成功个人需要做的很少就能防止这种过去导致成千上万人身亡的疾病。

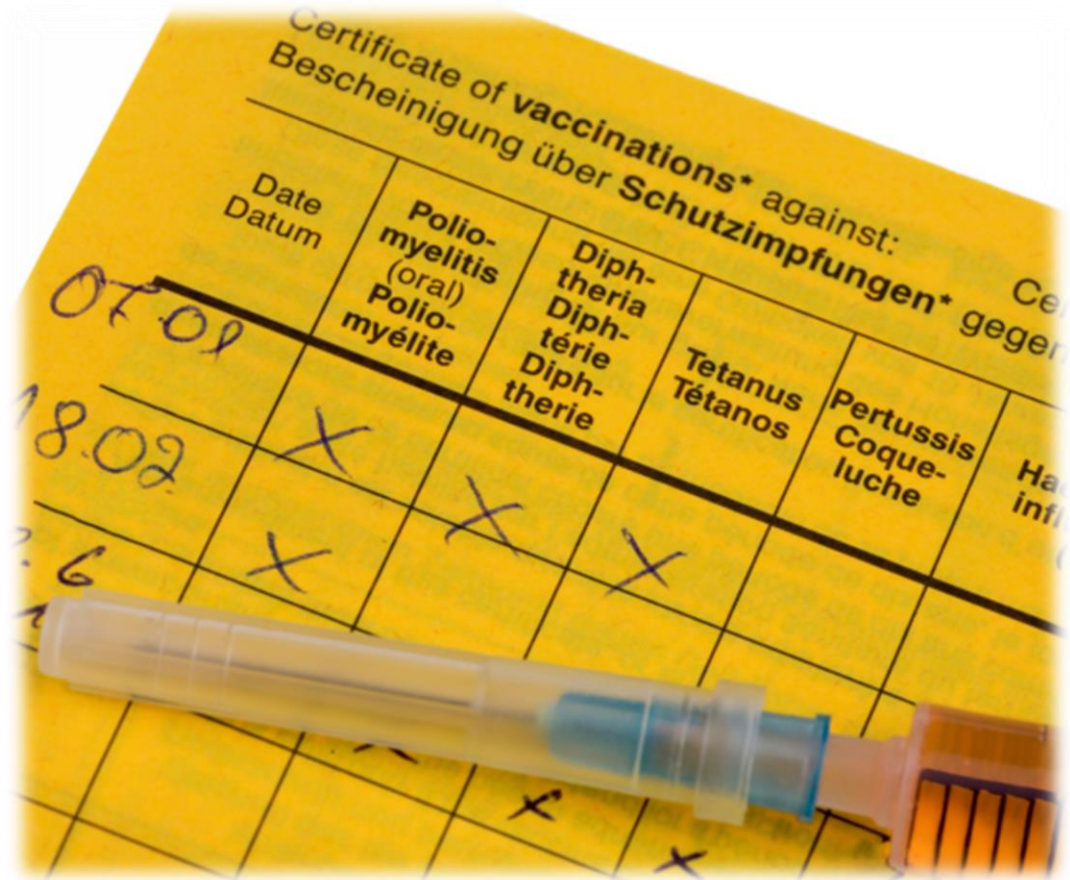


- Vaccines are generally extremely low risk and high benefit.疫苗一般都非常低风险，高效益。
- Millions of lives and hundreds of millions of cases of disease have been avoided through vaccination.数以百万计的生命和数以亿计的疾病病例已通过接种疫苗避免。
- All individuals should ensure that their children receive all recommended vaccines, and that they, as adults, receive the ones recommended for adults.所有的人应确保他们的孩子接种了所有推荐的疫苗，而且，成年人，也应接种推荐接种的疫苗。

Diseases Prevented by Vaccines

防止传染病

- Polio脊髓灰质炎
- Measles疹
- Mumps腮腺炎
- Rubella麻疹
- Diphtheria白喉
- Tetanus破伤风
- Chicken Pox水痘
- Haemophilus Influenza流感嗜血杆菌
- Influenza A & B流感A&B
- Hepatitis A & B甲型肝炎&B
- Pertussis (Whooping Cough)百日咳
(百日咳)
- Rotavirus轮状病毒
- Meningitis脑膜炎
- Pneumococcal Pneumonia肺炎球菌
性肺炎
- Human Papilloma Virus (HPV)人类
乳头状瘤病毒 (HPV)
- Herpes Zoster (Shingles)带状疱疹
(带状疱疹)

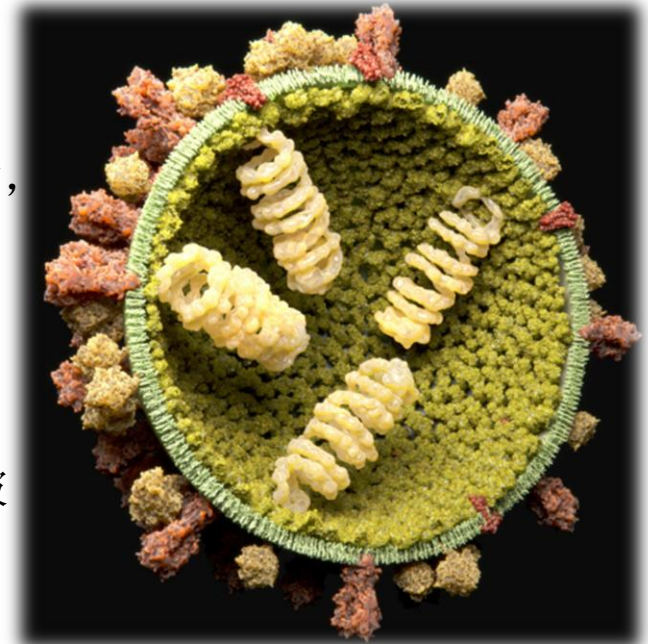


Diseases Prevented by Vaccines

防止传染病

Most of these vaccines are given during childhood, but the following are given to adults: 大多数 些疫苗在儿童时期中接种，但以下是需要成年人接种：

- Influenza vaccine annually 每年接种流感疫苗
 - Remember that more people were killed by the influenza epidemic of 1918-19 than any epidemic in history; an estimated 20-40 million people worldwide died 请记住，很多人在1918 - 1919年死亡，比历史上任何流行的流感疫情多；估计有20-40万人死于世界各地
- Tdap – once as an adult TDAP - 曾经 成年人使用TDAP
 - This is a full dose of Tetanus and a smaller dose of pertussis and diphtheria vaccines. 这是一种全剂量破伤风和较小剂量的百日咳和白喉疫苗。
- Td. Every 10 years. TD。每10年。
 - This is a full dose of Tetanus vaccine and a smaller dose of diphtheria vaccine 这是一种全剂量破伤风疫苗和较小剂量白喉疫苗。



Diseases Prevented by Vaccines

防止传染病

- Herpes Zoster (Shingles) after the age of 60 带状疱疹（带状疱疹）60岁以后
- Pneumococcal Pneumonia at age 65 or older 肺炎球菌肺炎在65岁以上的老年人
- Meningitis vaccines in certain circumstances 在某些情况下脑膜炎疫苗
- Rabies vaccine in certain circumstances 在某些情况下狂犬病疫苗

There has been a great deal of misinformation about vaccines in recent years, resulting in less than optimal vaccination of children in some areas--increasing the risk to unvaccinated children and adults. An example of this is this year's measles outbreak in the United States. 近年来已经有大量的关于疫苗的错误信息，导致在一些地区儿童和成人接种量减少患病量增加。美国今年的麻疹疫情就是这方面的一个例子。

Extensive information about vaccines can be found here: 以下链接可以看到更多信息

http://www.who.int/immunization/policy/immunization_tables/en/

<http://www.cdc.gov/vaccines/schedules/>

Upper Respiratory Illnesses 上呼吸道疾病

- The average adult gets 2-4 colds per year. The average child gets 6-8 colds per year. More days are lost from school and work than from any other cause. 成人平均得到每年2-4感冒。一般的孩子得到每年6-8感冒。工作比任何其他原因更多天不能上学或工作。
- There are no vaccines for the common cold and antibiotics are of no value against these viruses. 牛痘对普通感冒无效，普通抗生素对这些病毒也无效
- Colds are transmitted by droplets, by touching the skin of someone who is ill, and by touching objects that have been handled by the ill person. 感冒是通过飞沫传播，通过触摸病人的皮肤或者通过触摸过病人碰到的物体。
- Cold viruses can survive for several hours on objects the ill person has touched. 感冒病毒能在病人接触到的物体上生存几个小时。
- What can you do if you are ill? 如果你生病了 你还能做什么？
 - Sneeze into the crook of your elbow or a tissue. 打喷嚏时用你的肘部或手绢挡住
 - Wash your hands frequently. 勤洗手
 - Don't shake hands or otherwise touch other people. 不要与别人握手或接触别人。



Reducing the Risk for Respiratory Illness

降低患呼吸系统疾病的风险

- Consider not coming to work, especially the first few days you are sick when you are most infectious 前几天你生病时 最具传染性考虑不要上班。
- If you are ill and come to work, avoid contact with co-workers and practice good hygiene.如果你病了，来上班，避免与同事接触养成良好的卫生习惯。
- If you are not ill:如果没有生病
 - Avoid contact with ill persons or with objects they have touched. Wash your hands frequently.避免与患病者或他们已经触及的物体接触。经常洗手。
 - Consider using paper towels or tissues to handle door knobs and faucets, especially in high traffic areas such as rest rooms.考虑使用纸毛巾或手帕来处理门把手和水龙头，特别是在人流量大的区域，如休息室。
Avoid touching your eyes, nose, or mouth as much as possible.尽可能避免触摸眼睛，鼻子或嘴巴。
 - Stop smoking if you are a smoker. Smoking renders both the smoker and family members more susceptible to upper respiratory infections.停止吸烟，如果你是一个抽烟者。吸烟使吸烟者和家庭成员更容易受到上呼吸道感染。



Preventing Sexually Transmitted Infections (STI)

防止性传播感染 (STI)

Estimated 500 million+ new STIs annually worldwide. Half in those aged 15-24. 每年全世界估计有5亿多新的性传播感染。一半在15至24岁。

- The only way to completely avoid sexually transmitted infections (STIs) is to not have sex with another person. 完全避免性传播疾病的唯一途径（性传播疾病）是不要与其他人发生性关系
- Other than in a monogamous relationship, use condoms every time you have sex. 除了在一夫一妻制的关系，使用安全套，每次做爱的时间。
- Remember that many STIs can be transmitted by oral sex. 请记住，许多性病可以通过口交传播。
- Wash your genitals before and after sex. 之前和做爱后洗净生殖器。
- Urinate after sex. 性生活后排尿。
- Get vaccinated for hepatitis B. 注射B型肝炎疫苗
- Don't engage in sex when intoxicated, or under the influence of drugs. 不要在醉酒或药物的影响下进行性生活。
- If you are a woman under 26 or a man under 21, get the human papilloma virus vaccine. Ensure that your children receive this vaccine. 如果你是26岁以下女性或21岁以下的人，注射乳头状瘤病毒疫苗。确保您的孩子也接种该疫苗。
- If you are sexually active, especially with multiple partners, get tested periodically for sexually transmitted infections. 如果你是性兴奋者，尤其有多个伙伴，需要进行定期的性传播感染的测试。

Skin Infections 皮肤感染

Boils, abscesses, MRSA (methicillin resistant staphylococcus aureus). 疔，脓肿，MRSA（耐甲氧西林金黄色葡萄球菌）。

- MRSA
 - Can typically be easily treated. 通常可以很容易地处理。
 - Exclusion from work is indicated for those with wound drainage (“pus”) that cannot be covered and contained with a clean, dry bandage and for those who cannot maintain good hygiene practices. 排除那些指定的部位，那些伤口引流（“脓”）不能被覆盖，其余的都应该用干净的绷带包扎
 - That advice holds true for most skin infections. 这一建议也适用于大多数皮肤感染。
- Impetigo is highly contagious. 脓疱疮是具有高度传染性。
 - More common in children. 多见于儿童
 - Adults with impetigo should stay away from the workplace, and/or close contact with others, until they have been on antibiotics for at least 48 hours.
成人脓疱病应远离工作场所避免与他人接触，直到他们已经用过抗生素 48 小时后。



Concerns for Travelers*关注旅客*

- Whenever possible, check well in advance of travel for medical concerns in areas outside your home country in which you may be working or vacationing. 只要有可能会，请提前做好出行的医疗关注，域您所在国家以外，可能是工作或度假的地方。
- Consult with a travel medicine clinic and/or online resources to determine if you need any additional vaccinations, or other precautions, e.g., anti-malarial medications. 请咨询旅行医学诊所和/或网上资源，以确定是否需要任何额外的疫苗接种或其他预防措施，例如，抗疟疾药物。
- In areas where water and food supplies may not be safe, plan accordingly. Discuss with a travel medicine expert whether you should bring antibiotics with you, especially for diarrheal illness. 对水和食物供应可能不安全区域，制定相应的计划。与旅游医学专家讨论是否带抗生素，特别是应对腹泻疾病。
- Identify a resource to help you identify high quality medical care should you become ill while traveling. 确定的资源来帮助你确保在旅行时一旦生病能享受到高品质的医疗服务。
- Be sure that your medical costs, including medical evacuation, are covered, whether by your own health insurance, by the company you work for, or by supplemental travel insurance.

请确保你的医疗所有费用，都包括在内，不管是你自己的健康保险，由您工作单位，或者补充旅游保险的公司提供的保险。

Use [International SOS \(ISOS\)](#) as a travel resource.

*Business travel is covered through ISOS



Conclusions总结

- Make sure you and your family members get all recommended vaccinations. 请确保您和您的家庭成员都得到所有推荐的疫苗接种。
- Practice excellent hygiene to reduce the risk of upper respiratory infections, and be sure to get your influenza vaccination annually. 实践关注卫生，减少上呼吸道感染的风险，并确保每年接种流感疫苗。
- Adopt safer sex practices 采取安全性行为
- Use common sense about skin infections. Avoid skin-to-skin contact with affected areas. Other than for impetigo, it is normally OK to come to work. 具有皮肤感染的常识。避免皮肤对皮肤与受影响地区的接触。其他比脓疱疮，通常不会影响工作。
- When you are traveling outside your home country, make sure you know what medical concerns there are in the area(s) you will be traveling in, where to find high quality medical care, and consider having insurance coverage for medical costs and medical evacuation.
- 当你正在本国旅行，要确保你知道该地区有什么是医学问题，在哪里可以找到高品质的医疗服务，并考虑让保险应对所有的医疗费用。

Contagious Diseases

Remember, **PREVENTION** is important **to keeping** you and your family **Healthy!**



life **beats**