

UCSF Health Coronavirus (COVID-19) Resources

加州大學舊金山醫學中心 新冠狀病毒 (新冠肺炎) 資源

Basic Facts

基本資訊概要

English	Traditional Chinese 繁體中文
<p>How does the virus spread? Updated April 14, 2020</p> <p>The virus that causes COVID-19 spreads from person to person. Someone who has COVID-19 can spread the illness to others, even if they don't show any symptoms. The principle mode of transmission is thought to occur mainly via respiratory droplets that travel up to six feet in the air after an infected person coughs or sneezes. This is similar to how influenza and other viruses spread. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.</p> <p>There is also some evidence that virus particles can remain on contaminated surfaces for several days, but the CDC does not believe that this is the main way that the virus spreads.</p>	<p>病毒是如何傳播？ 2020 年 4 月 14 日更新</p> <p>這種導致新冠肺炎的病毒會人傳人。即使沒有任何徵狀，感染新冠肺炎病毒的人可以將疾病傳染其他人。主要的傳播方式據認是通過被感染者咳嗽或打噴嚏時，產生可高達 6 呎的呼吸飛沫在空中飄遊。這傳播方式近似於流感和其他病毒。這些飛沫會落在附近人群的嘴或鼻子，繼而可能被吸入肺部。</p> <p>也有一些證據顯示病毒顆粒可以在受污染的表面存留至數天，但是疾病控制與預防中心(CDC)並不認為這是傳播病毒的主要方式。</p>
<p>Is the coronavirus airborne?</p> <p>There is limited research about how long the virus stays in the air. The virus is mostly transmitted when people are in close contact with one another, spread by droplets produced when an infected person sneezes or coughs.</p>	<p>冠狀病毒是從空氣傳播的嗎？</p> <p>關於病毒在空氣中會停留多長時間，目前的研究有限。這種病毒主要是通過人們彼此密切接觸而傳播的，並通過已被感染者打噴嚏或咳嗽時產生的飛沫散播出去。</p>

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<p>Can I get COVID-19 by touching surfaces?</p> <p>Research suggests that COVID-19 lives for up to 72 hours on hard, shiny surfaces and up to 24 hours on cardboard, paper and fabric. It is not known if the virus present on surfaces remains infectious, surfaces suspected of contamination should be disinfected.</p> <p>It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their mouth, nose or eyes. This is why hand-washing is always a good practice.</p>	<p>我會從觸摸物體表面感染到新冠肺炎嗎？</p> <p>研究顯示，在堅硬光滑的物體表面上，新型冠狀病毒可存活長達 72 小時，在紙皮、紙張和布料上則可生存達 24 小時。目前尚未清楚物體表面上存在的病毒是否仍具有傳染性，所以應把懷疑受污染的物體表面進行消毒。</p> <p>一個人可能會觸摸帶有病毒的表面或物體後觸摸他們的嘴、鼻子或眼睛而感染到新冠肺炎。這就是為什麼勤洗手總是個好習慣的原因。</p>
<p>What are the symptoms of COVID-19? Updated April 22, 2020</p> <p>The symptoms of COVID-19 infections can range from very mild to severe respiratory illness and may include fever, cough and shortness of breath. These symptoms can be very similar to those for influenza, so it may be difficult to distinguish without clinical testing. Patients with this virus have had mild to severe respiratory illness with symptoms that can include:</p> <ul style="list-style-type: none"> • Fever, cough, shortness of breath (most common) • Headache, unexplained muscle aches, changes in taste and smell, sore throat, eye conjunctivitis, confusion, fatigue, loss of smell or taste, stomach upset (nausea, vomiting, diarrhea) (less common) <p>The CDC recommends seeking immediate medical attention if you develop any of the following emergency signs:</p>	<p>感染到新冠肺炎後會有何徵狀？ 2020 年 4 月 22 日更新</p> <p>感染到新冠肺炎後的徵狀可以是從非常輕度至到嚴重的呼吸道疾病，包括發燒，咳嗽和呼吸急促。這些徵狀可能與感染流感後的徵狀非常近似，因此不做臨床檢測是很難分辨出來。感染這種病毒的患者會帶有輕度至嚴重的呼吸道疾病，可能出現的徵狀包括：</p> <ul style="list-style-type: none"> • 發燒、咳嗽、呼吸急促（最常見） • 頭痛、不知原因的肌肉酸痛、味覺和嗅覺起變化、喉嚨痛、眼結膜炎、精神紊亂、疲勞、失去嗅覺或味覺、胃部不適（噁心、嘔吐、腹瀉）（較少見）。 <p>若發現以下任何一種緊急徵兆，疾病控制與預防中心(CDC)建議應立即就醫：</p> <ul style="list-style-type: none"> • 呼吸困難 • 胸部有持續疼痛或感受壓力 • 新的頭腦混亂、無法被喚醒或無法保持清醒 • 嘴唇或臉部發藍色

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<ul style="list-style-type: none"> • Trouble breathing • Persistent pain or pressure in the chest • New confusion or inability to awaken or stay awake • Bluish colored lips or face <p>Symptoms of the coronavirus may appear in as few as two days or up to 14 days after exposure, according to the U.S. Centers for Disease Control and Prevention (CDC).</p> <p>But some infected individuals do not have symptoms, yet they are still capable of transmitting the virus.</p>	<p>根據美國疾病控制與預防中心 (CDC), 新冠肺炎的徵狀可能會在受感染後短至兩天或多至 14 天出現。</p> <p>但是有些感染者沒有徵狀，卻仍然能夠傳播病毒。</p>
<p>Are children more susceptible to COVID-19?</p> <p>No, there is no evidence that children are more susceptible. Although infections in children have been reported, including very young children, most confirmed cases of COVID-19 have occurred in adults.</p> <p>For more information, please visit our FAQ on Coronavirus and Pediatric Patients. https://www.ucsfhealth.org/education/faq-coronavirus-and-pediatric-patients</p>	<p>兒童會較容易感染新冠肺炎嗎？</p> <p>並不，沒有證據顯示兒童會較容易受到影響。儘管有兒童感染的報導，也包括有非常年幼的兒童，但大多數確診的新冠肺炎案例都是發生在成年人身上。</p> <p>查詢更多有關的訊息，請訪問「冠狀病毒與小兒患者的常見問題」一欄的解答。 https://www.ucsfhealth.org/education/faq-coronavirus-and-pediatric-patients</p>
<p>If a person is infected with COVID-19 and they recover, are they immune?</p> <p>Infection with COVID-19 does not seem to result in long-lasting immunity. But the natural immunity should last for at least a few months.</p>	<p>如果有曾經感染但已經康復了的新冠肺炎病人，會否從此免疫？</p> <p>感染新冠肺炎看來不會產生持久的免疫力；但自然的免疫力可持續至少幾個月。</p>

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<p>What should I do if I think I have COVID-19? Updated April 22, 2020</p> <p>If you think you have been exposed to COVID-19 and develop a fever and symptoms such as cough or difficulty breathing, call your health care provider or our patient hotline at 415-514-7328. Please use the UCSF MyChart “Coronavirus & Flu Symptom Checker” before you call the hotline. If you are a patient of the UCSF Cancer Center, please contact that clinic for specific instructions prior to calling the UCSF coronavirus line.</p> <p>If you are a UCSF Health patient and have symptoms of COVID-19, we are committed to helping you get tested within 48 hours.</p> <p>In the meantime, if you feel sick, take the following precautions:</p> <ul style="list-style-type: none"> • Avoid public areas, and stay away from others in your home. If you can use a separate bedroom and bathroom, do so. • Cover your mouth and nose when coughing or sneezing. • Wear a mask to cover your nose and mouth if you have cough and are around other people in your home or in public. Please do not wear a mask with a valve, as these masks allow droplet release and do not protect others who may be nearby. • Wash your hands after touching your face, before eating, after using the bathroom. If soap and water is not available, use hand sanitizer with >60% alcohol. • Avoid sharing personal household items. • Clean all high touch services every day such 	<p>如果認為自己已感染新冠肺炎，該怎麼辦？ 2020 年 4 月 22 日更新</p> <p>如果您認為自己曾經接觸過新冠病毒且有發燒，並出現了諸如咳嗽或呼吸困難的徵狀，請致電您自己的醫護人員或我們的患者熱線 415-514-7328。在致電熱線之前，請先使用加州大學舊金山分校 UCSF MyChart 之“冠狀病毒和流感徵狀檢查”。如果您是加州大學舊金山分校 (UCSF) 癌症中心的病人，請在致電加州大學舊金山分校冠狀病毒專線之前，先聯繫該診所，以獲取具體指引。</p> <p>如果您是 UCSF Health 病人，並且出現新冠肺炎徵狀，我們承諾會協助您在 48 小時內進行檢測。</p> <p>同時，如果您感到不適，請採取以下預防措施：</p> <ul style="list-style-type: none"> • 避免進出公共場所，並且在家中時也要與其他家人保持距離。如果可以單獨使用臥室和浴室，請這樣做。 • 咳嗽或打噴嚏時要掩住口鼻。 • 當身處家裡或公共場所咳嗽，而身邊周圍有其他人，請戴上口罩遮住您的鼻和嘴。請不要配戴帶有閥門的口罩，因為這些口罩會釋放液滴，所以不能保護身邊附近其他人。 • 在接觸面部、進食、使用洗手間後，請洗手。如果沒有肥皂和水，請使用酒精含量 > 60% 的消

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<p>as counters, tabletops, doorknobs, phones, keyboards. Use a household cleaning spray or wipe according to label instructions.</p> <ul style="list-style-type: none"> • Monitor your symptoms. If you feel your symptoms are worsening, contact your health care provider. <p>Get a pulse oximeter to monitor the blood oxygen levels. If they are falling and fall below 95%, call your doctor and get ready to go into the hospital.</p> <p>If you have a medical emergency, call 911 and notify the dispatch personnel that you have or are being evaluated for COVID-19.</p>	<p>毒液。</p> <ul style="list-style-type: none"> • 避免共用個人家居用品。 • 每天清潔所有常被接觸的物體，例如櫃檯、桌面、門把手、電話、鍵盤。根據標籤說明使用家居清潔噴霧劑或抹布。 • 監察您的徵狀。如果感到徵狀惡化，請與您的醫護人員聯繫。 <p>如果您有緊急醫療情況，請致電 911 並通知調度人員您已經或正在接受 COVID-19 評估。</p> <p>用脈搏血氧儀去監察血氧水平。當跌至 95% 以下，請打電話給醫生，並準備去醫院就診。</p> <p>觀看視頻，內裡會有更多說明。</p> <p>https://www.my-emmi.com/eplayer/en/?viewId=DF55B207-EA74-49C8-BE2D-2CDB70F3EB38&video=true&src=emmi&locale=en_US&ccVersion=false</p> <p>如果出現緊急醫療情況，請致電 911，並通知調度人員您已經或正在接受新冠肺炎評估。</p>
<p>Should I go to the emergency room if I am sick?</p> <p>If you are sick, please contact your physician or if you are a UCSF patient, call our patient hotline at 415-514-7328 so that we can best triage your situation.</p>	<p>如果病了，應該去急症室嗎？</p> <p>若病倒了，請聯繫您的醫生，或者如果您是在加州大學舊金山分校之病人，請致電我們的患者熱線 415-514-7328，讓我們把您的情況準確分類處理。</p>
<p>What can I do if I have anxiety about COVID-19? Updated April 14, 2020</p> <p>If you are experiencing high levels of anxiety, fear and/or stress in response to the COVID-19 pandemic, you are not alone. Call your primary</p>	<p>如果因新冠肺炎而感到焦慮，該怎麼辦？</p> <p>2020 年 4 月 14 日更新</p> <p>如果因為應對新冠肺炎大流行而感到高度焦慮、恐懼和/或有壓力，您</p>

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<p>care physician to obtain further guidance or counseling assistance.</p>	<p>不是唯一的一個。致電您的主醫生以獲取進一步的指引或諮詢協助。</p>
<p>What can I do for exercise?</p> <p>Continue to move while practicing physical distancing. More than ever before, we know that our physical health affects our mental health. Exercise can reduce stress reactivity and even improve symptoms of depression and anxiety. You can find a variety of online resources with guided exercise routines that offer an opportunity to move even if you do not currently have access to a safe place to exercise outside.</p>	<p>有什麼運動適合做？</p> <p>保持社交距離期間，要繼續做運動。大家都知道身體的健康會影響心理的健康，而現在更甚。運動可以減低壓力反應性，甚至可以改善抑鬱和焦慮症狀。您可以找到各種指導鍛煉程序的在線資源；即使目前無安全的戶外運動場所，也可以通過在線的鍛煉活動一下。</p>
<p>How can I stay connected to friends and family during social distancing?</p> <p>“Social distancing” is a misnomer. What we actually need to do now is physical distancing, while we work hard to stay socially connected. Take time to stay in touch with friends and family by phone, video, text or email. In addition to sharing social support about the current crisis, it is a good idea to talk about other topics you would normally discuss. Consider hosting a dinner using FaceTime or Zoom, so you can talk while you eat (and talk about some positive things, not just this crisis).</p>	<p>在「社交距離」指令下，我如何與朋友和家人保持聯繫？</p> <p>“社交距離”是一個誤稱。我們現在實際需要做的是保持身體之間距離，但同時要努力保持社交聯繫。花點時間通過電話、視頻、文字或電子郵件跟朋友和家人保持聯繫。除了分享有關當前危機的社交互助之外，最好也談論其他慣常關心之題材。可以考慮使用 FaceTime 或 Zoom 共晉晚餐，這樣大家就可以邊用餐邊聊天（並談論一些積極的事情，而不僅僅是談論這場危機）。</p>
<p>How can I stay updated on news and world events?</p> <p>Reading or watching an excess of news about a traumatic event can create symptoms of post-traumatic stress disorder. Try to limit COVID-19 media exposure to no more than twice a day (for example, check for updates in the morning and before dinner), and try to avoid reading about COVID-19 right before bedtime.</p>	<p>我如何可以跟貼新聞與世界事件？</p> <p>閱讀或觀看過多與傷痛事件有關的新聞，可能會產生創傷後壓力症的徵狀。嘗試限制每天接觸新冠肺炎媒體最多不超過兩次（例如，在早晨和晚餐之前查看最新情況），並嘗試避免在就寢前閱讀有關新冠肺炎</p>

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<p>Before sending alarming headlines to friends and family, pause to consider whether the information will be truly helpful or hurtful.</p>	<p>的訊息。向朋友和家人發送令人震驚的頭條新聞之前，請先想一想，以考慮清楚這些訊息是真正有用的，還是有害的。</p>
<p>What other techniques can I use to reduce stress?</p> <p>There are many other techniques and resources available to help you reduce stress, whether it's related to the pandemic or not. Here is just a sampling.</p> <p>Guided Imagery</p> <p>Guided imagery is a tool that encourages you to create images in your mind that can bring about a desired physical response, such as feeling more relaxed. Studies show that it can be helpful for coping with stress, anxiety and sleep difficulty. The UCSF Osher Center for Integrative Medicine provides free guided imagery recordings here: https://osher.ucsf.edu/guided-imagery-meditation-resources.</p> <p>Mindfulness and Meditation Apps Are Available for All Levels of Experience</p> <p>Developing a regular meditation practice (ideally about 20 minutes per day) is a powerful way to reduce stress, calm anxiety, improve your physical and emotional health, and sleep better. Find the one that is right for you, or try the UCLA Mindful App. It's free and has meditations led by Diana Winston, Director of Mindfulness Education at UCLA's Mindful Awareness Research Center.</p>	<p>還有哪些方法可以減輕壓力？</p> <p>無論是否與大流行疫情有關，有許多其他方法和資源可用來幫助減輕壓力。這裡只是舉一些例子。</p> <p>引導圖像</p> <p>引導圖像是一種在腦海中創建圖像的方法，它可以鼓勵大家創建可以帶來想要的身體反應（例如：更放鬆的感覺）的圖像。研究顯示，它會有助於應對壓力、焦慮和睡眠困難。加州大學舊金山分校 Osher 綜合醫療中心在此處：https://osher.ucsf.edu/guided-imagery-meditation-resources。提供免費指導性影像記錄。</p> <p>正念與冥想應用程式可用於所有級別的體驗</p> <p>定期進行冥想練習（最理想是每天大約練 20 分鐘）是一種減輕壓力、緩解焦慮、改善身心健康、改善睡眠的有效方法。找最適合您的應用程式，或試用免費的 UCLA Mindful App，是加州大學洛杉磯分校（UCLA）正念意識研究中心的正念教育主任戴安娜·溫斯頓（Diana Winston）領導之冥想練習。</p>

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<p>Breathing Exercises</p> <p>If you are learning a breathing exercise for the first time, the most important thing is to choose one that you can easily learn. This one is simple for beginners and helps to activate the part of the nervous system required to feel relaxed. It is called “4-5-6” because those are the numbers of seconds spent in each phase of the breath cycle. Here are the instructions:</p> <ul style="list-style-type: none"> • After breathing all of the air out of your lungs, inhale through your nose to the count of four. • Then, pause the breath with full lungs before exhaling to the count of five. • Follow the pause with a very full exhalation through your nose to the count of six. The last couple of counts will be an active exhalation, pushing out as much air as is comfortable. • Do this for eight breaths in a row. <p>While practicing this exercise, be aware of how you are breathing. The exercises should be done with diaphragmatic breathing, moving your abdomen in and out with each breath. Many of us breathe more with our chests than our abdomens, but the opposite is more effective.</p>	<p>呼吸練習</p> <p>如果您是首次學習呼吸運動，那麼最重要的是選擇一項容易學習的。這裡有一種會令初學者易於上手，且有助於激活神經系統中需要放鬆的部分。它被稱為“4-5-6”，名稱來自呼吸週期內每個階段所花費的秒數。 以下是說明：</p> <ul style="list-style-type: none"> • 當呼完肺部內所有空氣後，一邊數四下一邊通過鼻子吸氣。 • 然後，以盈滿空氣的肺部暫停呼吸，數了五下才呼氣。 • 停頓呼吸後，用鼻子一邊呼氣一邊數六下。最後幾下是主動呼氣，排盡所有肺內空氣。 • 連續進行上述呼吸方法八次。 <p>練習此運動時，請注意自己的呼吸情況。鍛煉時應用橫隔膜呼吸，每次呼吸都應將腹部收與放。大家以胸部呼吸比以腹部的多，但用腹部呼吸的效果會較佳。</p>
<p>How should I manage my need for routine medical care for chronic conditions during this time?</p> <p>At this time, we recommend video visits for routine, non-urgent medical visits. UCSF Health is able to offer telehealth visits, in which you can interact with your provider via video and receive management recommendations without coming into the clinic.</p>	<p>在這段時間內，應該如何應對慣常的慢性病的醫療需求？</p> <p>目前，如果需有慣常的非緊急的醫療服務，我們建議您用視頻看醫生。UCSF Health 能夠提供遠程醫療服務，您可以通過視頻與醫療人員交流並接收醫療建議，而毋須親身前往診所。</p>

English	Traditional Chinese 繁體中文
<ul style="list-style-type: none"> • The first step to setting this up is to activate your MyChart account, and call your provider’s clinic to set up the visit. • If you are unable to do a video visit, we recommend postponing non-urgent visits. • Your clinical team is also available to respond to your questions via MyChart and telephone. • If you are a UCSF patient, we can also see you in a face-to-face visit for urgent issues that cannot be resolved via telehealth, telephone or MyChart. <p>If possible we recommend keeping at least a one-month supply of medications for chronic conditions. Your insurance company may limit the amount you can keep on hand (consider a mail order pharmacy). Keep over the counter home remedies available, if you need to treat fever at home. We recommend keeping acetaminophen at home, as this is safe for most older adults.</p> <p>If you are caring for an older adult with dementia, the Alzheimer’s Association provides useful tips and information.</p>	<ul style="list-style-type: none"> • 做此設置的第一步是開啟您的 MyChart 帳戶，然後致電診所的員工安排約見。 • 如果您無法用視頻見醫生，我們建議您把非緊急約見押後。 • 您的臨床團隊也可以通過 MyChart 和電話回答您的問題。 • 如果您是加州大學舊金山分校之病人和有緊急問題，我們可以安排跟您親身會面，以解決無法通過遠程視像、電話或 MyChart 解決的問題。 <p>如果可能，我們建議為慢性病患者提供至少一個月的藥物供應。您的醫療保險公司可能會限制您可以持有的藥物數量（可以考慮用郵購藥房）。如果您需要在家治療發燒，請用非處方藥。我們建議您存放乙酰氨基酚在家中，因為這藥對大多數長者來說是安全的。</p> <p>如果您要照顧患癡呆症長者，那麼阿爾茨海默氏症協會可提供有用的提示和訊息。</p>

Prevention, Testing & Treatment

預防、檢測與治療

English	Traditional Chinese 繁體中文
<p>What is remdesivir and is it effective in treating patients with COVID-19? Updated May 1, 2020</p> <p>Remdesivir is an investigational antiviral compound undergoing clinical trials in China, the United States, and the United Kingdom as a potential treatment for COVID-19, including at UCSF Health. It is not yet licensed or approved anywhere globally.</p> <p>Published studies to date have not demonstrated the benefit of using remdesivir for the treatment of COVID-19. However, a recent press release from the National Institutes of Allergy and Infectious Diseases reported improved clinical outcomes in an interim analysis of a large randomized control trial in patients taking remdesivir compared to those taking placebo. Publication of this study through a process of peer review is pending as are several other studies using remdesivir.</p> <p>UCSF is currently leading clinical trials of remdesivir, as well as of hydroxychloroquine and the antibiotic azithromycin.</p>	<p>瑞德西韋(remdesivir) 是什麼？它對治療新冠肺炎有效嗎？ 2020 年 5 月 1 日更新</p> <p>瑞德西韋是一種研究階段的抗病毒化合物，有可能成為新冠肺炎的療法，現正在中國、美國和英國進行臨床試驗，也包括在 UCSF Health。此藥尚未在全球任何地方獲得許可證明或通過審批。</p> <p>迄今為止，已發表的研究尚未證明使用瑞德西韋治療新冠肺炎的益處。不過，美國國家過敏和傳染病研究所最新的新聞發布稱，一項大型隨機對照試驗的中期研究分析顯示，與接受安慰劑的患者相比，接受瑞德西韋治療之患者的臨床結果有所改善。與其他一些使用瑞德西韋的研究一樣，正待通過同行的評審過程去發表這項研究。</p> <p>加州大學舊金山分校目前正在領導瑞德西韋、氫氯喹和抗生素阿奇黴素的臨床試驗。</p>
<p>What is hydroxychloroquine and is it effective in treating patients with COVID-19? Updated May 1, 2020</p> <p>Hydroxychloroquine is in a class of drugs that are primarily used to treat malaria, but also are used to treat discoid or systemic lupus erythematosus and rheumatoid arthritis in patients whose symptoms have not improved with other treatments.</p>	<p>氫氯喹是什麼？它對治療新冠肺炎有效嗎？ 2020 年 5 月 1 日更新</p> <p>氫氯喹屬於主要用於治療瘧疾一類的藥物，但也會用於治療症狀未能通過其他療法而改善的疾病，如盤狀或系統性紅斑狼瘡與類風濕性關節炎。沒有科學證據指出氫氯喹對治療新冠肺炎有效。即使一些小型的研究，不但</p>

<p>There is no scientific evidence that hydroxychloroquine is effective in treating patients with COVID-19. There have been a few small studies that have not answered key questions and have shown evidence of harm by using chloroquine and hydroxychloroquine in patients with COVID-19. This demonstrates the importance of not using these drugs off-label and instead testing them in clinical trial settings where we can monitor patients.</p> <p>UCSF is currently leading clinical trials of hydroxychloroquine and the antibiotic azithromycin, and of remdesivir.</p>	<p>不能解釋到一些關鍵的問題，還顯示了在新冠肺炎患者身上使用氯喹和羥氯喹造成傷害的證據。這證明了不要使用這些藥物在標籤指示情況以外的重要性，而應先在可以監察患者的環境下，對藥物進行臨床試驗。加州大學舊金山分校目前正在領導羥氯喹、抗生素阿奇黴素以及瑞德西韋的臨床試驗。</p>
<p>What tests are available for COVID-19? Updated May 1, 2020</p> <p>There are two main types of tests for COVID-19. Reverse transcriptase polymerase chain reaction (RT-PCR) directly detects active viral infection. Serology tests detect immune response (antibodies) to infection, which typically takes at least two to three weeks to develop.</p>	<p>有哪些針對新冠肺炎的測試？ 2020 年 5 月 1 日更新</p> <p>証實新冠肺炎主要有兩種類的測試。逆轉錄聚合酶鏈反應 (RT-PCR) 直接檢測活躍的病毒感染。而血清學檢測可以檢測出身體對感染的免疫反應 (抗體)，一般需要產生抗體至少兩到三星期時間才可以驗出。</p>
<p>Is UCSF Health testing for COVID-19?</p> <p>UCSF Health is doing testing at various locations including drive-through sites, Respiratory Symptom Clinics and our emergency room. We perform these tests using a polymerase chain reaction (PCR) technique similar to that used in testing for COVID-19 by the Centers for Disease Control and Prevention (CDC).</p> <p>PCR allows scientists to detect very small amounts of virus in a sample obtained with a swab from a patient's nose and throat.</p> <p>Test results can be expected typically between</p>	<p>UCSF Health 會否為新冠肺炎進行檢測？</p> <p>UCSF Health 正在多個地點提供檢測，包括通車檢測站，呼吸道症狀專科診所與大學的急症室。我們使用類似於疾病控制與預防中心 (CDC) 檢測新冠肺炎所採用的聚合酶鏈反應 (PCR) 技術進行檢測。</p> <p>聚合酶鏈反應技術使科學家用拭子從患者的鼻子和喉嚨獲得的極少量病毒樣本中也能夠檢測病毒出來。</p> <p>通常可以在 24 至 72 小時之間獲得檢測結果。加州大學舊金山分校之病人的</p>

<p>24-72 hours. Test results are published in MyChart for UCSF patients, and we will telephone you if the results are positive. You will receive a robotic call if it is negative.</p>	<p>檢測結果會在 MyChart 內發佈。如果結果為陽性，我們會以電話通知，至於陰性的，您會收到一個電話錄音。</p>
<p>What is a serology or antibody test and how accurate are they?</p> <p>Updated May 1, 2020</p> <p>Serology blood tests are designed to identify who has previously been infected with COVID-19. They look for an immune response to the coronavirus in the form of a specific protein material, or antibodies, in your blood. It takes time for the body to produce antibodies, so antibodies may not be detected early on after infection. Not all patients may develop detectable antibodies, particularly patients who have weakened immune systems due to underlying diseases or certain medications.</p> <p>Serology tests for COVID-19 are mainly used for diagnostic testing of patients whose symptoms indicate a high suspicion of COVID-19, but who are seeking care more than a week after symptoms began and who do not test positive for COVID-19 RT-PCR test. The tests also are useful for people who want to donate convalescent serum and, once they are more reliable, can be used to determine how broadly the virus has spread in the community.</p>	<p>什麼是血清學或抗體檢測，其準確性又如何？</p> <p>2020 年 5 月 1 日更新</p> <p>血清學血液檢測旨在確定誰先前曾經感染過新冠肺炎。檢測會從血液中，找出特定蛋白質材料或抗體對冠狀病毒之免疫反應。身體產生抗體需要時間，因此感染後可能無法及早檢測出抗體。並非所有患者都能產生可檢測的抗體，特別是由於潛在疾病或某些藥物而免疫系統減弱的患者。</p> <p>為病人進行新冠肺炎的血清檢測，主要用於診斷有新冠肺炎徵狀但對新冠肺炎逆轉錄聚合酶鏈反應(RT-PCR)檢測卻呈陰性的人。這些人的徵狀顯示高度疑似感染了新冠肺炎，但在其徵狀開始後一周以上仍在尋求治療。這些檢測對想要捐贈恢復期血清的人也很有用，當血清檢測比較可靠時，就可以用來確定病毒在社區中的傳播範圍。</p>
<p>What is a convalescent serum?</p> <p>Updated May 1, 2020</p> <p>Convalescent serum is the cell-free part of blood containing antibodies that is taken from patients who have recovered from a certain illness and then delivered to patients with the same illness to help their immune response. It is a treatment</p>	<p>什麼是恢復期血清？</p> <p>2020 年 5 月 1 日更新</p> <p>恢復期血清是血液中無細胞的部分，含有抗體，這些抗體是從某種疾病康復後的患者中提取，然後輸送給患有相同疾病的患者以幫助其產生免疫反應。多年來，這療法已用於許多感染性疾病，但</p>

<p>that has been used for many infections over the years, but its effectiveness still needs to be studied for patients with COVID-19.</p>	<p>對於新冠肺炎的患者，其有效性仍待研究。</p>
<p>If a person has antibodies to the coronavirus, what does that mean? When and for how long after infection would someone produce antibodies?</p> <p>Updated May 1, 2020</p> <p>A positive test shows that you have antibodies that may have resulted from COVID-19 infection. It could also be a false positive test from a cross reaction with antibodies from a related coronavirus or other virus (there are multiple other common coronaviruses that cause mild upper respiratory infections).</p> <p>Antibodies can appear approximately one week after infection and typically peak four to six weeks after symptoms begin. Most people will develop antibodies within two to three weeks after infection. Some patients, particularly those with immunocompromising conditions, may not produce a detectable antibody response. The length of time that antibodies remain in the body after infection is not well known for SARS-CoV-2. For most viruses, antibodies remain detectable for months or sometimes even years after infection.</p> <p>We currently don't know whether antibodies to the SARS-CoV-2 virus offer immunity against future infections and if so, for how long. Several other coronaviruses have limited or short-term immunity after an infection, but it is too early in this epidemic to understand whether or how antibodies will protect people who have had COVID-19.</p> <p>We will need more studies to determine if the</p>	<p>如果一個人具有冠狀病毒抗體，那是什麼意思？感染後何時會產生抗體？以及可以持續多長時間？</p> <p>2020年5月1日更新</p> <p>檢測呈陽性顯示您所具有的抗體可能是由新冠肺炎感染所引起的。與相關冠狀病毒或其他病毒(有多種其他常見的冠狀病毒引起輕度上呼吸道感染)發生交叉反應，也可能會出現假陽性。</p> <p>抗體可在感染後約1週出現，通常在徵狀開始後4至6周達到高峰。大多數人會在感染後兩至三週內產生抗體。有些患者，尤其是那些免疫功能偏低的患者，可能不會產生可檢測到的抗體反應。對於新型冠狀病毒，目前尚未確定抗體在感染後可保留在體內多長時間。至於大多數病毒，其抗體在感染後數月甚至數年仍可檢測出來。</p> <p>目前，我們不知道新型冠狀病毒的抗體能否對未來的感染產生免疫力，如果可以，也未知可以持續多久。其他幾種冠狀病毒在感染後具有有限的或短期的免疫力。不過，想知道這種抗體是否與及如何保護患有新冠肺炎的人，現在還是為時過早。</p> <p>我們未來需要進行更多的研究，以確定抗體的存在是否意味著不會再次受感染。在完成這些研究之前，關於個人重投工作或上學的決定不應基於抗體檢測結</p>

<p>presence of antibodies means a person won't get re-infected. Until those studies are done, decisions about returning individuals to work or school should not be based on antibody test results.</p>	<p>果。</p>
<p>If I have been infected with COVID-19 and have a positive antibody test, does this mean I am no longer infectious? Updated May 1, 2020</p> <p>Not necessarily. Antibodies may become detectable before infectious virus is cleared by the body, so a positive antibody test does not mean you cannot spread the virus to other people.</p>	<p>如果我曾經感染了新冠肺炎，並且抗體檢測呈陽性，這是否意味著我已不帶傳染性？ 2020年5月1日更新</p> <p>未必。在傳染性病毒被人體清除之前，抗體可能會被檢測到，因此，檢測出陽性抗體並不意味著您不會將病毒傳播給他人。</p>
<p>What does a negative antibody test mean? Updated May 1, 2020</p> <p>A negative test means you probably have not had a previous infection with COVID-19 that has since resolved. However, you could still have a current infection if antibodies have not formed yet (it takes 1 to 3 weeks to develop antibodies), or you could have had a previous infection but not developed an antibody response (particularly if you have a weak immune system from underlying medical conditions or medications).</p>	<p>抗體檢測呈陰性是什麼意思？ 2020年5月1日更新</p> <p>檢測呈陰性意味著您以前可能沒有感染過新冠肺炎。不過，仍有可能是屬於當前感染，而尚未形成抗體(需要花1至3週的時間才能產生抗體)，也可能是曾經感染過但未有產生抗體反應(特別是如果您因潛在疾病或藥物而致免疫系統較弱)。</p>
<p>Does my insurance cover COVID-19 test? Updated June 17, 2020</p> <p>In California, Governor Gavin Newsom has issued a directive requiring health insurance companies to waive member cost-sharing amounts for screening and testing for the COVID-19 disease. The federal government passed the Families First Coronavirus Response Act, which also offers waiving of patient co-pays, co-insurance & deductibles for COVID-19 screening and testing.</p>	<p>我的保險涵蓋新冠肺炎檢測嗎？ 2020年6月17日更新</p> <p>在加州，州長加文·紐森 (Gavin Newsom) 頒布了一項指令，要求醫療保險公司豁免會員之篩查和檢測新冠肺炎的費用共付額。聯邦政府通過了《家庭至上冠狀病毒應對法案》，該法案也豁免了新冠肺炎篩查和檢測的患者共付額、共同保險與免賠額。這《家庭至上冠狀病毒應對法案》僅適用於新</p>

<p>This FFCRA only applies to COVID-19 screening and testing and not other services rendered.</p>	<p>冠肺炎篩查和檢測，並不適用於其他醫療服務。</p>
<p>What can I do to protect myself and others? Updated January 31, 2021</p> <p>Currently, besides vaccine to prevent COVID-19 infection, the best way to prevent infection is to avoid being exposed to this virus. The U.S. Centers for Disease Control and Prevention (CDC) recommends everyday preventive actions to help prevent the spread of respiratory viruses.</p> <ul style="list-style-type: none"> • Wear a cloth face covering while you are outside and in public settings or using public transportations. Don't use masks with valves, as the valves allow droplet release and do not protect others who may be nearby. • Practice physical distancing by staying at least 6 feet away from other people, especially if COVID-19 is currently spreading in your community. • Wash your hands often with soap and warm water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60 percent alcohol if soap and water are not available. • Avoid touching your eyes, nose, and mouth with unwashed hands. • Avoid close contact with people who are sick. • Stay home and do not travel or go to work or school when you are sick. • Cover your mouth and nose with a tissue when you cough or sneeze then throw the tissue in the trash. Then wash your hands with soap and water. • Clean and disinfect frequently touched objects and surfaces. <p>Many states, including California, have implemented shelter in place policies that</p>	<p>我該怎麼做才能保護自己和其他人？ 2021 年 1 月 31 日更新</p> <p>當前除了疫苗，可預防新冠肺炎感染。預防感染的最佳方法是避免接觸該病毒。美國疾病控制與預防中心（CDC）建議採取日常的預防措施，以幫助預防呼吸道病毒的散播。</p> <ul style="list-style-type: none"> • 在戶外和公共場所或使用公共交通工具時，請配戴布面罩。不要使用帶閥門的口罩，因為這些口罩會釋放液滴，不能保護身邊其他人。 • 實行社交距離，與身邊的人保持至少 6 呎的距離，尤其是當新冠肺炎正在您的社區中散播時。 • 經常用肥皂和溫水洗手至少 20 秒鐘。如果沒有肥皂和水，可使用酒精含量至少為 60% 的酒精類消毒液。 • 避免用未清潔的手觸摸眼睛、鼻子和嘴巴。 • 避免與患病的人有密切接觸。 • 生病時留在家裡，不要旅遊、上班或上學。 • 咳嗽或打噴嚏時，用紙巾遮住口鼻，然後將紙巾丟進垃圾箱，再用肥皂和水洗手。 • 經常觸摸的物體和表面，要經常清潔和消毒。 <p>許多州，包括加州在內，都已實施〈〈居家抗疫政策〉〉，鼓勵所有居民除因必需而要出行以外，否則留在家中。為了限制這種病毒的傳播，強烈建議大家遵循</p>

<p>encourage all residents to remain home except for trips for essential services. In order to limit the spread of this virus, it is highly recommended that you follow policies implemented by your local government. You can find more information about the shelter in place policy here.</p>	<p>當地政府實施的政策。您可以在此處找到更多有關〈〈就地安置政策〉〉的訊息。</p> <p>https://sf.gov/stay-home-except-essential-needs</p>
<p>Should I wear a mask? Updated January 31, 2021</p> <p>The CDC recommends wearing cloth face coverings in public settings where other physical distancing measures are difficult to maintain, such as grocery stores and pharmacies. President Biden issued an Executive Order mandating wearing facial masks when using public transportations.</p> <p>The CDC also recommends that individuals should wear a facemask when around other people. UCSF Health hospitals and clinics require wearing masks at all times to further reduce the risk of spread of COVID-19 among our workforce and patients.</p> <p>At UCSF Health, we support the use of face masks or face coverings. Please note that physical distancing, i.e. maintaining at least 6 feet away from others, is still required, even when wearing a mask.</p> <p>Reasons we support the use of face masks:</p> <ul style="list-style-type: none"> • The highly contagious nature of the virus • The potential for asymptomatic and pre-symptomatic transmission • Empiric evidence from Asia, where masks are routinely used • Supplies of hospital-grade masks for health care workers must continue to be a priority, but extra surgical masks or homemade masks 	<p>我應該戴口罩嗎？ 2021 年 1 月 31 日更新</p> <p>在難以保持物理距離的公共場所，例如雜貨店和藥房等，美國疾病控制與預防中心（CDC）建議大家要配戴布面罩。拜登總統發布了一項行政命令，要求在使用公共交通工具時必須戴口罩。</p> <p>美國疾病控制與預防中心（CDC）還建議個人在處身人群中時應配戴面罩。UCSF Health 醫院和診所要求全程都要戴口罩，以進一步降低新冠肺炎在我們的員工和病人之間傳播的風險。</p> <p>在 UCSF Health，我們支持使用面罩或部蓋面物。請注意，即使戴著口罩，仍然需要與其他人保持至少 6 呎的距離。</p> <p>我們支持使用面罩的原因：</p> <ul style="list-style-type: none"> • 此病毒具有高度傳染性 • 潛在的在無徵狀時與徵狀前的傳播力 • 來自亞洲的經驗證明，慣常使用口罩有效減少傳染 • 必須繼續優先為醫護人員提供醫院級口罩，但是在這種大流行病期間，額外的手術口罩或多層棉質的自製口罩可能會提供更多的保護，與不戴口罩無法相比。

of multilayered cotton will likely provide more protection compared to wearing nothing during this epidemic.

Of note, avoid wearing a mask that contains a valve (typically a raised plastic cylinder about the size of a quarter on the front or side of the mask) that is designed to facilitate easy exhaling. The latest Order of the Public Health Officer in San Francisco (C19-12 "Requiring Face Covering") specifically prohibits masks of this type. Valves permit droplet release from the mask, putting others nearby at risk.

An increasing number of cities in the U.S. are embracing this recommendation: "Stay in place, keep your space, and cover your face."

值得注意的是，避免戴裝有便於呼出閥門的口罩(一般在面罩正面或側面的四分之一大小的凸起的塑料圓筒)。舊金山最新《《公共衛生官員指令》》(C19-12“要求遮蓋面部”)明確禁止使用這種口罩。閥門允許液滴從面罩中釋放，置身邊其他人於險境。

美國越來越多的城市接受這一建議：“留在原處，保持空間，遮住臉龐。”

<https://coronavirus.ucsf.edu/patients#faqbasics>