

【Precautions of SARS】

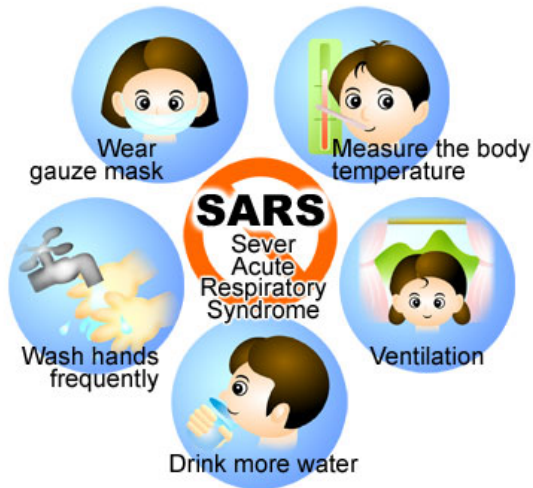


Fig.1 : Precautions of SARS

- Keep environmental sanitation and air circulating.
- Avoid getting to the place where crowds gather or air does not circulate.
- Seeing the doctor, had better look for a regular doctor and avoid non-essential transfers as well as visiting a patient.
- Balanced diet, right amount of rest and sport.
- Ask relatives and friends who cough and have a fever to wear the gauze mask, and report suspected ones rapidly and ask them to seek medical advice with the gauze mask.
- During the prevalent period, to the place with bad ventilation, crowded or airtight space, please wear the gauze mask.

【Knowledge of SARS】

SARS is an abbreviation of English for severe acute respiratory syndrome for short. World Health Organization (WHO) announced the infectious disease of such acute respiratory tract as SARS formally on March 15, 2003. The **pneumonia** means the inflammation in lung tissues, and most cases are due to pathogenic infections of the lung tissues. The pneumonia can be further classified into the typical pneumonia and the atypical pneumonia. Typical pneumonia is mostly due to bacterial infection, and common types of **bacteria** are *Streptococcus pneumoniae*, etc. Patients with typical pneumonia usually have such symptoms as tachypnoea, high fever, thick phlegm, and pleural effusion, etc. And atypical pneumonia is especially referred to **viral** or bacterial pneumonia (*Mycoplasma*, *Chlamydia pneumoniae*, *Chlamydia psittaci*,

Legionella pneumophila).

Clinical symptoms of patients with atypical pneumonia are also different from those of typical pneumonia, for its course is slower and some complications occur, such as muscle ache, headache and diarrhea, etc. At present, it is believed that the pathogen causing SARS is Corona Virus and its symptoms also meet the definition of atypical pneumonia, yet medical circles especially separate SARS from 「atypical pneumonia」 to become a new disease. The main reason is that the course of SARS makes fast progress to be so serious as to easily cause diffuse pneumonia and respiratory failure; and SARS is highly contagious and more serious than general atypical pneumonia, so named as severe acute respiratory syndrome, which needs the society and medical personnel to pay attention to.

The main symptoms of SARS are an unexpected high fever (over 38°C or 100.4°F), dry cough, tachypnoea or dyspnea. The chest X-ray examination can show typical symptoms of pneumonia. SARS may still complicate other symptoms, including: headache, generalized muscle ache and weakness, loss of appetite, lethargy, disturbance of consciousness, rash and diarrhea; in the most critical case, diffuse pneumonia will appear, and gas exchange in the chest drops so much as to cause anoxia in the lung, so the patient will be dyspneic and anoxic or even dead. The latent period of SARS ranges from 2 to 7 days, and the most common period is 3 to 5 days, in order to ask and examine carefully, the observation period can be extended to 14 days. According to present cases, patients seem not contagious in the latent period and only patients who present symptoms are contagious instead.

【Indicators to seek medical advice for SARS】

- Have a fever (over 38°C) non-remissive at least more than three days.
- Such symptoms as muscle ache, cough, sore throat, tachypnoea, etc.
- Such respiratory distress as to cause the sternum and the ribs to sink.
- In two weeks before the symptoms take place, have been to such SARS prevalent areas as Mainland China, Hong Kong or Hanoi, Vietnam, etc., or have looked after and contacted patients of SARS.

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