

Chinese
(Traditional)



我什麼時候該擔心？

– 咳嗽、感冒、耳痛和喉嚨痛的治療指南

WHEN SHOULD I WORRY?

Your guide to Coughs, Colds,
Earache & Sore Throats

資訊編制對象：

Information for:

本手冊的適用對象：

對於家長來說，小孩患病是一件相當可怕的事。如果您瞭解疾病相關的知識越多，您就越會覺得病情容易控制。本手冊專為家長（和大齡兒童）編制，旨在解釋如何應對健康孩子的各種常見病毒感染。本手冊不適用於患有長期疾病的小孩，比如：哮喘、心臟或腎臟問題。對於6個月以下的嬰幼兒，家長不應該依賴本手冊所提議的治療方法。6個月以下的嬰幼兒所出現的傳染性疾病會有所不同。

對於您最擔心的方面，應該怎麼辦？

如果您去拜訪您的家庭醫生或護士，將您所擔心的告訴他們，這一點尤為重要。

您希望從會診中獲得什麼資訊？

當您諮詢某醫生或護士，建議您思考一下您的期望。如果您對您所希望採取的措施有什麼想法，請告知醫生或護士。這樣可幫助他們嘗試並處理您所期望的事情。

發燒（體溫升高）

- 發燒是一種正常反應，它甚至可以幫助抵抗傳染性疾病。
- 發燒不會傷害您的小孩。強制降溫似乎不能預防抽搐（參考下頁）。
- 發高燒的小孩（40度或更高）是可能染上更嚴重的傳染性疾病（雖然大多數情況下都不會）。請參考第7頁，以瞭解較嚴重傳染性疾病的其他症狀。

您應該如何處理？

為了讓您的小孩感覺舒服點，您可以讓小孩服用撲熱息痛及/或布洛芬，以降低體溫（參考第6頁）。脫掉外套（如果小孩發燒，不要穿太多衣服）。用水給小孩擦身的做法有時會使情況變得更糟，會使小孩更不舒服或打冷顫（從而使體溫上升）。但是，只要不會使您小孩不舒服，用溫水沐浴/擦身也會有一點幫助。



「…她半夜醒來，發燒，嘔吐，而且咳嗽得很厲害。真是挺嚇人的…」

Who is this booklet for?

Having an ill child can be a very scary experience for parents. If you understand more about the illness it can help you to feel more in control. This booklet is for parents (and older children) and deals with common infections in children who are normally healthy. It is not meant for children who have ongoing health problems such as asthma, heart, or kidney problems. You should not rely on the advice in this leaflet for children who are less than 6 months old. Babies younger than this can respond differently to infections.

What is it that you are most worried about?

If you are seeing your GP or nurse, it is important to tell them what it is you are most worried about.

What are you expecting from the consultation?

When you consult with a doctor or nurse, it is a good idea to think about what you are expecting. If you have any ideas about what you would like done, you should tell the doctor or nurse. This will allow them to try and deal with the things that you are expecting.

Fever (Raised Body Temperature)

- Fever is a normal response that may even help to fight infections.
- Fever does not harm your child. Bringing temperature down does not seem to prevent fits (see next page).
- Children with a high temperature (40°C or more) are more likely to have a more serious infection (though most will not). Look at page 7 to see other signs of more serious infections.

What can you do about it?

To make your child more comfortable, you may want to try and lower their temperature by giving them Paracetamol and / or Ibuprofen (see also page 6). Take off outer clothing (do not wrap your child up if they have a fever). Sponging a child with water can sometimes make matters worse by upsetting a child or making them shiver (which can raise their temperature more). However, as long as it does not upset your child, bathing/sponging with luke warm water may help a little.

☐ 高燒抽搐（高熱驚厥）

- 小孩有時會因為發高燒而出現抽搐。如果您小孩出現驚厥，那將會是很可怕的事，但通常不會很嚴重。服用撲熱息痛或布洛芬並不能預防抽搐。
- 如果您的小孩出現抽搐，一定要保持冷靜。大多數這些抽搐都不會傷害您小孩，而且一般不會超過5分鐘。
- 除非您小孩之前曾經歷過高熱驚厥，並且您清楚怎樣去處理這種情況，否則，您最好立即撥打999求助。
- 如果您小孩出現抽搐，請確保您小孩遠離物件，以防止碰到，並盡量將小孩的姿勢轉成側臥（回復體位）。

☐ 咳嗽/帶痰性咳嗽

- 一旦小孩患上感冒，他們通常會出現「喘鳴」或「帶痰性咳嗽」症狀。對於認為帶痰性咳嗽是「呼吸道感染」的父母來說，這是件讓人揪心的事。
- 小孩通常都會出現喘鳴。因為小孩比成人擁有更小的呼吸道和更窄的胸腔。
- 出現呼吸道感染的小孩通常會覺得身體更「不適」。請參考第7頁，以瞭解較嚴重問題的症狀。

它會持續多久？

這個圖表向您展示小孩的咳嗽會持續多長的時間。這些是因咳嗽病情而看過家庭醫生的10名小孩的臉部圖片。綠色的臉部圖片是每個時期康復的小孩的臉部圖片。

您應該如何處理？

咳嗽可幫助人體抵抗傳染性疾病，但持續時間較長。止咳藥水可能沒能起什麼作用。請參考第6頁，以瞭解有可能幫助病情的其他事項。

服用抗生素是否有效？

相比未服用抗生素的患者，服用了抗生素的大多數患者病情並沒有好轉得更快。就患有支氣管炎（帶痰性咳嗽）的成人和小孩來看，一般來說，服用抗生²素的患者僅僅比未服用抗生素的患者少咳嗽半天。

Temperature Fits (Febrile Seizures)

- Young children can sometimes have a fit as a result of having a temperature. It can be very scary if your child has a seizure, but it is usually not serious. Treating fever with paracetamol or ibuprofen does not prevent fits.
- If your child has a fit – try to stay calm. Most of these fits will not cause your child any harm and will last less than 5 minutes.
- Unless your child has had previous febrile seizures and you are familiar with what to do, it is best to dial 999 immediately for an ambulance.
- It is a good idea to make sure a child who is having a fit is away from things they may hurt themselves on, and to roll them on their side (recovery position).

Cough/Chesty Cough

- When young children catch a cold they often develop a 'noisy chest' or a 'chesty cough'. This can be worrying for parents who believe that a chesty cough is a sign of a 'chest infection'.
- Young children often get noisy chests. This is because they have smaller airways and thinner rib cages than adults.
- A child with a true chest infection will generally be more 'unwell'. See page 7 for signs of a more serious problem.

How long will it last?

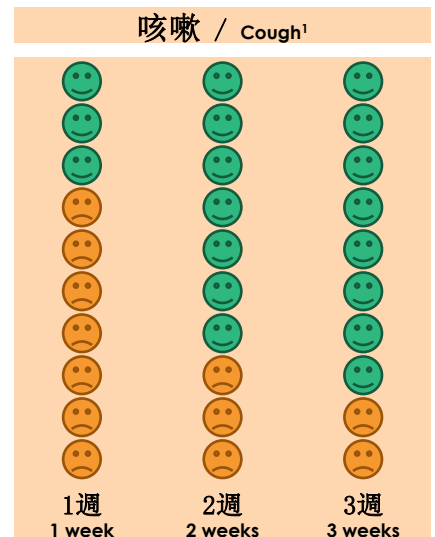
This chart shows you how long cough often lasts in children. The faces represent ten children who have seen their GP with a cough. Green faces are those who have recovered at each time period.

What can I do about it?

Coughing helps the body fight against infection and can take a while to go. Cough syrups probably do not help. See page 6 for other things that may help.

Do antibiotics help?

Most people who take antibiotics do not get better any faster than people who do not take them. Looking at adults and children with bronchitis (chesty cough), on average, people taking antibiotics will have a cough for only half a day less than those who don't.²



□ 普通感冒

- 感冒非常常見。通常健康的小孩一年中有時會感冒達8次或以上！

症狀會持續多久？

此圖表讓您大致瞭解感冒通常會持續多長的時間。這些是因感冒病情而看過家庭醫生的10名小孩的臉部圖片。綠色的臉部圖片是每個時期康復的小孩的臉部圖片。

服用抗生素是否有效？

沒有證據表明，抗生素對治療感冒有幫助。

□ 綠色的痰/鼻涕

- 一些家長和醫生認為根據鼻涕的顏色可判斷某種傳染性疾病的類型（或嚴重性）。
- 最近研究表明，事實並非如此。綠色鼻涕可由許多類型的傳染性疾病引起，並且不需要使用抗生素進行治療。⁴

□ 喉嚨痛

- 喉嚨痛不需要採取任何治療措施便可治癒。它通常能夠自愈。
- 如果您小孩感到身體極其不適或出現喉嚨痛和高熱，沒有咳嗽，但病情持續3天或以上，則應該去看醫生或護士。
- 您並不需要去查看小孩的喉嚨。如果您擔心是扁桃體發炎，就其本身而言，並不是您所需要擔心的情況。但是，如果您小孩呼吸困難，或看似身體極其不適（參考第7頁），您應該立即去看醫生。

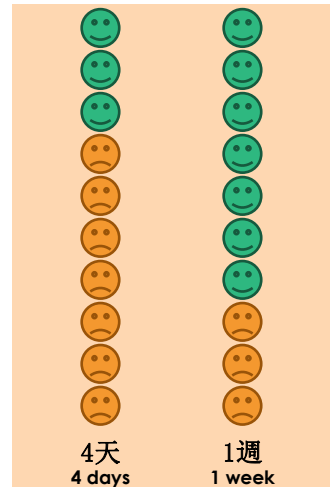
它會持續多久？

這個圖表向您展示小孩的喉嚨痛會持續多長的時間。這些是因喉嚨痛病情而看過家庭醫生的10名小孩的臉部圖片。綠色的臉部圖片是每個時期康復的小孩的臉部圖片。

服用抗生素是否有效？

不管他們是否服用抗生素，一周後，超過四分之三小孩的喉嚨痛病情出現好轉。服用抗生素的大多數患者（13/14）和未服用抗生素的患者相比，病情好轉所需的天數差不多。⁶

感冒 / Cold³



Common Cold

- Colds are very common. Normal, healthy children can sometimes have 8 or more colds in a year!

How long will it last?

This chart will give you an idea of how long colds often last. The faces represent ten children who have seen their GP with a cold. Green faces are those who have recovered at each time period.

Do antibiotics help?

There is no evidence that antibiotics help with colds.

Green Phlegm/Snot

- Some parents and doctors have long believed that the colour of nasal discharge (snot) gave an indication of the type (or seriousness) of an infection.
- Recent research suggests that this is not the case. Green nasal discharge can be caused by many types of infection and does not need to be treated with antibiotics.⁴

Sore Throat

- A sore throat does not need any treatment to make it go away. It will get better by itself.
- If your child seems very unwell or has a sore throat and temperature, but no cough, for more than 3 days, he or she should see a doctor or nurse.
- You do not need to look in your child's throat. If you have, and you are worried about large tonsils, this is not, by itself, something to be concerned about. However, if your child is having difficulty breathing, or seems very unwell (see page 7), you should consult your doctor urgently.

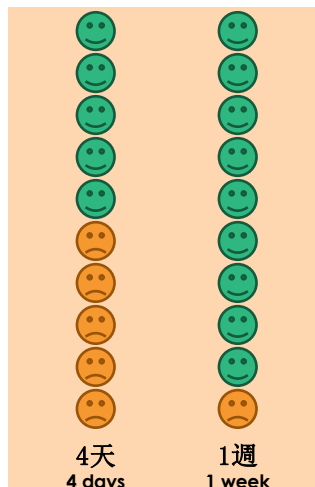
How long will it last?

This chart shows you how long sore throats often lasts in children. The faces represent ten children who have seen their GP with a sore throat. Green faces are those who have recovered at each time period.

Do antibiotics help?

After one week, more than three-quarters of those with a sore throat will be better whether they take antibiotics or not. Most (13 out of 14) who take antibiotics will get better just as quickly as if they had not taken them.⁶

喉嚨痛 / Sore Throat^{3,5}



☐ 耳痛

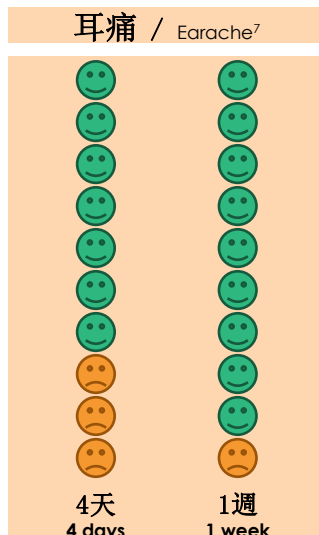
- 治療中耳炎通常不需要服用抗生素。只需要服用撲熱息痛及/或布洛芬止痛。
- 如果您的小孩出現聽力問題，或耳朵出水，建議立即就醫。

它會持續多久？

這個圖表向您展示小孩的耳痛會持續多長的時間。這些是因耳痛病情而看過家庭醫生的10名小孩的臉部圖片。綠色的臉部圖片是每個時期康復的小孩的臉部圖片。

服用抗生素是否有效？

不管他們是否服用抗生素，一周後，超過四分之三的小孩的耳痛病情出現好轉。服用抗生素的小孩（14/15）和未服用抗生素的小孩相比，病情好轉所需的天數差不多。⁸ 對於雙耳出現感染的2歲以下的小孩，以及耳朵感染出水的小孩，他們服用抗生素可能更有效，並且應該就醫治療。⁹



Earache

- There is normally no need to treat ear infections with antibiotics. Pain control with Paracetamol and / or Ibuprofen is all that is normally needed.
- If your child is having hearing problems, or the ear is draining, they should see a GP.

How long will it last?

This chart shows you how long earache often lasts in children. The faces represent ten children who have seen their GP with earache. Green faces are those who have recovered at each time period.

Do antibiotics help?

After one week, more than three-quarters of children will be better whether they take antibiotics or not. Most (14 out of 15) children who take antibiotics get better just as quickly as if they had not taken them.⁸ Children under the age of two with ear infections in both ears, and those with an ear infection that is draining, are more likely to benefit from antibiotics than other children and should be seen by a doctor or nurse.⁹

Croup

Group can occur in children from 6 months to 12 years, but is most common in children under 3 years old. It is caused by a virus in the voice box and upper airway and causes a 'barking' cough (like a seal bark). It is usually worse at night.

What can I do about it?

Comfort and hold your child to keep them calm – anxiety seems to make croup worse. Give your child sips to drink to prevent dehydration. Sitting your child up may help them with the cough. Most croup will improve with simple measures like this. If this does not settle your child or they are having difficulty breathing you should call for help (see p.8).

Your child should see a doctor urgently if:

- Their breathing is rapid
- The tissues around the neck or below the ribs are pulled in when they breathe
- They are becoming agitated, exhausted, bluish-grey or pale, or
- They can not swallow, or are drooling

Do antibiotics help?

Antibiotics do not help with croup.

Not Eating/Drinking

- Children often eat and drink less when they are unwell. Encourage them to drink plenty. Most will start to drink before becoming dehydrated. However, you should watch for signs of dehydration, such as drowsiness, dry eyes / mouth, or peeing less. This is especially so for young children (under 1) and those who are vomiting.
- Most children can go a few days without eating much. See page 7 for advice on when you should seek further help.

☐ 喉頭炎

6個月至12歲的小孩會出現喉頭炎，但易發群體是3歲小孩。喉頭炎是由喉頭和上氣道的細菌引起，並且會導致「吠聲」咳嗽（比如海豹）。夜晚的病況通常更為嚴重。

您應該如何處理這種炎症？

安慰您的小孩並保持冷靜——焦慮會加重喉頭炎。小口地喝水，預防脫水。將小孩扶正坐，可幫助緩解咳嗽症狀。有些簡單的處理方法可緩解大多數喉頭炎症狀。如果這種方法對您小孩起不了作用，或者您小孩呼吸困難，您應該就醫（參考第8頁）。

如出現以下情況，您的小孩應該就醫：

- 呼吸急促
- 頸部或肋骨下方的組織會隨呼吸抽動
- 變得焦慮、疲憊、皮膚變成藍灰色或蒼白，或者
- 無法吞咽或流口水

服用抗生素是否有效？

服用抗生素對喉頭炎起不了作用。

☐ 不進食/喝水

- 小孩身體不適時，通常吃喝不多。應該鼓勵他們多喝水。如感覺口渴，大多數小孩都會喝水。然而，您應該留意脫水的症狀，比如嗜睡、眼睛/嘴巴乾澀、或小便少。對於嬰幼兒（1歲以下）以及出現嘔吐的小孩尤其要注意。
- 大多數小孩可能好幾天都吃喝不多。請參考第7頁，瞭解您應該何時就醫。

□ 我應該如何處理？

- 小孩的免疫系統很強大，一般能夠自行抵抗常見症狀。
- 您要確保您小孩多休息和多吃健康的食物（例如水果），以幫助他們抵抗傳染性疾病。
- 讓您的小孩多喝水。多喝水可預防脫水，消炎祛痰，並潤喉嚨。儘量避免飲一些含糖飲料。
- 疼痛和發燒最好服用撲熱息痛及/或布洛芬。
- 撲熱息痛和布洛芬效力不同。如果服用其中一樣不起作用，則可一起服用。但注意不要超過最大建議劑量。
- 產品說明書通常標明：在無醫囑情況下，不得連服多日。如果您小孩並未患有第7頁所述症狀，並且您不會對病情過度擔憂的話，您可以繼續使用這些產品。
- 確保您小孩不會吸入二手煙。
- 請參考有關發燒和咳嗽的章節，以瞭解如何處理這些症狀。

□ 為何不服用抗生素？

除非確實需要，不然不建議服用抗生素的原因有幾個。

- 服用抗生素會導致細菌對抗生素產生抗性。換言之，抗生素將無法對細菌起作用。經常服用抗生素的人的體內更有可能存在耐藥細菌。某些細菌甚至可抵抗各類抗生素！
- 大多數抗生素都有副作用，例如：腹瀉、發疹和腸胃不適。
- 抗生素可殺死人體有用的自然菌。這會導致諸如鵝口瘡的傳染性疾病。
- 抗生素也可能導致過敏性反應。這些反應通常會出現煩人的皮疹，但在某些情況下，可能會出現更嚴重的反應。

What can I do?

- A child's immune system is very powerful, and will clear up most common infections by itself.
- You can help your child fight the infection by making sure they get plenty of rest and offering them healthy food (like fruit).
- Give your child plenty to drink. This will help prevent dehydration, loosen phlegm, and lubricate the throat. Try to avoid very sugary drinks.
- Pain and fever are best treated with Paracetamol and / or Ibuprofen.
- Paracetamol and Ibuprofen work differently. They can be used together if one alone has not worked. Just make sure you do not give more than the maximum recommended dose of either of them.
- These products often tell parents not to use them for more than a couple of days without seeing a doctor. If your child does not have any of the features on page 7, and you are not overly worried about them, you can continue to treat with these products for longer than this.
- Make sure no-one smokes around your child.
- See sections on fever and cough for advice on dealing with these symptoms.

Why not take antibiotics?

There are several reasons why it is not a good idea to take antibiotics unless they are really needed.

- Using antibiotics can make bacteria resistant to antibiotics. In other words, the antibiotics will no longer work against the bacteria. Someone who has recently had antibiotics is more likely to have resistant bacteria in their body. Some bacteria have become resistant to almost all antibiotics!
- Most antibiotics have side effects, e.g. diarrhoea, rashes and stomach upset.
- Antibiotics kill our natural bacteria that help to protect us. This can result in infections such as thrush.
- Antibiotics can also cause allergic reactions. These are often just annoying rashes, but can, in some cases, be severe reactions.



□ 我應何時尋求進一步幫助？

沒有任何指南可以涵蓋一切。如果您閱讀本手冊後仍擔心您的小孩，您應該通過諮詢獲得幫助。您可以打電話查詢或諮詢診所裡的醫生或護士。通過NHS 111或非工作時間服務（請參考本手冊背面的聯繫號碼）可獲得電話諮詢建議。如果您需要獲得緊急建議，請撥打111（英格蘭），但如果您認為情況危急，請撥打999呼叫救護車。

以下情況可能為某些重大疾病的症狀：

- 您的小孩昏昏欲睡或暴躁。（雖然發燒的小孩比正常小孩更困乏、暴躁和缺乏興趣，這種病況通常在服用撲熱息痛及/或布洛芬之後會有所改善。如果情況無任何改善，或小孩仍然很困乏，則應該立即去看醫生）。
- 您的小孩出現呼吸問題——包括呼吸急促和呼吸短促或呼吸「困難」。（有時候，肋骨和肋骨下方之間的組織會隨著呼吸而抽動）。呼吸困難的小孩都必須立即去看醫生。
- 溫暖的身體但冰冷的手腳
- 臂部及/或腿部出現劇痛（卻不知其原因）
- 異常皮膚顏色（嘴唇周圍蒼白、青紫或暗淡）
- 高燒（40度或以上）（並非嚴重傳染性疾病的必要症狀，但如果高燒經治療後仍不退，或您的小孩出現本清單所述的症狀，您應該尋求幫助）。
- 嬰兒不肯進食或者任何小孩出現脫水症狀。

腦膜炎相關症狀：

- 異常嚴重的頭痛
- 脖子僵硬（很難低下頭）
- 厭惡明亮的燈光
- 皮疹，並且按壓之後不會消退（參考第8頁）

應該由家庭醫生進行診斷的其他症狀：

- 咳嗽持續超過3周（或者更短的時間，但變得很容易喘不過氣；或者家族有哮喘病史）。
- 發燒持續24小時或更長時間，但是沒有任何傳染性疾病的症狀（咳嗽、流鼻涕、耳痛等等）
- 您的孩子體重減輕，並且2周內（5歲以下兒童）或者4周內（5歲以上兒童）體重沒有增加。

When should I seek further help?

No guide can be complete. If you are still worried about your child after reading this leaflet then you should get advice. This could be telephone advice or a consultation with a doctor or nurse at your surgery. Telephone advice is also available from NHS 111 and out-of-hours services (see contact numbers on the back of this leaflet). If you need urgent advice then dial 111 (England), or if you feel that it is an emergency you should dial 999 for an ambulance.

The following are signs of possible serious illness:

- Your child is drowsy or irritable. (Although children with a temperature are often more sleepy, irritable and lacking interest than usual, they usually improve after treatment with paracetamol and / or Ibuprofen. If they do not improve, or if they are very drowsy indeed, they should see a doctor urgently).
- Your child has problems breathing - including rapid breathing and being short of breath or 'working hard' to breathe. (It sometimes looks as though the tissues between the ribs and below the ribs get sucked in each time they breathe). Any child who has a lot of difficulty breathing needs to see a doctor urgently.
- Cold or discoloured hands or feet with a warm body
- Severe arm and/or leg pains (for no obvious reason)
- Unusual skin colour (pale, blue or dusky around lips)
- High temperature (40°C or higher) (not necessarily a sign of serious infection, but if the temperature does not come down with treatment or your child has other features on this list then you should seek help).
- An infant who is not feeding or any child that is showing signs of dehydration

Symptoms related to meningitis:

- Unusually severe headache
- A stiff neck (difficulty putting chin to chest)
- Dislike of bright lights
- A rash that does not fade with pressure (see page 8)

Other symptoms that should be assessed by a GP:

- A cough lasting more than 3 weeks (or sooner if becoming breathless more easily or there is a family history of asthma).
- A fever for 24 hours or more with no other sign of infection (cough, runny nose, earache etc.)
- Your child loses weight and does not re-gain it within two weeks in an under 5 year old, or within four weeks in an older child.

「腦膜炎/敗血症皮疹」

(Meningitis/Septicaemia Rash)



圖片由腦膜炎信託基金提供。
Images provided by the Meningitis Trust.

玻璃測試

皮疹沒有因按壓而消退，將透明的玻璃緊壓到皮膚上之後，還可以清楚看到皮疹。

玻璃測試由Petter Brandtzaeg醫生發明。

GLASS TEST

A rash that does not fade under pressure will still be visible when the side of a clear glass is pressed firmly against the skin. Glass test devised by Dr Petter Brandtzaeg.

If you urgently need medical help or advice, call NHS 111 (England).

In an emergency dial 999

Summary

- Most common infections do not get better quicker with antibiotics.
- Most children with a cold, cough, sore throat or earache, who see their GP, will still be ill 4 days later. This does not mean that they need treatment or need to be seen again.
- One third of children who have seen their GP with a cough will still be coughing 2 weeks later. This does not mean that they need treatment.
- Only children with signs of more serious illness generally need to be seen by a doctor or nurse. These signs include:
 - Excessive drowsiness
 - Difficulty breathing or rapid breathing
 - Cold or discoloured hands &/or feet with warm body
 - Abnormal pains in arms &/or legs
 - Abnormal colour (pale or blue)

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☐ 聯繫方式

家庭醫生的電話號碼

GP phone number

家庭醫生下班後的電話號碼

GP out of hours number

如果您需要緊急醫療救助或服務，請致電NHS 111（英格蘭）。

如出現任何緊急情況，請撥打999

總結

- 絕大多數傳染性疾病症狀並不會因為服用抗生素而更快治好。
- 很多孩子出現感冒、咳嗽、喉嚨痛或耳痛症狀，即使看家庭醫生之後，症狀可能依然會持續4天，才會消退。這並非意味著他們需要治療或者需要再次看醫生。
- 1/3的孩子出現咳嗽症狀後，即使看醫生，在2周之後可能依然會咳嗽。這並非意味著他們需要治療。
- 只有當孩子出現更嚴重的疾病症狀時，才需要看醫生或護士。這些症狀包括：
 - 極度困倦
 - 呼吸困難或呼吸急促
 - 兩手及/或兩腳冰冷或變色，但身體暖和
 - 手及/或腳異常疼痛
 - 出現異常膚色（蒼白或青紫）

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