

生病時如何自我健康照護

How to self-care by properly taking medicine when you are ill

What will you do when you get sick? Most of people go to see doctor, but for some minor illness, you actually can take care of yourself by getting medicine from community pharmacy.

Fever

- When body temperature exceeds 38 Centigrade degree, it is called “fever”. Fever is a phenomenon that human body drives its immune system to eliminate the invading virus, toxins, and fix all damages occurred.
- Fever may be caused by common colds, bacterial, virus infections’ disease. However, exercising or hot weather may cause higher body temperature temporarily. Just take some rest and drinking water if it is caused by the later factor.
- If the fever results from the disease, it is required to take antipyretic. In addition, there are some ways to lower body temperature by placing ice pillow on forehead or back of the head, taking a good rest, drinking sufficient water, and taking off heavy clothes, etc.
- If the fever comes back after 4-6 hours taking antipyretic, patient should see the doctor immediately for further treatment.

Nausea, Vomit

- They are common symptoms while you are sick. It will usually be recovered by taking OTC medicine, good rest and avoiding dehydration.
- If nausea and vomit result from gastric acid hypersecretion, patient may take antacids, and stay away from milk, tea, coffee, and any irritating beverages, such as acid drinks.
- For those who usually gets dizzy, or even becomes nausea or vomit while taking any kinds of transportations, they may take motion sickness pills half an hour prior to the departure.
- During pregnancy, if the nausea or vomit becomes a serious impact to her daily life, nutritional status and fetal development, the patient may take medicine in accordance with doctor’s prescription.



Diarrhea

- The reasons for diarrhea may be involving bacterial, virus, medicine, food poison, gastrointestinal malabsorption, etc.
 - Minor diarrhea can be cured by taking antidiarrhea drugs or gastrointestinal agent from community pharmacy. Besides, intake lots of water to avoid dehydration, and accompanying with light diet.
 - In any events of persistent diarrhea, diarrhea with fever, severe vomiting, or bloody stool happened, patient should go to the hospital immediately for further examination, and stop taking antidiarrheal or other medicines.
 - Once the condition of diarrhea is relieved, patient may stop taking antidiarrheal. However, it is essential to intake lots of water for electrolyte support, and serves liquid food to rest the belly.
- For occasional minor illness or uncomfortable feeling, patient may take OTC or instruction drugs under the instruction of pharmacist nearby community pharmacy. In any event of patient's not getting improve or even worse, patient should go to the hospital immediately for further diagnosis and treatment.