

Preventing Infections When Your White Blood Cell Count is Low

Low white blood cell (WBC) count is called neutropenia. Chemotherapy, radiation therapy, other treatments or an illness may cause a low WBC count. A low WBC count makes you more likely to get an infection.

Often the only sign of an infection in a person with cancer is a fever. Most people getting cancer treatments are told to check their temperature 2 times each day while their WBC count is low. Your doctor or nurse may give you other instructions. **Do not** take any medicines such as Tylenol to lower your temperature unless directed by your doctor.

When your WBC is low, you will need to take extra care to prevent infection.

To Help Prevent Infection:

Hygiene

- Wash your hands for at least 15 seconds with warm water and soap. Wash before eating, when preparing food, and after using the toilet. Anyone caring for you should do the same.
- Shower or take a bath every day if you are allowed.
- Do not take bubble baths or use hot tubs.
- Check your skin closely for cuts, rashes, redness, and swelling. Call your doctor if you have problems.
- After you urinate or have a bowel movement, always wipe from your front to your back. Wash your hands.

在白细胞计数低时 预防感染

低白细胞(WBC)计数称为嗜中性白血球减少症 (neutropenia)。化疗、放疗、其他治疗或疾病都可能引起低白细胞计数。白细胞计数低使您更有可能受到感染。

经常，癌症患者受感染的唯一症状是发烧。大多数正进行癌症治疗的患者在白细胞计数低时都被告知每天要检查体温 2 次。您的医生或护士可能会给您其他的指示。除非由您的医生指示，否则**不要服用任何**如 Tylenol 的药物来降体温。

当您白细胞低的时候，您需要格外小心避免感染。

若要有助于避免感染：

卫生

- 以温水和肥皂洗手至少 15 秒钟。在吃东西之前、准备食物时以及在用完厕所之后都要洗手。任何关心您的人都应当同样这么做。
- 如果可以，每天冲一个淋浴或洗一次澡。
- 不要洗泡泡浴或用热浴缸。
- 仔细检查皮肤有无割伤、皮疹、发红和肿胀。如果您有问题，请打电话给您的医生。
- 在您小便或大便之后，总是要从前面往后面擦。要洗手。

- Use an electric razor for shaving to avoid cuts.
- Use a soft bristle toothbrush to clean your teeth after eating and before bedtime. If you have dentures, clean them in the morning and evening.
- Inspect your mouth each day. Call your doctor if you have any redness, white patches, cuts, or bumps.
- Wear a mask or leave the room when it is being cleaned.
- Do not use douches or tampons.
- Use a condom and a water-based lubricant such as K-Y Jelly when having sexual intercourse. Do not use a diaphragm or IUD.

Food Safety

- Do not eat raw or undercooked foods such as:
 - ▶ Fresh fruit or vegetables
 - ▶ Raw eggs, meat or fish
- Cook meat, fish and eggs well done.
- Use only **pasteurized** milk, cheeses, yogurt or cream.
- Do not leave drinks sitting out for more than 2 hours.

Other Tips

- Get plenty of rest. Try to get about 8 hours of sleep a night.
- Walk, or at least sit up in a chair, 3-4 times a day. Pace yourself and do not get too tired.
- Avoid people with infections such as colds, flu, cold sores, shingles, chicken pox, measles and mumps.
- Avoid people who have had vaccines in the past few weeks. Vaccines could be for polio, rubella, mumps, measles, yellow fever, or smallpox.

- 请用一把电动剃刀来剃须，以避免割伤。
- 使用一把软毛牙刷，在吃东西后和就寝前刷牙。如果您戴假牙，早晨和傍晚都要将其清洁。
- 每天检查口腔。如果您有任何发红、白斑、割伤或肿块，请打电话给您的医生。
- 在清理房间时，请戴口罩或离开房间。
- 不要灌洗或用月经棉条。
- 在性交时请用避孕套和水基滑润剂，如 K-Y 软膏。不要使用子宫帽避孕套或避孕环(IUD)。

食品安全

- 不要吃生的或未煮熟的食物，例如：
 - ▶ 新鲜水果或蔬菜
 - ▶ 生鸡蛋、肉或鱼
- 将鸡蛋、肉或鱼做得很熟。
- 只食用**消毒**牛奶、干酪、酸奶或奶油。
- 请不要将饮料摆放超过 2 个小时。

其他提示

- 要多休息。一晚请试着睡大约 8 小时。
- 走路，或至少在椅子中坐直，一天 3-4 次。自己定步调，不要太疲惫。
- 避开感染感冒、流感、感冒疮、带状疱疹、水痘、麻疹和流行性腮腺炎的人士。
- 避开在过去几个星期里注射疫苗的人。疫苗可能是为预防小儿麻痹症、风疹、流行性腮腺炎、麻疹、黄热病或天花。

- Ask your doctor before getting vaccines when your WBC count is low.
- Do not clean birdcages, fish tanks, or cat litter boxes. If there is no one to help you, wear rubber gloves and throw them away after every use.
- Wear gloves when gardening. Avoid plants and live flowers in vases.
- Have your furnace filters changed each month.

Call your doctor right away if you have:

- A fever over 100.5° F or 38° C
- Chills or sweats
- Any signs of infection such as redness, warmth, swelling, drainage, or pain
- Sweats
- Feel more tired
- Sore throat or mouth
- A cough
- Pain or burning when passing urine
- Cloudy or bloody urine

Talk to your doctor or nurse if you have any questions or concerns.

- 当您白细胞计数低的时候，在注射疫苗之前先向您的医生询问。
- 不要清理鸟笼、鱼箱或猫垃圾箱。如果没有人帮您，请戴橡胶手套，每次用完之后丢掉手套。
- 作园艺时请戴手套。避开花瓶中的植物和鲜花。
- 每个月请人将您的火炉过滤网换掉。

如果您有以下症状，请立刻打电话给您的医生：

- 超过华氏 100.5 度或或摄氏 38 度的发烧
- 发寒或出汗
- 任何如发红、发热、肿胀、流排泄物或疼痛的感染症状
- 出汗
- 感到更加疲累
- 喉咙痛或口痛
- 咳嗽
- 小便时疼痛或灼痛
- 小便不清或带血

如果您有任何疑问或关注事宜，请告知您的医生或护士。

2005 – 5/2010 Health Information Translations

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Preventing Infections When Your White Blood Cell Count is Low. Simplified Chinese.