

English	简体中文 Simplified Chinese (Mandarin)
<p>Pubic lice</p> <p>Pubic lice, also known as crabs, are tiny insects (about 2mm long) that infest body hair. They're spread by close physical contact, including sexual contact.</p> <p>Pubic lice are not linked to poor personal hygiene.</p> <p>How do I get pubic lice?</p> <p>It can take up to three weeks after coming into contact with pubic lice before you notice any symptoms.</p> <p>They are spread through close body contact with someone who has them.</p> <p>The lice crawl from hair to hair but can't fly or jump. They need human blood to survive, so generally only leave the body to move from one person to another.</p>	<p>阴虱</p> <p>阴虱，也称为虱虫，是寄生在人体毛发上微小的虫子（体长大约2毫米）。阴虱通过亲密肢体接触，包括性接触传播。</p> <p>阴虱与个人卫生没有相关。</p> <p>我如何感染的阴虱？</p> <p>与阴虱接触最多可能需要三周的时间，您才会发现任何症状。</p> <p>它们通过与携带者有亲密的身体接触而传播。</p> <p>阴虱在毛发间爬行，但它们不能飞行或跳跃。阴虱需要吸食人类血液来存活，因此通常只会离开身体从一个人转移到另一个人。</p> <p>阴虱不会寄生在其他动物身上，例如猫或狗。</p> <p>它们通常是在性接触时传播的，避孕套不会阻止它们传播给另一个人。</p> <p>共享衣物、毛巾和床单也可能传播阴虱。</p>

Pubic lice don't live on other animals such as cats or dogs.

They're most commonly passed on during sexual contact and condoms won't prevent them from being passed to another person.

It's also possible for pubic lice to be spread through sharing clothes, towels and bedding.

Symptoms of pubic lice

The most common symptom of pubic lice is itchy red spots. The itching is caused by an allergy to the louse saliva or poo.

It can take one to three weeks for itching to develop after the first infestation, and it will usually be worse at night.

Adult pubic lice are tiny - smaller than a match head. They're grey-brown in colour and have six legs. The two pairs of back legs are much larger and look like the pincer claws of a crab. They use these to grasp onto your hair.

阴虱的症状

阴虱最常见的症状是瘙痒的红疹。瘙痒是由于对阴虱唾液或粪便过敏所导致。

首次感染阴虱后可能需要一到三周的时间才出现瘙痒症状，并且通常晚上更加糟糕。

成年的阴虱很小-比火柴头小。他们是灰褐色，有六只脚。两对后腿更大，看起来像螃蟹的钳爪。他们用这些爪子来抓住您的毛发。

阴虱卵是微小的黄白色的椭圆形，它们牢固的粘附在您的毛发根部。

您也可能注意到以下症状：

- 您的皮肤或是内裤上出现深棕色或黑色的粉末(这是阴虱的排泄物)
- 阴虱感染过的皮肤，尤其是大腿和下腹部出现青斑，这是由阴虱叮咬引起的。
- 如果您过度抓挠，则内裤上会有血迹
- 毛发根部附有看似白色椭圆形斑点(空卵壳)

检测阴虱

Pubic lice eggs are tiny, yellow-white ovals, which are stuck firmly to the base of your hairs.

You may also notice the following symptoms:

- Dark brown or black powder on your skin or in your underwear (this is louse droppings)
- Blue spots on your skin where the lice have infested, particularly on your thighs and lower stomach, caused by bites from the lice
- Specks of blood in your underwear, if you have been scratching a lot
- Nits (empty eggshells) that look like white oval dots attached to the base of your hairs

Testing for pubic lice

If you think you have pubic lice, make an appointment with your GP or local sexual health services.

如果您认为您感染了阴虱，请预约全科医生或是当地性健保服务部门。

没有针对阴虱的检测，但是您可能会看见阴虱在毛发间爬行，您的全科医生或是性健康门诊会寻找阴虱可见的证据。

有些性健康门诊可以找到虱虫并在显微镜下进行观察。

虽然您当地药房没有办法确诊感染，但是您也可以购买治疗阴虱的非处方药物。

网上预定预约

您也许可以通过网上预约系统在线预订性传播感染疾病测试的预约。不同地区的NHS有所不同。

性健康服务网上预约系统

治疗阴虱

您可以在家中用杀虫类乳液或药膏来治疗阴虱。这通常需要使用一次，7天后再重复使用一次。

There is no test for lice, but you may see the lice crawling in your body hair and your GP or sexual health clinic will look for visible evidence of the lice.

Some sexual health clinics can find the lice and look at them under a microscope.

You can also buy treatment over the counter at your local pharmacist although they will not be able to diagnose the infestation.

Online appointment booking

You may be able to book an appointment for an STI test online using the online booking system. This varies for different NHS board areas.

Treatment for pubic lice

Pubic lice can be treated at home with (insecticidal) lotion or cream that will kill the lice. This will usually need to be applied once and repeated after seven days.

任何与您有过亲密身体接触的人都应该同时进行治疗。这包括现在的性伙伴，还可能包括您的家庭成员。

有些阴虱会抵抗治疗。 抵抗性意味着虱虫不会受到特定治疗的影响。 如果您的症状没有缓解，则可能需要尝试多种治疗方法。 如果您的最初治疗似乎无效，您的全科医生或性健康门诊会为您提供合适的替代方案。

虱虫也可以在睫毛或眉毛上存活。 这是因为这些毛发的粗细与阴毛相似，意味着虱虫可以成功地抓紧毛发。 通常眼部虱虫的治疗方法与其他感染部位不同，因为在眼睛附近使用某些杀虫药膏或乳液不安全。 此处的虱虫可用镊子去除，或在去除虱虫之前用凡士林将其窒息。

避免把阴虱传播给伴侣

如果您或您的伴侣感染阴虱，请避免发生性行为（阴道性交、肛交或口交）或亲密的身体接触，直到双方都完成疗程，包括任何后续治疗为止。

这是为了避免再次感染或将感染传给其他人。

减少感染阴虱的风险

阴虱很容易传播，避孕套也不能防止它们传播。

Everyone that you've had close body contact with should be treated at the same time. This includes current sexual partners and may include members of your household.

Some pubic lice can be resistant to treatment. Resistance means that the lice will not be affected by a particular treatment. If your symptoms don't settle, you may need to try more than one type of treatment. Your GP or sexual health clinic can advise you of suitable alternatives if your initial treatment doesn't appear to have worked.

Pubic lice can also live on the eyelashes or eyebrows. This is because the thickness of these hairs is similar to pubic hair meaning that the lice can successfully grip on. Treatment of lice in the eye area is usually different to elsewhere as certain insecticidal creams or lotions are not safe for use near the eye area. Lice here can be removed with tweezers or Vaseline can be used to suffocate the lice prior to removal.

Avoiding passing on pubic lice to partners

唯一可以减少感染阴虱风险的方法是限制与您有亲密接触或性接触的人数。

其他性传播感染疾病

如果您患有阴虱，建议您接受其他性传播感染疾病的测试，包括：

- 淋病
- 衣原体
- 梅毒

If you or your partner has pubic lice, avoid having sex (vaginal, anal or oral) or close bodily contact until you both have finished the course of treatment, including any follow-up treatment.

This is to avoid re-infection or passing the infection on to someone else.

Reducing the risk of pubic lice

Pubic lice are easily spread, and condoms don't protect against them.

The only thing that can reduce your risk of getting pubic lice is limiting the number of people with whom you have intimate or sexual contact.

Other STI's

If you have pubic lice it's recommended you are tested for other STI's including:

- gonorrhoea
- chlamydia

- syphilis

For more information in Chinese go to
www.nhsinform.scot/translations/languages/chinese

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www.nhsinform.scot/translations/languages/chinese