



發燒應就醫

勿自行購買退燒藥使用

我好像發燒了，爲了不影響工作，是不是可以直接買退燒藥自行服用？

提醒您，
「發燒」只是身體健康發出警訊的症狀，
而不是一種疾病，
因此知道『爲什麼』發燒遠比退燒更重要！

建議若有發燒症狀時，應立即就醫找出病因，
避免買成藥自行退燒而延誤治療唷！



If you develop **a fever** seek medical assistance

Do not buy antipyretics without first seeking medical attention

I think I've got a fever, to make sure it doesn't impact work should I buy antipyretics and take them myself?

Always remember “**a fever**” is the body's way of warning about an underlying health issue and not an illness itself. As such, **knowing why you developed a fever** is more important than bringing the fever down.

If you develop a fever, seek immediate medical assistance and advice as to the cause of the fever.
Avoid buying medication oneself as doing so could prolong the time needed to treat the underlying condition.

Demam Panas Harus Mencari Pertolongan Medis

Jangan sembarangan membeli dan menggunakan obat penurun panas

Saya sepertinya demam panas, agar tidak mengganggu pekerjaan, apakah saya boleh langsung membeli sendiri obat penurun panas dan meminumnya?

Anda diingatkan, “**demam panas**” hanyalah gejala tanda peringatan munculnya gangguan kesehatan, dan bukan salah satu jenis penyakit, untuk itu **mengetahui “mengapa” demam panas** jauh lebih penting daripada menurunkan demam panasnya!

Apabila timbul gejala demam panas, disarankan untuk segera berobat ke dokter untuk mencari penyebab penyakit, hindari membeli dan meminum obat penurun panas sembarangan dan menunda pertolongan medis!



Nên đi khám bệnh khi **sốt**

Không tự ý mua thuốc hạ sốt về uống

Hình như tôi đang bị sốt. Để không ảnh hưởng đến công việc, tôi có thể tự mua thuốc hạ sốt về uống được không?

Xin nhắc nhở! “**sốt**” chỉ là một triệu chứng cảnh báo sức khỏe của cơ thể chứ không phải là 1 chứng bệnh, vì vậy **để biết “tại sao” bị sốt** quan trọng hơn nhiều so với việc giảm sốt!

Kiến nghị nếu có triệu chứng sốt thì nên đi khám ngay để tìm ra nguyên nhân, tránh tự mua thuốc hạ sốt, trì hoãn việc chẩn đoán và điều trị.



มีไข้ต้องไปพบแพทย์

อย่าซื้อยาลดไข้มาใช้เองเป็นอันตราย

ผมเหมือนจะมีไข้ เพื่อไม่ให้กระทบต่อการทำงาน
ไปซื้อยาลดไข้มากินเองเลยได้ไหม?

ขอเตือนท่านว่า “มีไข้” เป็นอาการที่ร่างกายส่งสัญญาณเตือน
ไม่ใช่โรคร้าย ดังนั้นการได้รู้ว่า “ทำไม” จึงมีไข้
มีความสำคัญกว่าการรีบลดไข้

แนะนำว่าหากมีไข้ต้องรีบไปพบแพทย์เพื่อหาสาเหตุ
หลีกเลี่ยงการซื้อยาลดไข้มากินเองซึ่งจะทำให้การรักษาล่าช้าออกไป!