

## 喉頭有異物時，怎麼辦？

- 一、請先冷靜，勿過度緊張。
- 二、請勿倒立或以手指挖口腔、喉嚨，以免把異物推入更深。
- 三、可試以咳嗽方式將異物咳出，若無法自然咳出，且不適時，請迅速就醫。
- 四、若魚刺哽到後，3天內不適感若消失，表示傷口已癒合，無大礙，若疼痛持續且加重，可能是魚刺仍在，傷口化膜，請速就醫。
- 五、若欲防範異物進入喉頭，請注意平日進食時少說話，感冒時少吃花生、種子類的食物。

## What do I do if there is alien article in my faucets?

1. Please first remain calm and must not become too nervous.
2. Please must not stay upside down or pick mouth or throat with fingers for avoiding to push alien article even further into throat.
3. May try to cough alien article out. If it still doesn't work naturally, please go to doctor immediately.
4. If you are stuck with fish sticks and feel alright within 3 days, then it means your wound is recovered and the problem shouldn't be serious. If you keep feeling more pain, then it may means that fish sticks still stay in you, and the wound has become a viral infection. Please go to doctor immediately.
5. If you want to prevent alien article to get into throat, please avoid speaking while eating at usual times, and avoid having peanuts or any kinds of seeds while having a cold.