

感冒别乱吃“消炎药”

换季时节,感冒进入高发期。不少人一有感冒症状,就翻出家中常备的“消炎药”自行服用,殊不知这种行为存在很大的健康风险,药不对症甚至可能引发过敏性休克。感冒应如何科学用药?

宁夏医科大学总医院呼吸与危重症医学科主任医师张鹏介绍,单纯的病毒性感冒具有自限性,病程通常在5~7天左右,所以治疗应以对症缓解为主,如发热、头痛可

使用对乙酰氨基酚或布洛芬等解热镇痛药,鼻塞、流涕可选用感冒清热颗粒等中成药,咳嗽、痰多则可用祛痰或止咳药物,尽量在专业医生或药师的指导下用药。

“而常在感冒中被误用的‘消炎药’,如阿莫西林、头孢、左氧氟沙星等,其实是抗菌药,狭义讲也叫抗生素,用于治疗细菌感染,如细菌感染引起的肺炎、中耳炎、扁桃炎等,对病毒引起的感冒并无治疗效果。”

宁夏医科大学总医院药剂科副主任药师白慧介绍。抗菌药不仅对病毒性感冒无效,还容易引发过敏,如果滥用,或药不对症,还可能引发肝肾损伤、神经系统损害,甚至发生过敏性休克,危及生命。

感冒什么情况下才需考虑细菌感染?专家表示,部分患者可能因病毒感染导致上呼吸道黏膜受损,从而让细菌“乘虚而入”。“若感冒后对症治疗未见缓解,咽痛咳嗽加剧并

伴黄绿色浓痰,鼻涕由清鼻涕变为黄绿色的稠脓鼻涕,发热持续超过3天等,应及时就医,由医生检查诊断是否合并细菌感染,再由医生评估使用抗菌药物。”张鹏说。

“出现感冒症状,切不可自行使用抗菌药。不同抗菌药物的抗菌谱不同,用法用量不同,不良反应及注意事项也不同,必须在专业医师或药师指导下使用。”白慧说。

(据新华社报道)

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地址:呼和浩特市新华大街61号西护城河巷(原内蒙古日报社西巷)南口北方新报广告接待中心

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结婚启事

2025年9月1日 农历乙巳年七月初十

新郎 王子豪 新娘 叶雪灵

相识七年,相恋七年,于公历2025年9月1日正式结为夫妻。

长路携手,岁月悠悠。

百年琴瑟,共赴白头。

特此登报,敬告亲友,亦作留念。

喜结良缘 同喜同贺

内蒙古能源集团包头地区2×66万瓦煤电站1号500KV升压站环评报告公示

根据《环境影响评价公众参与办法》,《内蒙古能源集团包头地区2×66万瓦煤电站1号500KV升压站环评报告书》征求意见稿已编制完成,现征求公众意见。

一、环境影响评价报告书征求意见稿全文的网络链接及查阅纸质报告书的方式和途径:公众可通过链接:环境影响评价报告书征求意见稿及公众意见表:链接:<https://pan.baidu.com/s/1ZMS-BHsdqWylP-88lKM5A?pwd=c103>;提取码:r103。公众可到建设单位或环评单位查阅纸质版报告书。

二、征求意见的公众范围:征求公众意见的范围为本工程评价范围内或工程影响的公众。

三、公众提出意见的方式和途径:公众填写完公众意见表后,可通过信函、电子邮件等方式向建设单位实名反馈意见,并留下联系方式以便必要时回访。联系人:徐先生;电话:0471-5321123 邮箱: xjiaxian@nmddsy.com

四、公众意见见的起止时间:公示起始时间:2025年8月26日,自公示之日起10个工作日结束。

内蒙古能源集团包头喜桂图发电有限公司

呼和浩特市公安局出入境管理支队(行政审批支队)遗失以下三联、两联、电子缴款收据票,现声明作废。具体情况如下: 3003891069, 3003891070, 3003891071, 3003891072, 3003891073, 3003891074, 3003891075, 3003891076, 3003891077, 3003891078, 3003891079, 3003891080, 3003891081, 3003891082, 3003891083, 3003891084, 3003891085, 3003891086, 3003891087, 3003891088, 3003891089, 3003891090, 3003891091, 3003891092, 3003891093, 3003891094, 3003891095, 3003891096, 3003891097, 3003891098, 3003891099, 3003891100, 3003891101, 3003891102, 3003891103, 3003891104, 3003891105, 3003891106, 3003891107, 3003891108, 3003891109, 3003891110, 3003891111, 3003891112, 3003891113, 3003891114, 3003891115, 3003891116, 3003891117, 3003891118, 3003891119, 3003891120, 3003891121, 3003891122, 3003891123, 3003891124, 3003891125, 3003891126, 3003891127, 3003891128, 3003891129, 3003891130, 3003891131, 3003891132, 3003891133, 3003891134, 3003891135, 3003891136, 3003891137, 3003891138, 3003891139, 3003891140, 3003891141, 3003891142, 3003891143, 3003891144, 3003891145, 3003891146, 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