



社會福利署

Social Welfare Department

Our Ref. : LODTC 2/100/01

Tel. No. : 2116 3590

Fax No. : 2119 9057

19 March 2010

To: Specified Operators of Drug Dependent Persons Treatment and Rehabilitation Centres

**Arrival of the Peak Season for Influenza and Increase in RSV Activity
in Hong Kong**

I would like to enclose the English and Chinese versions of the above letter issued by the Centre for Health Protection (CHP) of the Department of Health for your reference, please.

If there is a suspected outbreak of respiratory infection in your centre, please report to the Central Notification Office of CHP (Tel: 2477 2772; Fax: 2477 2770).

For any enquiries, please contact social worker of the Licensing Office of Drug Dependents Treatment Centres on 2116 3592.

Yours sincerely,

(Ms Kan Kwai-yi)
for Director of Social Welfare

Encl.

c.c. Business Director (Service Development), HKCSS
SEO(Narcotics)2, Narcotics Division
Consultant Community Medicine (Communicable Disease), CHP, Department of Health

} by fax

本署檔號 Our Ref. : (14) in DH SEB CD/8/27/1 Pt.19

18 March 2010

Dear Managers / Infection Control Officer of Residential Care Home,

Arrival of the Peak Season for Influenza and Increase in RSV Activity in Hong Kong

Most recent surveillance data showed an increasing number of influenza detections made by our laboratory and an increasing number of institutional influenza-like illness (ILI) outbreaks, signaling the arrival of the traditional peak season for seasonal influenza. The number of ILI outbreaks in institutions has increased from 24 in the week ending March 13 to 31 in the past five days (March 14 – 18). The main circulating influenza viruses consist mainly of human swine influenza and influenza B.

At the same time, our surveillance also showed high seasonal activity of respiratory syncytial virus (RSV). RSV is a common cause of respiratory tract infection. It usually affects elderly people and young children at the age of five or below. In this regard, I would like to urge you to keep vigilance and implement prompt preventive measures against influenza and other respiratory infections at your institution/organization.

Young children, elderly people and patients with chronic diseases are more prone to influenza infection and its complications. As institutions and organizations are collective assembly places, infectious diseases like influenza could be easily spread among people through their daily contact. Sources of infection could come from staff, visitors or clients (especially those just discharged from hospitals). Children with acute febrile illness should not attend institution / organization till 48 hours after fever has subsided.

To prevent outbreaks, people with fever and respiratory symptoms are strongly advised to avoid attending institutions and affected clients should be promptly isolated. The following health measures are important:

- To maintain good personal hygiene, and wash hands after sneezing,



coughing;

- To maintain good ventilation;
- To build up good body immunity by having a proper diet, regular exercise and adequate rest, reducing stress and avoiding smoking;
- To avoid visiting crowded places with poor ventilation, especially during influenza season; and
- To wear face masks and consult doctor promptly if influenza-like symptoms develop.

You are reminded to monitor the sick pattern or absenteeism among your staff or clients, and report promptly to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770) if there is a suspected outbreak of respiratory infection in your institution/organization. Staff with respiratory illnesses who are suspected to be epidemiologically linked to an outbreak should refrain from work.

For the latest information on influenza activity, please see our Swine and Seasonal Flu Monitor at the CHP website (www.chp.gov.hk).

Yours faithfully,



(Dr SK CHUANG)

Consultant Community Medicine (Communicable Disease)
Centre for Health Protection
Department of Health



衛生防護中心乃衛生署
轄下執行疾病預防
及控制的專業架構
The Centre for Health
Protection is a
professional arm of the
Department of Health for
disease prevention and
control

本署檔號 Our Ref.: (14) in DH SEB CD/8/27/1 Pt.19

致院舍 / 宿舍主管 / 感染控制主任：

香港已踏入季節性流感傳統高峯期及季節性呼吸道合胞病毒的活躍程度開始上升

本中心最近的流感監測數據顯示在學校/院舍等設施發生的流感樣爆發及化驗室檢測到的流感病毒數字有上升趨勢，顯示香港現已進入季節性流感的傳統高峯期。在三月七日至十三日的一星期內，衛生防護中心共接獲 24 宗院舍流感樣爆發的呈報，而在過去五天（三月十四日至十八日）已接獲 31 宗呈報。目前流感主要包括人類豬型流感和乙型流感。

同時，化驗室檢測到的呼吸道合胞病毒最近亦出現季節性上升。呼吸道合胞體病毒是呼吸道感染的常見起因，長者和五歲或以下的小童較容易受感染。故此，我們現請各位注意並採取預防措施預防流行性感冒及其他呼吸道傳染病在 貴院舍／機構內發生。

幼兒、長者及長期病患人士較容易感染流行性感冒及出現併發症。由於院舍/機構是群體聚集的地方，因此傳染病很容易通過人與人之間的緊密接觸而傳播。疾病源頭可以是工作人員、訪客或院友（尤其是剛出院的院友）。患病兒童應留在家中休息，直至徵狀消失及退燒後最少兩天始回院舍/機構。

為防止流感爆發，出現發燒及呼吸道感染病徵的人士，應避免到訪有關院舍/機構。受影響院友應立即被隔離。以下是重要的預防措施：

- 維持良好的個人衛生，打噴嚏及咳嗽後應洗手；
- 保持空氣流通；
- 透過均衡飲食、適量運動、充足休息，避免過度緊張和避免吸煙以增強身體抵抗力；
- 在流感季節時，避免前往人多擠迫、空氣流通欠佳的地方；及
- 如有流感病徵時，應佩帶口罩及立即求醫。



院舍/機構應繼續監察院友及職員患病的情況。如懷疑院舍/機構有爆發流感樣病例的情況，請盡早通知衛生防護中心（電話號碼：2477-2772，傳真號碼：2477-2770）。有呼吸道疾病及懷疑與傳染病爆發有關的員工，應避免上班。有關最新的流行性感冒情況，可瀏覽每週在衛生防護中心網頁出版的人類豬型流感及季節性流感直擊 (<http://www.chp.gov.hk>)。

衛生署衛生防護中心
社會醫學顧問醫生(傳染病)

(張竹君  醫生)

二零一零年三月十八日



衛生防護中心乃衛生署
轄下執行疾病預防
及控制的專業架構
The Centre for Health
Protection is a
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