

本署檔號 Our Ref. : (67) in DH SEB CD/8/27/1 II

29 June 2007

To: Operators / Managers / Infection Control Officer of Residential care home,

Combating Respiratory Diseases during Influenza Season

Recent disease monitoring and data from systems including institutional outbreaks surveillance and sentinel surveillance networks have indicated that Hong Kong has entered the summer peak season of influenza. Influenza outbreaks preventive measures should therefore be taken in institutions / organizations in order to prevent outbreaks.

Some people such as young children and patients with chronic diseases are more prone to influenza infection. As Institutions / Organizations are collective assembly places with some young children / residents/ clients incapable of taking proper personal care, such places have higher risk of disease outbreaks. Source of infection could come from staff, visitors or clients (especially those just discharged from hospitals). To prevent possible outbreak of respiratory diseases especially influenza, people with fever and respiratory symptoms are strongly advised not to attend institutions and isolate the affected residents.

The following measures are advised in response to the coming influenza season:

- Maintaining good personal and environmental hygiene
- Keeping hands clean and wash hands properly.
- Washing hands when they are dirtied by respiratory secretions e.g. after sneezing.
- Covering nose and mouth while sneezing or coughing and dispose of nasal and mouth discharge properly.
- Having a balanced diet, regular exercise, adequate rest, avoid too much stress and passive smoking.
- Avoiding crowded public places where the ventilation is not good.
- To consult doctor for medical advice promptly upon development of influenza-like symptoms such as fever, sore throat and cough.



If you notice an increase in the number of children / residents/ clients with symptoms of upper respiratory tract infection or an increase in the number of absentees, please inform the Central Notification Office of CHP as early as possible at Fax: 2477 2770 or Tel: 2477 2772. CHP will start epidemiological investigations and take appropriate control measures. Further information could be obtained via the CHP website at <http://www.chp.gov.hk/>.

Yours faithfully,



(Dr. SK CHUANG)

Consultant Community Medicine (Communicable Disease)
Centre for Health Protection



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