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致各津助、自負盈虧及私營殘疾人士院舍主管：

「季節性流感的活躍程度開始上升」通告

衛生防護中心最近的流感監測數據顯示在院舍發生的流感樣爆發數字有所上升，該中心提醒各院舍應加強感染控制措施，預防流行性感冒在院舍內爆發。詳情請參閱隨函夾附由該中心發出的通告。

如察覺出現流感樣徵狀或其他傳染病的住客／員工人數增加，請盡早通知衛生防護中心（傳真：2477 2770，電話：2477 2772）及私營殘疾人士院舍登記辦事處（傳真：2153 0071，電話：2891 6379）。

社會福利署署長

（鄧菲烈  代行）

副本送呈：各津助康復機構主管
香港社會服務聯會復康服務總主任（服務發展）
其他津助康復服務單位主管

二零一零年三月五日

本署檔號 Our Ref.: (11) in DH SEB CD/8/27/1 Pt.19

致院舍 / 宿舍主管 / 感染控制主任：

季節性流感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的數字有所上升。此外，定點私家醫生的流感樣病例監測及因有發燒／呼吸道徵狀而到指定流感診所求診的個案在過去一週也有上升。故此，我們現請各位注意並採取預防措施預防流行性感冒在 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>)。



二零一零年三月四日

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)

本署檔號 Our Ref. : (11) in DH SEB CD/8/27/1 Pt.19

4 March 2010

Dear Managers / Infection Control Officer of Residential Care Home,

Apparent increase in seasonal influenza activities in Hong Kong

Most recent surveillance data showed an increasing number of institutional influenza-like illness (ILI) outbreaks. Moreover, there have been increases in the ILI consultation rate among sentinel private doctors and the number of patients with fever/respiratory symptoms attending Designated Flu Clinics. In this regard, I would like to urge you to keep vigilance and implement prompt preventive measures against influenza outbreak 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

