

本署檔號：SWD 178/980/87  
電話號碼：2891 6379  
傳真號碼：2153 0071

香港灣仔皇后大道東 248 號  
15 樓 1508 室  
私營殘疾人士院舍登記辦事處

致各津助、自負盈虧及私營殘疾人士院舍主管：

「冬季流感高峰期經已來臨」通告

由於衛生防護中心最近的監測數據顯示香港現已進入冬季流行性感冒高峰期，因此該中心提醒各院舍應加強感染控制措施，預防流感爆發。詳情請參閱隨函夾附由衛生防護中心於二月二日發出的通告。

如察覺出現發燒或上呼吸道感染徵狀的院友人數或缺席人數增加，請盡早通知衛生防護中心（傳真號碼：2477 2770，電話號碼：2477 2772）及私營殘疾人士院舍登記辦事處（傳真號碼：2153 0071，電話號碼：2891 6379）。

社會福利署署長

（鄧菲烈  代行）

附件：衛生防護中心於二零零九年二月二日發出的  
「冬季流感高峰期經已來臨」通告（中英文本）

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

二零零九年二月三日

本署檔號 Our Ref.: (7) in DH SEB CD/8/27/1 Pt.18

致院舍 / 宿舍主管 / 感染控制主任：

### 冬季流感高峰期經已來臨

本中心最近的監測數據顯示化驗中心得出的流感病毒數字逐漸上升，顯示香港現已進入冬季流行性感冒高峰期。而且，在院舍/機構等設施發生的流感爆發也在過去兩周上升。因此，院舍/機構採取預防措施，預防流感發生。

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）。

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。
- 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。

院舍如察覺出現上呼吸道感染症狀的學童或缺席人數增加，請盡早通知衛生防護中心(傳真號碼：2477-2770，電話號碼：2477-2772)。衛生防護中心會就如何處理這些個案提供指引，並採取適當控制措施。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流行性感冒每日概況 (<http://www.chp.gov.hk/>)。



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

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)

二零零九年二月二日

本署檔號 Our Ref. : (7) in DH SEB CD/8/27/1 Pt.18

2 February 2009

Dear Managers / Infection Control Officer of Residential Care Home,

### **Arrival of the Winter Influenza Season in Hong Kong**

Most recent surveillance data showed an increasing number of influenza detections made by our laboratory, signaling the arrival of the winter influenza season. Moreover, increasing number of influenza outbreaks were reported in schools / institutions in the past two weeks. Therefore, institutions and organizations should take precautions against influenza outbreaks.

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).

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.
- Children with acute febrile illness should not attend institution / organization till 48 hours has subsided.



If you notice an increase in respiratory illnesses or absenteeism among your staff or clients, please report to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770) for immediate epidemiological investigations and outbreak control. 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 Daily Influenza Situation Update at the CHP website ([www.chp.gov.hk](http://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*