



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

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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：

「保持警覺預防禽流感」通告

鑑於一個位於元朗的雞場發現禽流感，政府已於十二月九日提升本港禽流感應變級別至嚴重級別。請各院舍加強感染控制措施，預防禽流感。詳情請參閱隨函夾附由衛生防護中心於十二月十一日發出的通告。

如察覺出現上呼吸道感染症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：2153 2050）。

如欲查詢本函內容，請與私營殘疾人士院舍登記辦事處註冊護士吳秀紅女士聯絡（電話：2153 2050），亦可到本署網頁下載本函及夾附通告，網址為：

http://www.swd.gov.hk/tc/index/site_pubsvc/page_rehab/sub_healthprot/

社會福利署署長

（鄧菲烈  代行）

附件：衛生防護中心於二零零八年十二月十一日發出的
「保持警覺預防禽流感」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

二零零八年十二月十二日

本署檔號 Our Ref. : (35) in DH SEB CD 8/6/1 XXIII

各院舍主管：

保持警覺預防禽流感

鑑於一個位於元朗的雞場發現禽流感，政府已於 2008 年 12 月 9 日提升本港禽流感應變級別至嚴重級別。現時香港並沒有偵測到人類感染禽流感的個案。衛生防護中心已加強措施以監測可能出現的人類感染禽流感的個案及隨時留意最新情況。

根據世界衛生組織的資料，人類感染禽流感的最高風險行為乃是直接接觸受感染的活病禽。所以，員工及院友應採取以下預防措施：

- 應盡量避免直接接觸雀鳥和家禽
 - 應盡量避免接觸雀鳥和家禽及其糞便，因染病的雀鳥和家禽的糞便中可能會帶有病毒。
 - 如發現死鳥，切勿接觸雀鳥屍體並應致電漁農自然護理署熱線 1823。
 - 如曾接觸雀鳥或家禽及其糞便，要立刻用梘液和清水徹底洗手。
- 保持良好的個人衛生
 - 保持雙手清潔，並用正確方法洗手。
 - 打噴嚏或咳嗽時應掩住口鼻，並用紙巾把痰或分泌物包好及妥善棄於有蓋垃圾桶內。其後用梘液和清水洗手。
- 增強身體抵抗力及實踐健康生活。均衡飲食、適量運動、充足休息，減輕壓力和避免吸煙，都是增強抵抗力的方法。
- 進食家禽肉類和蛋前應徹底煮熟。
- 保持良好的環境衛生
 - 確保室內空氣流通。
 - 如身體不適，最好避免前往人多擠迫、空氣流通情況欠佳的公眾地方。
- 如出現發燒或呼吸道的徵狀，應立即向醫生求診。

有關更多禽流感的資料，可瀏覽衛生防護中心網頁 (<http://www.chp.gov.hk>)。



另外，應繼續為院友每天量度體溫。員工或院友如出現高燒、流感樣病徵時，應儘早求醫。受影響的員工或院友應避免回到有關院舍。

如發現出現上呼吸道感染症狀的院友人數增加，請儘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。

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)

二零零八年十二月十一日



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
professional arm of the
Department of Health for
disease prevention and
control

本署檔號 Our Ref. : (35) in DH SEB CD 8/6/1 XXIII

11 December 2008

Dear Manager / Infection Control Officer of Residential Care Home,

Be vigilant against Avian Influenza

In view of the recent outbreak of avian influenza in a local poultry farm in Yuen Long, the Government has activated the Serious Response Level with reference to the Government's Preparedness Plan on 9 December 2008. So far, no human case of avian influenza has been detected in Hong Kong. The Centre for Health Protection has stepped up surveillance measures for possible human cases and will closely monitor the situation.

According to the World Health Organization (WHO), the highest risk for human infection of avian influenza is direct contact with infected live poultry. In this connection, your attention is drawn to the following precautionary measures for both staff and residents of your institution:

- Avoid direct contact with birds and poultry
 - Avoid touching poultry, birds or their droppings, because they may carry the avian influenza virus.
 - If dead birds are found, avoid contact with the bird carcass and call the Agriculture, Fisheries and Conservation Department through the Government Hotline 1823.
 - Wash hands thoroughly with liquid soap and water immediately in case of contact with poultry, birds or their droppings.
- Maintain good personal hygiene
 - Keep hands clean and wash hands properly.
 - Cover nose and mouth while sneezing or coughing. Dispose sputum or secretions wrapped in tissue paper into rubbish bins with lids. Wash hands with liquid soap and water afterwards.
- Build up good body resistance and have a healthy lifestyle. This can be achieved through a balanced diet, regular exercise, adequate rest, reducing stress and no smoking.



- Poultry and eggs should be thoroughly cooked before eating.
- Maintain good environmental hygiene.
 - Maintain good indoor ventilation.
 - Avoid crowded places with poor ventilation if feeling unwell.
- Seek medical advice if fever or respiratory symptoms develop.

More information on Avian Influenza is available at CHP website (<http://www.chp.gov.hk>)

In addition, you are reminded to continue temperature checking for residents. Those who develop symptoms of high fever or influenza-like illness should seek medical advice early. The affected staff and residents should avoid returning to the institution.

As usual, if you notice any increase in respiratory illnesses or absenteeism among your staff or residents, please report to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770) for immediate epidemiological investigations and outbreak control.

Yours faithfully,



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

