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香港灣仔皇后大道東 248 號
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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：

「提高警惕 預防豬型流感」通告

鑑於北美洲爆發人類感染豬型流感 H1N1 個案，政府「流感大流行應變計劃」下的嚴重應變級別於四月二十六日啓動。衛生防護中心提醒各院舍應加強感染控制措施，預防流感發生。詳情請參閱隨函夾附由該中心於四月二十七日發出的通告及健康資訊。

同時，請各院舍主管參照由本署於二零零五年四月編製的「社會福利服務單位 - 預防禽流感擴散指引」(中文本)一套三份(分別適用於各類院舍服務單位、提供訓練及照顧服務的日間中心及一般福利服務單位)，並制訂切合院舍情況的應變措施。請留意指引內有關網址、查詢電話及時間於二零零九年三月已作更新。各院舍主管亦可到本署網頁下載該套指引，網址為：

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

本署會繼續與衛生防護中心緊密聯繫，有需要時會採取進一步的應變計劃。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)

副本送呈：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

二零零九年四月二十七日

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致院舍/ 宿舍主管:

提高警惕 預防豬型流感

鑑於北美洲爆發人類感染豬型流感H1N1個案，政府「流感大流行應變計劃」下的嚴重應變級別於4月26日啓動。本人藉此提醒院舍/宿舍負責人採取預防措施，預防流感發生。

人類豬型流感的病徵及傳播途徑跟人類感染季節性流感相近，包括發燒、疲憊、食慾不振和咳嗽。隨函附上有關豬型流感健康資訊以供參考。

院舍/宿舍是一個群體聚集的地方，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直至退燒後兩天。

任何院友或員工從受影響地區回港七天內，應配戴外科口罩作預防措施。任何人如出現類流感徵狀，例如發燒、喉嚨痛及咳嗽，應盡快求醫及接受治療。

此外，各界應採取以下預防措施：

- 保持雙手清潔，並用正確方法洗手。如雙手沒有明顯污垢時，可用酒精搓手液消毒雙手；
- 避免接觸眼、鼻及口，因病菌從此途徑傳播；
- 雙手如被呼吸道分泌物污染，例如打噴嚏或咳嗽後，應立即用皂液洗手
- 打噴嚏或咳嗽時應掩口鼻；
- 不要隨地吐痰，應將口鼻分泌物用紙巾包好，棄置於有蓋垃圾箱內；
- 有呼吸道感染症狀或發燒時，應戴上口罩，並及早求醫；
- 若出現流感症狀，應盡快求醫。



如察覺出現上呼吸道感染症狀的院友與員工人數增加，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。

有關最新的人類感染豬型流感情況，可瀏覽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
監測及流行病學處
社會醫學顧問醫生(傳染病)

(張竹君



醫生)

二零零九年四月二十七日

健康資訊 (人類感染豬型流感)

背景

豬型流感是一種不時會在豬隻間引起流感爆發的甲型流感豬隻呼吸道疾病。在豬隻身上所培養出的流感類別主要有四種：分別為 H1N1、H1N2、H3N2 及 H3N1；但近期在豬隻間發現的流感則多為 H1N1 型。典型的豬型流感 (甲型流感 H1N1 型) 自 1930 年已經被首先發現，此後並一直在豬隻之間流行。豬隻的甲型流感 H1N1 型跟人類的甲型流感 H1N1 型在抗原上是非常不相同，因此在一般情況下豬型流感是不會讓人類感染患病。縱然如此，零星的人類感染豬型流感個案仍會不時發生。較常見的人類感染豬型流感是人類直接接觸豬隻 (如養豬業從業員)。人與人之間傳播豬型流感亦可發生。

病徵

人類感染豬型流感的病徵預期跟人類感染季節性流感相近，包括發燒、疲憊、食慾不振、咳嗽。有些感染豬型流感的人出現流鼻水、喉嚨痛、作嘔、嘔吐及腹瀉。

傳播途徑

流感病毒可由豬隻直接傳染人類及由人類傳染豬隻。人類由豬隻感染流感病毒大部份是由於近距離接近染病豬隻，例如到過豬棚及牲畜展。人類互相感染豬型流感亦可發生。傳染途徑相信是通過咳嗽或打噴嚏互相傳染。人接觸帶有流感病毒的物件後接觸鼻和口而受感染。豬型流感並非由食物傳播。進食經正確處理及煮熟的豬肉及豬肉食品是安全。烹調豬肉至內部溫度達華氏 160 度 (攝氏 71.1 度) 可殺掉豬型流感病毒及其他細菌及病毒。

預防方法

由於 H1N1 豬型流感病毒跟人類 H1N1 病毒的抗原非常不同，所以季節性流感的疫苗未能對 H1N1 豬型流感病毒提供保護。我們建議市民採取以下預防措施：

- 保持雙手清潔，並用正確方法洗手。如雙手沒有明顯污垢時，可用酒精搓手液消毒雙手；
- 避免接觸眼、鼻及口，因病菌從此途徑傳播；
- 雙手如被呼吸道分泌物污染，例如打噴嚏或咳嗽後，應立即用皂液洗手。
- 打噴嚏或咳嗽時應掩口鼻；
- 不要隨地吐痰，應將口鼻分泌物用紙巾包好，棄置於有蓋垃圾箱內；
- 有呼吸道感染症狀或發燒時，應戴上口罩，並及早求醫；
- 若出現流感症狀，切勿上班或上學。

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27 April 2009

Dear Person-in-charge,

Be vigilant against Swine Influenza

In view of the recent outbreak of human swine influenza A (H1N1) in the North America, the Serious Response Level under the Government's Preparedness Plan for Pandemic was activated on 26 April 2009. I would like to take this opportunity to remind institutions to take precautions against influenza outbreaks.

The symptoms and mode of transmission of swine influenza in people are expected to be similar to regular human seasonal influenza and include fever, lethargy, lack of appetite and coughing. I attach a fact sheet on swine influenza for your reference.

Institutions are collective assembly places and 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 possible outbreak of influenza, people with fever and respiratory symptoms are strongly advised to avoid attending institutions and affected clients should be promptly isolated till 48 hours after fever has subsided.

Any persons and staffs who returned from affected place should wear a surgical mask for seven days as a precautionary measure. If they developed influenza-like symptoms such as fever, sore throat and cough, they should consult doctor for medical advice promptly.



In addition, the following general precautionary measures are also advised:

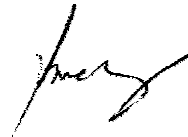
- Maintaining good personal and environmental hygiene

- 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 secondhand smoke
- Avoiding crowded public places where the ventilation is not good

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 human swine influenza, please see our Daily Influenza Situation Update at the CHP website (www.chp.gov.hk).

Yours sincerely,



(Dr SK CHUANG)

Consultant Community Medicine (Communicable Disease)
Surveillance and Epidemiology Branch
Centre for Health Protection

Health Topic: Human Infection with Swine Influenza

Swine influenza is a respiratory disease of pigs caused by type A influenza that regularly causes outbreaks of influenza among pigs. There are four main influenza type A virus subtypes that have been isolated in pigs: H1N1, H1N2, H3N2, and H3N1. However, most of the recently isolated influenza viruses from pigs have been H1N1 viruses. The classical swine flu virus (an influenza type A H1N1 virus) was first isolated from a pig in 1930 and it is known to circulate among pig populations since then. The H1N1 swine flu viruses are antigenically different from human H1N1 viruses and swine flu viruses do not normally infect humans. However, sporadic human infections with swine flu do occasionally occur. Most commonly, human cases of swine influenza happen in people with direct exposure to pigs (e.g. workers in the swine industry). Human-to-human transmission of swine flu can also occur.

Clinical features

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

Mode of transmission

Influenza viruses can be directly transmitted from pigs to people and from people to pigs. Human infection with flu viruses from pigs are most likely to occur when people are in close proximity to infected pigs, such as in pig barns and livestock exhibits housing pigs at fairs. Human-to-human transmission of swine flu can also occur. This is thought to occur in the same way as seasonal flu occurs in people, which is mainly person-to-person transmission through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with flu viruses on it and then touching their mouth or nose. Swine influenza viruses are not transmitted by food. Eating properly handled and cooked pork and pork products is safe. Cooking pork to an internal temperature of 160°F (71.1°C) kills the swine flu virus as it does other bacteria and viruses.

Prevention

Since H1N1 swine flu viruses are antigenically very different from human H1N1 viruses, vaccines for human seasonal flu would not provide protection from H1N1 swine flu viruses. We are recommending precautionary measures for members of public:

- Keep hands clean and wash hands properly. Alcohol-based handrub is also effective when hands are not visibly soiled.
- Avoid touching eyes, nose or mouth. Germs spread that way
- Wash hands with liquid soap promptly if they are contaminated by respiratory tract secretions, e.g. after sneezing or coughing.
- Cover nose and mouth when sneezing or coughing.
- No spitting. Always wrap nasal and mouth discharges with tissue paper, and dispose of the tissue paper properly in a lidded rubbish bin.
- Wear mask when symptoms of respiratory tract infection or fever develop. Seek medical advice promptly.
- Refrain from work or school if develop symptoms of influenza