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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：

「提高警覺 預防諾如病毒腸胃炎」通告

由於香港將進入病毒性腸胃炎的季節性高峯期，請各院舍加強感染控制措施，預防諾如病毒（前稱諾沃克病毒）腸胃炎爆發。詳情請參閱隨函夾附由衛生防護中心於十一月二十一日發出的通告。

如察覺出現病毒性胃腸炎徵狀或其他傳染病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 2049）。

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葉碧霞女士聯絡（電話：2153 2049），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十一月二十一日發出的
「提高警覺 預防諾如病毒腸胃炎」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

二零零八年十一月二十六日

本署檔號 Our Ref. : (68) in DH SEB CD/8/39/1
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傳真 Fax No. : 2711 4847

各院舍、宿舍主管 / 感染控制主任：

提高警覺 預防諾如病毒腸胃炎

本港將進入病毒性腸胃炎的季節性高峯期。故此，我們現請各位注意預防病毒性腸胃炎在貴院舍/機構內發生。

病毒性腸胃炎多由諾如病毒(前稱諾沃克病毒)引起，是一種經常導致院舍出現爆發的疾病。雖然諾如病毒一般只引致較輕微的腸胃炎及可自我痊癒，但亦可引致難於控制的爆發。諾如病毒感染的徵狀包括惡心、嘔吐、腹瀉、腹痛、發燒及疲倦。此類感染可以由進食受病毒污染的食物及直接接觸病人的嘔吐物或糞便而傳播。諾如病毒爆發個案全年都會發生，但較常見於冬季月份。

要預防病毒性腸胃炎在院舍內爆發，應加緊注重個人、食物及環境衛生，特別要小心處理嘔吐物及糞便。現請各位注意以下數項：

1. 提醒院友及員工個人衛生原則，尤其是進食前及如廁後應用梘液徹底清潔雙手。
2. 提醒院友、員工及其家人保持衛生。確保所有食物應徹底煮熟，尤其是貝殼類海產食物。
3. 教導員工正確處理嘔吐物的方法及程序：
 - 清潔程序進行中，勿讓院友走近範圍；
 - 處理嘔吐物時，應戴上手套及口罩；
 - 以用完即棄的抹巾由外至內的把嘔吐物清理，然後用稀釋家用漂白水(1：49 / 把1份5.25%漂白水與49份水混和)消毒受污染物件表面及附近約兩米的範圍(切勿用地拖拭擦)；
 - 留待十五至三十分鐘後才用清水徹底洗淨，以讓漂白水有足夠時間發揮消毒作用；
 - 清理後，應徹底洗淨雙手；
 - 保持室內空氣流通。
4. 員工如出現嘔吐或腹瀉的徵狀，應停止上班，並應看醫生。



由於傳染病容易在日間中心及院舍內發生，我們現請各位注意預防傳染病。「安老院舍預防傳染病指引」及「長者及殘疾人士日間中心服務、家居照顧服務、家居訓練及支援服務預防傳染病指引」載有關於預防傳染病控制措施的資訊，可在以下網站瀏覽（網址為<http://www.chp.gov.hk/files/pdf/grp-elderly-tc-20070917.pdf> 及 http://www.chp.gov.hk/files/pdf/grp-CSS_Guideline-tc-2004052100.pdf）。如察覺出現病毒性胃腸炎徵狀或其他傳染病的院友/員工人數增加，請盡早通知衛生防護中心（傳真號碼：24772770，電話號碼：2477 2772），使調查及控制措施能及早進行。

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)

二零零八年十一月二十一日

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傳真 Fax No. : 2711 4847

21 November 2008

Dear Operators/ Managers/Infection control officers of residential care homes,

Vigilant against Viral Gastroenteritis

I would like to draw your attention to the prevention of viral gastroenteritis in your institution / organization as we are approaching the traditional peak season of viral gastroenteritis.

Viral gastroenteritis, commonly caused by noroviruses, is a frequent cause of outbreaks in institutions. Norovirus infection is usually mild and self-limiting yet they may result in outbreaks that are difficult to control. Symptoms include nausea, vomiting, diarrhoea, abdominal pain, fever and malaise. The infection can spread through the consumption of contaminated food or direct contact with the vomitus or excreta of infected persons. Norovirus outbreaks may occur throughout the year but are known to occur more frequently in winter months.

To prevent outbreaks of acute gastroenteritis, strict personal, food and environmental hygiene with particular attention to handling of vomitus and faecal matter are very important. I would recommend you taking the following steps:

1. Remind residents and staff to maintain personal hygiene practices especially proper hand-washing using liquid soap before meals and after going to toilet.
2. Remind staff, residents and their family to maintain proper food hygiene. Ensure all food is adequately cooked especially high risk food like shellfish.
3. Train staff on the proper management and disinfection of the environment after vomiting incidents:
 - Keep residents away from the area during the cleaning process;



- Wear gloves and mask while cleaning the vomitus;
 - Use disposable towels (do not use floor mops) to wipe away all the vomitus from outside inward, before applying diluted bleach 1:49 (by adding 1 part of 5.25% sodium hypochlorite solution to 49 parts of water) to the surface and neighbouring area (say within two metres of the vomitus);
 - Leave for about 15 to 30 minutes to allow the bleach to inactivate viruses in the vomitus before rinsing the surface with water, and then leave it until dry;
 - Wash hands thoroughly afterwards;
 - Maintain good indoor ventilation.
4. Staff developing vomiting or diarrhoea should be advised to refrain from work and seek medical advice.

As daycare and residential institutions are at risk of communicable disease outbreak, I would urge you to keep vigilance against communicable diseases. The “Guideline on Prevention of Communicable Diseases in Residential Care Homes for the Elderly” and “Guideline on Prevention of Communicable Diseases in Day Care Centre/ Home Care Services/ Home-based Training and Support Service for the Elderly and Disabled Persons” contain practical information and control measures on prevention of communicable diseases and are available at <http://www.chp.gov.hk/files/pdf/grp-elderly-tc-20070917.pdf> and http://www.chp.gov.hk/files/pdf/grp-CSS_Guideline-tc-2004052100.pdf respectively. If you notice an increase in the number of residents or staff with symptoms of viral gastroenteritis or other infectious diseases, please inform the Central Notification Office of CHP as early as possible at Fax: 2477 2770 or Tel: 2477 2772, so that investigation and intervention can be initiated as soon as possible.

Yours sincerely,



(Dr SK CHUANG)

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