

本署檔號：SWD 178/980/87
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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／康復服務單位主管：

「腺病毒和副流感病毒的活躍程度上升」通告

鑑於衛生防護中心的公共衛生檢測中心檢測到的腺病毒和副流感病毒數目有上升趨勢。衛生防護中心提醒各院舍應加強感染控制措施，預防呼吸道傳染病在院舍內爆發。詳情請參閱隨函夾附由該中心發出的通告。

如懷疑院舍／機構有呼吸道傳染病爆發的情況，請盡早通知衛生防護中心（傳真：2477 2770，電話：2477 2772）及本署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

（梁綺莉  代行）

2011 年 6 月 9 日

副本送呈：各津助康復機構主管
香港社會服務聯會總主任（復康服務）
香港私營復康院舍協會主席

本署檔號 Our Ref.: (11) in DH SEB CD/8/84/1

致 院舍主管 / 感染控制主任：

腺病毒和副流感病毒的活躍程度上升

在過去一週，衛生防護中心的公共衛生檢測中心從呼吸道樣本檢測到的腺病毒數目有所上升。本中心接獲由腺病毒引致的院舍上呼吸道感染爆發數目亦由五月十五日至五月二十八日的兩星期內的一宗增加到最近一星期(五月二十九日至六月四日)的四宗。此外，公共衛生檢測中心在過去數週檢測到的副流感病毒數目亦有上升趨勢。

腺病毒是一種主要引致呼吸系統感染的病毒。病徵包括咳嗽、流鼻水、喉嚨痛、發燒等。有些類型也可導致腸胃炎、眼睛發炎及紅疹。兒童、長者及免疫力受損的人士較容易受到感染。腺病毒主要透過飛沫、直接接觸患者的口鼻分泌物或進食受污染的食物或食水傳播。副流感病毒是常見引致上呼吸道感染的病毒，特別是幼童較易受感染。副流感病毒是透過接觸受感染人士的呼吸道分泌物，或接觸受污染的物件表面及物件而傳播。

我們現請各位注意並採取措施預防呼吸道傳染病在 貴院舍／機構內發生。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。為防止流感或其他呼吸道傳染病的爆發，有發燒的院友/工作人員應留在家中休息並避免到訪院舍/機構，直至徵狀消失及退燒後最少兩天始回院舍/機構。另外，出現發燒及呼吸道感染病徵的住宿院友應立即被隔離。以下是重要的預防措施：

- 增強抵抗力有助預防感染，應保持均衡飲食、恆常運動、充足休息、避免過度緊張和避免吸煙；
- 維持良好的個人、食物及環境衛生；
- 打噴嚏或咳嗽時應掩着口鼻，並妥善清理口鼻排出的分泌物；
- 處理食物或進食前，如廁後，處理嘔吐物或糞便後，以及雙手被呼吸系統分泌物弄污後須徹底洗淨雙手；
- 清理嘔吐物、糞便及尿片時需戴上手套，完成後再洗手；
- 即時用 1:49 稀釋的家用漂白水（以 1 份漂白水加 49 份水）徹底清潔及消毒受污染的物品及物件表面；
- 避免前往人多擠迫、空氣不流通的地方。



院舍/機構應繼續監察院友及職員患病的情況。如懷疑院舍/機構有呼吸道傳染病爆發的情況，請盡早通知衛生防護中心（電話號碼：2477-2772，傳真號碼：2477-2770）。如欲獲取最新資料，可瀏覽衛生防護中心網頁 (<http://www.chp.gov.hk>)。

衛生署衛生防護中心總監

(張竹君  醫生代行)

二零一一年六月八日



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*

香港九龍亞皆老街 147C 號 3 樓
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本署檔號 Our Ref. : (11) in DH SEB CD/8/84/1

8 June 2011

Dear Manager / Infection Control Officer,

Increase in Activity of Adenoviruses and Parainfluenza Viruses

In the past week, there has been an increase in the number of adenoviruses detected from respiratory specimens at the Public Health Laboratory Centre (PHLC) of the Centre for Health Protection. The number of institutional outbreaks of upper respiratory infections caused by adenoviruses has also increased from one during the 2-week period from 15 – 28 May to four during the recent week (29 May – 4 June). Besides, the number of parainfluenza viruses detected at PHLC has been increasing in the past few weeks.

Adenoviruses are a group of viruses that mainly cause respiratory illness. Symptoms include cough, runny nose, sore throat and fever. Some types can also cause gastroenteritis, eye infection and rashes. Young children, elderly and immunocompromised patients are more susceptible to this infection. Adenoviruses are mainly spread through air droplets, direct contact of the oro-nasal secretions of patients, or ingestion of contaminated food or water. Parainfluenza viruses commonly cause upper respiratory tract infection, especially in infants and small children. They are spread by respiratory secretions through close contact with infected persons or contact with contaminated surfaces or objects.

In this regard, I would like to urge you to keep vigilance and implement prompt preventive measures against respiratory infections at your institution/organization. As institutions and organizations are collective assembly places, infectious diseases could be easily spread among people through their daily contact. To prevent outbreaks of respiratory infections, clients/staff with acute febrile illness should not attend institution/organization till 48 hours after fever has subsided. Besides, residents with fever and respiratory symptoms should be promptly isolated. The following health measures are important:



- Build up good body immunity by having a balanced diet, regular exercise and adequate rest, reducing stress and avoiding smoking;
- Maintain good personal, food and environmental hygiene;
- Cover nose and mouth while sneezing or coughing and dispose nasal and oral discharge properly;
- Wash hands thoroughly before food handling and eating, and after going to toilets, handling of vomitus, faecal matter and oro-nasal secretions;
- Wear gloves while disposing vomitus, faeces and diapers, and wash hands afterwards;
- Clean and disinfect contaminated articles and surfaces promptly and thoroughly with 1:49 diluted household bleach (1 part of household bleach in 49 parts of water); and
- Avoid crowded places where the ventilation is unsatisfactory.

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. For more information, please visit the website of CHP at <http://www.chp.gov.hk>.

Yours faithfully,



(Dr. S K CHUANG)

For Controller, Centre for Health Protection
Department of Health

