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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：

「本港流行性感冒的活躍程度上升」通告

衛生防護中心最近的流感監測數據顯示流行性感冒的活躍程度正在上升，該中心提醒各院舍應加強感染控制措施，預防流行性感冒及其他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。

如察覺出現流感樣／呼吸道傳染病徵狀的住客／員工人數增加，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

（鍾思穎  代行）

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

二零一零年七月三十日

本署檔號 Our Ref.: (18) in DH SEB CD/8/27/1 Pt.19

致院舍 / 宿舍主管 / 感染控制主任：

### 本港流行性感冒的活躍程度上升

衛生防護中心最近的流感監測數據顯示流行性感冒的活躍程度正在上升，徵兆夏季流感季節的來臨。傳統上，香港的夏季流感季節多發生於每年七月至八月份。在過去兩週，化驗室檢測到的流感病毒數字及在定點私家醫生呈報的流感樣病例個案皆有上升趨勢。此外，本中心接獲的院舍流感樣爆發的呈報亦由七月十一至十七日的一星期內的一宗增加到上週(七月十八至二十四日)的七宗。目前偵測到的流感病毒主要是人類豬型流感病毒、甲型季節性流感病毒(H3N2)和乙型季節性流感病毒。

我們現請各位注意並採取預防措施預防流行性感冒及其他呼吸道傳染病在貴院舍／機構內發生。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：

- 保持空氣流通;
- 維持良好的個人衛生，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;
- 雙手被呼吸系統分泌物弄污後(如打噴嚏及咳嗽後)應立即洗手;
- 保持雙手清潔，並用正確方法洗手;
- 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。



院舍/機構應繼續監察院友及職員患病的情況。如懷疑院舍/機構有爆發流感樣病例的情況，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人類豬型流感及季節性流感直擊 (<http://www.chp.gov.hk>)。

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)

二零一零年七月二十九日



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. : (18) in DH SEB CD/8/27/1 Pt.19

29 July 2010

Dear Managers / Infection Control Officer of Residential Care Home,

**Increase in Influenza Activity in Hong Kong**

Most recent surveillance data showed an increase in influenza activity in Hong Kong, which signals the arrival of the summer influenza season. Historically, the summer influenza season in Hong Kong tends to occur in July and August. In the past two weeks, there were increase in number of influenza isolates detected by our laboratory and increase in the consultation rate for influenza-like illness (ILI) among sentinel private doctors. Besides, the number of ILI outbreaks in institutions has increased from one in the week ending July 17 to seven in the week ending July 24. The main circulating influenza viruses consist mainly of human swine influenza, seasonal influenza A (H3N2) and seasonal influenza B.

In this regard, I would like to urge you to keep vigilance and implement prompt preventive measures against influenza and other respiratory infections at your institution/organization. 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 of influenza or other 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:

- To maintain good ventilation;
- To maintain good personal hygiene, covering nose and mouth while sneezing or coughing and dispose of nasal and mouth discharge properly;



- Keeping hands clean and wash hands properly;
- Washing hands when they are dirtied by respiratory secretions e.g. after sneezing;
- 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.

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 the latest information on influenza activity, please see our Swine and Seasonal Flu Monitor at the website of the Centre for Health Protection ([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

