

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

香港灣仔皇后大道東 248 號
15 樓 1508 室
私營殘疾人士院舍登記辦事處

致：各資助、自負盈虧及私營殘疾人士院舍
經營者／負責人

先生／女士：

「香港現正進入流感季節」通告

根據衛生防護中心的實驗室監測及定點監測等數字顯示，香港現正進入流行性感冒高峰期。為防流行性感冒在院舍內爆發，請參閱隨函夾附由衛生防護中心發出的通告。

如察覺出現呼吸道感染病徵的院友人數或缺席人數增加，請盡早通知衛生防護中心（電話號碼：2477 2772，傳真號碼：2477 2770），以便及早進行調查及控制措施。

如欲查詢本函內容，請與私營殘疾人士院舍登記辦事處護士長林瑞心女士聯絡（電話：2153 2051），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二月十四日發出的「香港現正進入流感季節」通告（中英文本）

副本送呈：各資助康復機構主管／負責人
香港社會服務聯會復康總主任（服務發展）

二零零八年二月十九日

本署檔號 Our Ref. : (6) in DH SEB CD/8/27/1 III

致院舍 / 宿舍主管 / 感染控制主任：

香港現正進入流感季節

根據衛生防護中心的實驗室監測及定點監測等數字顯示，香港現正進入流行性感
冒高峰期，院舍及機構應加強措施，預防流感爆發。

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，院友亦缺乏個人護理的能力，因此院舍/ 機構較容易爆發流感。
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。以下是重要的預防措施：

- 維持良好的個人衛生，打噴嚏及咳嗽後應洗手；
- 保持空氣流通；
- 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。

如察覺出現呼吸道感染病徵的院友或缺席人數增加，請盡早通知衛生防護中心(傳
真號碼: 2477-2770，電話號碼: 2477-2772)以便進行流行病學調查及控制措施。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。

有關最新的流行性感
冒情況，可瀏覽每週在衛生防護中心網頁出版的流感速遞：

<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)



二零零八年二月十四日

本署檔號 Our Ref. : (6) in DH SEB CD/8/27/1 III

14 February 2008

Dear Managers / Infection Control Officer of Residential Care Homes,

Hong Kong is entering the influenza season

Our surveillance systems including laboratory surveillance and sentinel surveillance networks have indicated that Hong Kong is entering the influenza season. I would like to remind you to strengthen measures to prevent influenza outbreaks.

Young children, elderly people and patients with chronic diseases are more prone to influenza infection and its complications. As institution and organization settings are collective assembly places for clients incapable of taking proper personal care, such places are at higher risk of disease outbreaks. Sources of infection could come from staff, visitors or clients (especially those just discharged from hospitals).

To prevent outbreaks, people with fever and respiratory symptoms are strongly advised to avoid attending institutions and affected clients should be promptly isolated. The following health measures are important:

- To maintain good personal hygiene, and wash hands after sneezing and coughing;
- To maintain good ventilation;
- 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 a doctor promptly if influenza-like symptoms develop.

If you notice an increase in respiratory illnesses or absenteeism among your staff or clients, please report this 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 influenza activity, please see our weekly Flu Express at the CHP website (www.chp.gov.hk).

Yours faithfully,



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



衛生防護中心乃衛生署
轄下專責疾病預防及
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*