

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

致各津助、自負盈虧及私營殘疾人士院舍主管：

「香港已踏入季節性流感傳統高峯期及
季節性呼吸道合胞病毒的活躍程度開始上升」通告

衛生防護中心最近的流感監測數據顯示香港現已進入季節性流感的傳統高峯期。同時，化驗室檢測到的呼吸道合胞病毒最近亦出現季節性上升。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

（鄧菲烈  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

二零一零年三月十九日

本署檔號 Our Ref.: (14) in DH SEB CD/8/27/1 Pt.19

致院舍 / 宿舍主管 / 感染控制主任：

香港已踏入季節性流感傳統高峯期及季節性呼吸道合胞病毒的活躍程度開始上升

本中心最近的流感監測數據顯示在學校/院舍等設施發生的流感樣爆發及化驗室檢測到的流感病毒數字有上升趨勢，顯示香港現已進入季節性流感的傳統高峯期。在三月七日至十三日的一星期內，衛生防護中心共接獲24宗院舍流感樣爆發的呈報，而在過去五天（三月十四日至十八日）已接獲31宗呈報。目前流感主要包括人類豬型流感和乙型流感。

同時，化驗室檢測到的呼吸道合胞病毒最近亦出現季節性上升。呼吸道合胞體病毒是呼吸道感染的常見起因，長者和五歲或以下的小童較容易受感染。故此，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）。患病兒童應留在家中休息，直至徵狀消失及退燒後最少兩天始回院舍/機構。

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。



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）。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)

二零一零年三月十八日



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*

本署檔號 Our Ref. : (14) in DH SEB CD/8/27/1 Pt.19

18 March 2010

Dear Managers / Infection Control Officer of Residential Care Home,

**Arrival of the Peak Season for Influenza and Increase in RSV Activity in
Hong Kong**

Most recent surveillance data showed an increasing number of influenza detections made by our laboratory and an increasing number of institutional influenza-like illness (ILI) outbreaks, signaling the arrival of the traditional peak season for seasonal influenza. The number of ILI outbreaks in institutions has increased from 24 in the week ending March 13 to 31 in the past five days (March 14 – 18). The main circulating influenza viruses consist mainly of human swine influenza and influenza B.

At the same time, our surveillance also showed high seasonal activity of respiratory syncytial virus (RSV). RSV is a common cause of respiratory tract infection. It usually affects elderly people and young children at the age of five or below. 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). Children with acute febrile illness should not attend institution / organization till 48 hours after fever has subsided.

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,



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 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. 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 Swine and Seasonal Flu Monitor 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

