



本署檔號 : SWD 178/980/87IV  
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社會福利署  
康復及醫務社會服務科

致：各資助、自負盈虧及私營康復服務單位主管/負責人

各位先生、女士：

### 有關「預防流行性感冒」通告

請留意隨函夾附的由衛生署衛生防護中心發出的關於「預防流行性感冒」的函件。該函件指出流感個案有上升趨勢，請各單位採取預防措施，包括：勸籲出現上呼吸系統疾病症狀的人士避免到康復服務單位或其他人多聚集的地方，及如察覺出現上呼吸系統疾病症狀的服務使用者人數增加，請盡早通知衛生署。衛生防護中心的傳真號碼是 2477 2770，電話號碼是 2477 2772。

如對本函內容有疑問，請致電：2892 5652 與本署職員聯絡。

社會福利署署長

(陳國豪



代行)

附件：1. 衛生署防護中心在二零零七年六月廿九日發出關於「預防流行性感冒」的函件(中英版本各一份)

副本送(不連附件)：

香港社會服務聯會復康總主任  
營辦殘疾人士院舍的有關機構負責人

二零零七年七月五日

本署檔號 Our Ref. : (67) in DH SEB CD/8/27/1 II

院舍 / 宿舍主管 / 感染控制主任,

### 預防流行性感冒

香港現正進入夏季流行性感冒高峰期。根據衛生防護中心的院舍爆發監測及定點監測等系統數字顯示，流感個案有上升趨勢。院舍 / 機構應採取預防措施，預防流感爆發。

受流感感染的人群多數是容易受傳染病的人群，例如有長期病患人士及幼兒。由於院舍 / 機構是一個群體聚集的地方，有些學童 / 院友 / 顧客未能適當地作出個人護理，加上身體抵抗力不足，故傳染病很容易通過人與人之間的緊密接觸而傳播。因此院舍 / 機構較容易爆發流感。疾病來源方面，流感的來源可來自工作人員、訪客或院友（尤其是剛出院的院友）。為防止上呼吸道傳染病於院舍 / 機構爆發，如出現發燒、咳嗽、喉痛等上呼吸道感染病徵時，應避免到有關院舍 / 機構。

另外，各界應採取以下措施：

- 維持良好的個人及環境衛生。
- 保持雙手清潔，並用正確方法洗手。
- 雙手被呼吸系統分泌物弄污後(如打噴嚏後)應立即洗手。
- 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。
- 增強抵抗力有助預防感染流感。均衡飲食、適量運動、充足休息，避免過度緊張和避免吸煙，都是增強抵抗力的方法。
- 避免前往人多擠迫、空氣流通情況欠佳的公眾地方。
- 身體不適時應立即求醫。

如察覺出現上呼吸道感染症狀的學童 / 院友 / 顧客人數增加，請盡早通知衛生防護中心(傳真號碼: 2477 2770，電話號碼: 2477 2772)。衛生防護中心會就如何處理這些個案提供指引，並採取適當控制措施。有關預防傳染病指引亦可經以下網址下載：  
<http://www.chp.gov.hk>



二零零七年六月廿九日

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)

本署檔號 Our Ref. : (67) in DH SEB CD/8/27/1 II

29 June 2007

To: Operators / Managers / Infection Control Officer of Residential care home,

### **Combating Respiratory Diseases during Influenza Season**

Recent disease monitoring and data from systems including institutional outbreaks surveillance and sentinel surveillance networks have indicated that Hong Kong has entered the summer peak season of influenza. Influenza outbreaks preventive measures should therefore be taken in institutions / organizations in order to prevent outbreaks.

Some people such as young children and patients with chronic diseases are more prone to influenza infection. As Institutions / Organizations are collective assembly places with some young children / residents/ clients incapable of taking proper personal care, such places have higher risk of disease outbreaks. Source of infection could come from staff, visitors or clients (especially those just discharged from hospitals). To prevent possible outbreak of respiratory diseases especially influenza, people with fever and respiratory symptoms are strongly advised not to attend institutions and isolate the affected residents.

The following measures are advised in response to the coming influenza season:

- Maintaining good personal and environmental hygiene
- Keeping hands clean and wash hands properly.
- Washing hands when they are dirtied by respiratory secretions e.g. after sneezing.
- Covering nose and mouth while sneezing or coughing and dispose of nasal and mouth discharge properly.
- Having a balanced diet, regular exercise, adequate rest, avoid too much stress and passive smoking.
- Avoiding crowded public places where the ventilation is not good.
- To consult doctor for medical advice promptly upon development of influenza-like symptoms such as fever, sore throat and cough.



If you notice an increase in the number of children / residents/ clients with symptoms of upper respiratory tract infection or an increase in the number of absentees, please inform the Central Notification Office of CHP as early as possible at Fax: 2477 2770 or Tel: 2477 2772. CHP will start epidemiological investigations and take appropriate control measures. Further information could be obtained via the CHP website at <http://www.chp.gov.hk/>.

Yours faithfully,



(Dr. SK CHUANG)

Consultant Community Medicine (Communicable Disease)  
Centre for Health Protection



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