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香港灣仔皇后大道東 248 號
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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「流感大流行應變計劃」應變級別下降至「戒備」級別

政府決定由五月二十四日起調低「政府流感大流行應變計劃」下的應變級別，由「緊急」改為「戒備」。衛生防護中心提醒各院舍應繼續採取預防措施，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

（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

二零一零年五月二十五日

本署檔號 Our Ref.: (9) in DH SEB CD/8/27/1/1

致院舍 / 宿舍主管 / 感染控制主任：

本港「流感大流行應變計畫」應變級別下降至「戒備」級別

人類豬型流感在本港的活躍程度持續保持在低水平，其嚴重程度亦沒有轉變。有鑒於此，香港特別行政區政府檢視了最新的科學數據以及本地人類豬型流感情況後，決定於二零一零年五月二十四日調低「政府流感大流行應變計劃的架構」下的應變級別，由「緊急」級別改為「戒備」。

人類豬型流感的活躍程度由去年九月底的高峰逐步回落至現時的低水平。在剛過去的季節性流感傳統高峯期期間，人類豬型流感的活躍程度仍然保持在低水平。人類豬型流感所引致的病情在過去一年亦沒有轉變。截至二零一零年五月二十三日，本港共錄得八十宗人類豬型流感的死亡個案，當中約百分之八十五有長期病患或高危因素。

在院舍/機構實施的感染控制措施將可因應情況回復正常（包括探訪安排）。有關詳情可參考我們發出的「安老院舍預防傳染病指引」(<http://www.chp.gov.hk/files/pdf/grp-elderly-tc-20070917.pdf>)及「長者及殘疾人士日間中心服務、家居照顧服務、家居訓練及支援服務預防傳染病指引」(http://www.chp.gov.hk/files/pdf/grp-CSS_Guideline-tc-2004052100.pdf)。

我們現請各位繼續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。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。為防止流感爆發，出現發燒及呼吸道感染病徵的院友應立即被隔離。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）。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)

二零一零年五月二十四日



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. : (9) in DH SEB CD/8/27/1/1

May 24, 2010

Dear Managers / Infection Control Officer of Residential Care Home,

Stand-down of Local Pandemic Response Level to Alert Response Level

The activity of Human Swine Influenza (HSI) has been declining in the past several months and its clinical severity remains unchanged in the past one year. After reviewing the latest scientific evidence and local situation of HSI, the Government decided to lower the influenza response level under the 3-tiered Framework of Government's Preparedness Plan for Influenza Pandemic from "Emergency" to "Alert" Response Level from May 24, 2010.

The activity of HSI in Hong Kong reached its peak in late September 2009, after which it declined steadily. It remained at a low level during the recent traditional seasonal peak for influenza during March 2010. As of May 23, 2010, a total of 80 fatal cases were recorded, of whom 85% had at least one pre-existing chronic disease or risk factor.

The infection control practices in institutions, including visiting arrangements, can be normalised. For details, please refer to our "Guidelines on Prevention of Communicable Diseases in Residential Care Homes for the Elderly" (<http://www.chp.gov.hk/files/pdf/grp-elderly-en-20071227.pdf>) and "Guideline on Prevention of Communicable diseases in Day Care Centers/Home Care Services/Home-based Training and Support Service for the Elderly and Disable Persons" (http://www.chp.gov.hk/files/pdf/grp-CSS_Guideline-tc-2004052100.pdf).



I would like to urge you to continue to keep vigilance and implement prompt preventive measures against influenza and other respiratory infections at your institution/organisation. Clients/staff with acute febrile illness should not attend institution/organisation till 48 hours after fever has subsided. To prevent outbreaks, clients 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/organisation. For the latest information on influenza activity, please refer to 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



衛生防護中心乃衛生署
轄下執行疾病預防
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