

本署檔號：SWD 178/980/87
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傳真號碼：2153 0071

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：

積極準備以應付夏季流感高峯期

由於有跡象顯示，流感的夏季高峯期已逼近香港，因此衛生防護中心呼籲各院舍採取積極措施去預防同在這夏季出現的人類豬型流感及季節性流感。隨附衛生防護中心通告，供貴院參閱。

若院舍的住客及／或員工集體出現呼吸道感染症狀（例如：發燒、喉嚨痛、咳嗽等），須盡快通知衛生署衛生防護中心（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）。

如有任何查詢，請與本辦事處註冊護士葉碧霞女士聯絡（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

二零零九年六月十九日



感染控制處

衛生防護中心
Centre for Health Protection

Infection Control Branch

本署檔號 **Our Ref** : DH ICB/12-33
來函檔號 **Your Ref** :
電 話 **Tel** : (852) 2125 2925
傳 真 **Fax No** : (852) 3523 0753

致院舍經理/感染控制主任：

積極準備以應付夏季流感高峯期

從確認了首宗本地人類豬型流感集體感染案例起，香港已進入了緩疫階段。同時有跡象顯示，流感的夏季高峯期，亦正一如往常地逼近香港。在此，我呼籲閣下採取積極的措施去預防同在這夏季出現的人類豬型流感及季節性流感。

在長者院舍中，流感病源可來自員工、訪客或院友等，尤其是剛從醫院出院的人士。長者、幼童及長期病患者均易患上人類豬型流感、季節性流感、呼吸道疾病及其併發症。

為防集體感染，有發熱和呼吸道徵狀者，不應進入院舍；受感染的院友，應即隔離；員工有呼吸道病患，不應上班。

以下的各健康措施尤為重要：

- ◆ 維持室內通風系統良好。
- ◆ 用 1 比 99 稀釋家用漂白水（加 1 份 5.25% 次氯酸鹽溶液入 99 份水中），加強清潔和消毒院舍環境；或用 70% 酒精消毒金屬性表面。
- ◆ 提供規液、酒精搓手液和口罩，以協助院友遵守良好的個人衛生（例如：正確的手部衛生，常守咳嗽禮儀）。
- ◆ 透過均衡飲食、恆常運動、充足休息、減壓和戒煙以建立良好的免疫力。



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- ◆ 提醒院友勿前往人多擠迫的地方和勿參予室內集體活動。
- ◆ 建議有流感徵狀的院友，戴上口罩，並儘快求醫。

如閣下察覺呼吸道疾病或者缺工的情況有增加，請呈報予中央呈報辦公室(電話:2477-2772；傳真: 2477-2770)。員工有急性的呼吸道疾病時，不應上班。

有關最新的疾病資訊及指引，可瀏覽衛生防護中心網頁：
<http://www.chp.gov.hk/>。

衛生防護中心
感染控制處感染控制主任

黃天祐

(黃天祐醫生)



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17 June 2009

Dear Managers / Infection Control Officer of Residential Care Home,

Vigilance against influenza season in summer

With the first confirmed cluster of local cases of human swine influenza (HSI) (Influenza A/H1N1), Hong Kong has entered the mitigation phase for HSI. At the same time, there are indications that the traditional summer peak of seasonal influenza is approaching in Hong Kong. I would therefore like to urge your vigilance in prevention against both HSI and seasonal influenza outbreaks during the summer season.

In the elderly home setting, sources of influenza infection could come from staff, visitors or clients (especially those just discharged from hospitals). Elderly people, young children and patients with chronic diseases are more prone to HSI / seasonal influenza / respiratory disease infection and their complications.

To prevent outbreaks, people with fever and respiratory symptoms should avoid attending institutions and affected clients should be promptly isolated. Staff with respiratory illnesses should refrain from work. The following health measures are important:



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- ◆ Maintain good indoor ventilation.
- ◆ Enhance environment cleansing and disinfect with 1 in 99 diluted household bleach (mixing one part of 5.25% hypochlorite solution with 99 parts of water) or use 70% alcohol for metallic surface.

- ◆ Support residents in adopting good personal hygiene (e.g. proper hand hygiene, maintain cough etiquette) by providing liquid soap, alcohol-based handrub and face-mask.
- ◆ Encourage residents to build up good body immunity by having a proper diet, regular exercise and adequate rest, reducing stress and avoid smoking.
- ◆ Remind residents not to visit crowded areas and avoid indoor group-gathering activities.
- ◆ Advise residents who develop flu-like symptoms to wear face masks where feasible and consult doctor promptly.

If you notice an increase in respiratory illnesses or absenteeism, please report to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770). Staff with acute respiratory illnesses should refrain from work.

Our latest disease information and guidelines are available at the Center for Health Protection website www.chp.gov.hk

Yours faithfully,



(Dr TY WONG)

Head, Infection Control Branch
Centre for Health Protection
Department of Health



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