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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：

「預防夏季呼吸道疾病」通告

每年的二月至三月份，是本港的流感高峯期，而每年的六月至七月份，也是流行性感冒活躍期。最近衛生防護中心的監測系統顯示流感活動有輕微上升；呼吸道合胞病毒的實驗室檢測數字亦有輕微增加。因此，請各院舍加強感染控制措施，預防流感及其他呼吸道疾病爆發。詳情請參閱隨函夾附由衛生防護中心於七月十五日發出的通告。

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（傳真號碼：2477 2770，電話號碼：2477 2772）及私營殘疾人士院舍登記辦事處（傳真號碼：2153 0071，電話號碼：2153 2051）。

如聘有私家醫生外展到診計劃的院舍，請考慮增加到診醫生探訪次數，以便及早替有需要的院友作出適當診斷及治療，從而減低入住醫院的需要。

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主任林瑞心女士聯絡（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七月十五日發出的「預防夏季呼吸道疾病」通告（中英文本）

副本送呈：各津助康復機構主管
香港社會服務聯會復康總主任（服務發展）
其他津助康復服務單位主管

二零零八年七月十六日

本署檔號 Our Ref. : (61) in DH SEB CD/8/27/1 XIV

致各院舍 / 宿舍主管 / 感染控制主任：

預防夏季呼吸道疾病

每年的二月至三月份，是本港的流感高峯期，而每年的六月至七月份，也是流感的活躍期，最近我們的監測系統顯示流感活動有輕微上升。另外，呼吸道合胞病毒的實驗室檢測數字亦有輕微增加，故此本中心現呼籲各院舍及機構加強措施，預防流感及其他呼吸道疾病爆發。

二零零七年間，本中心錄得 163 宗確診流感爆發，其中大部份(124宗)發生於院舍或老人中心。自二零零八年至今，衛生防護中心已經証實有18間老人院舍及 68 間其他機構 (如學校及幼稚園等) 出現流感爆發。本年至今，衛生防護中心共接獲 13 宗由呼吸道合胞體病毒引起的呼吸道感染院舍爆發報告。而二零零七年的數字為 30 宗。

院舍/ 機構內聚集了缺乏個人護理的能力的人士，因此較容易爆發疾病。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)。長者、幼兒及長期病患人士較容易感染流行性感冒或其他呼吸道疾病及出現併發症。

流行性感冒防疫注射可幫助長者或長期病患者建立免疫力，減少併發症及死亡率，但已接種疫苗人士仍有可能患上流行性感冒，故此個人及環境衛生措施非常重要。

為防止呼吸道疾病爆發，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，而患病的工作人員亦應暫時離開工作崗位。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。

有關最新的流行性感冒情況及指引，可瀏覽衛生防護中心網頁：
<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)

二零零八年七月十五日



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

15 July 2008

Dear Managers / Infection Control Officer of Residential Care Home,

Vigilance against respiratory diseases in summer

Influenza in Hong Kong usually peaks in February and March followed by a small peak in June to July. Our latest data showed small increase in influenza activity. In addition, increase of laboratory detections for Respiratory Syncytial Virus (RSV) was also observed. I would therefore like to urge your vigilance in prevention against influenza and other respiratory disease outbreaks.

In 2007, there were a total of 163 confirmed influenza outbreaks of which the majority (124) occurred in institutions and elderly homes. In 2008, as of 11 July, 18 confirmed influenza outbreaks occurred in elderly homes and 68 occurred in other institutions such as schools and kindergartens. Thirteen RSV outbreaks have been reported to the CHP so far this year. There were 30 RSV outbreaks record in 2007.

Institution and organization are collective assembly places for clients incapable of taking proper personal care and thus are at higher risk of disease outbreaks. Sources of 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 influenza/respiratory disease infection and their complications.

Influenza vaccinations aim at reducing influenza complications and deaths, among especially the elderly and those with chronic diseases. However, influenza illness may still occur and hence personal and environmental hygiene should be observed.

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:

- 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.

If you notice any increase in respiratory illnesses or absenteeism among your staff or clients, please report to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770) for immediate epidemiological investigations and outbreak control.

Our latest disease information and guidelines are available 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

