



社會福利署  
Social Welfare Department

本署檔號：SWD 178/980/87  
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殘疾人士院舍牌照事務處

各殘疾人士院舍／康復服務單位主管：

### 「香港流行性感冒的活躍程度有所上升」通告

鑑於最新的監測數據顯示，本港的流感活躍程度正在上升。衛生防護中心提醒各院舍應加強感染控制措施，預防流感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／呼吸道感染徵狀的院友／員工人數增加，請通知衛生防護中心（傳真：2477 2770，電話：2477 2772）及本署殘疾人士院舍牌照事務處（傳真：2153 0071，電話：2891 6379），以便及早跟進有關情況。

社會福利署署長

（梁綺莉



代行)

2012 年 1 月 10 日

副本送：各津助康復機構主管  
香港社會服務聯會總主任（復康服務）  
香港私營復康院舍協會主席  
總社會工作主任（康復及醫務社會服務）1  
總社會工作主任（康復及醫務社會服務）2

本署檔號 Our Ref.: (41) in DH SEB CD/8/27/1 Pt.19

致院舍 / 宿舍主管 / 感染控制主任：

### 香港流行性感冒的活躍程度有所上升

最新的監測數據顯示，本港的流感活躍程度正在上升。公共衛生檢測中心檢測到的流感病毒數目由截至2011年11月12日的一週的68個上升至截至2012年1月7日的一週的141個。在同一時期，定點私家醫生和普通科診所的流感樣病例求診率亦相繼上升。因此各院舍／機構應加強預防措施，預防流感爆發。

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）。

為防止流感或其他呼吸道傳染病的爆發，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，直至退燒後最少兩天始回院舍／機構。此外，出現發燒及呼吸道感染病徵的住宿院友，應立即被隔離。

本地流感活躍程度預料會在未來數星期上升。目標組別人士應盡快接種流感疫苗以保障健康。

另外，各界應採取以下措施：

- 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；
- 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；
- 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；
- 打噴嚏、咳嗽或清潔鼻子後要洗手；
- 保持空氣流通；
- 在流感季節時，避免前往人多擠迫而空氣流通欠佳的地方；及
- 如有呼吸道感染症狀或發燒時，應戴上口罩，並及早求醫。



如察覺工作人員或院友出現呼吸道感染病徵或缺席的人數增加，請盡早通知衛生防護中心(電話號碼: 2477 2772，傳真號碼: 2477 2770)，以便立即進行流行病學調查及控制措施。有關最新的流感資訊，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總監



(張竹君 醫生 代行)

二零一二年一月九日



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*

香港九龍亞皆老街 147C 號 3 樓  
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9 January 2012

Dear Managers / Infection Control Officer,

**Increase in Influenza Activity in Hong Kong**

The latest surveillance data indicated that the local influenza activity is increasing in Hong Kong. The number of influenza virus detections reported increased from 68 in week ending 12 November, 2011 to 141 in week ending 7 January, 2012. For the same period of time, there was also corresponding increase in influenza-like illness consultation rates among government outpatient clinics (GOPCs) and that among sentinel general practitioners. Preventive measures should therefore be strengthened in institutions/organizations in order to prevent influenza outbreaks.

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 residents (especially those just discharged from hospitals).

To prevent outbreaks of influenza or other respiratory infections, residents/staff with acute febrile illness should not attend institution/organization till 48 hours after fever has subsided. Besides, residents with fever and respiratory symptoms should be promptly isolated.

The local influenza activity is expected to increase further during the next few weeks. Target groups are advised to receive influenza vaccinations as soon as possible to protect their health.

In addition, the following measures are advised:

- To build up good body immunity by having a proper diet, regular exercise and adequate rest, reducing stress and avoiding smoking;
- To maintain good personal and environmental hygiene;



- To keep hands clean and wash hands properly;
- To cover nose and mouth while sneezing or coughing and dispose of nasal and mouth discharge properly;
- To wash hands after sneezing, coughing or cleaning the nose;
- To maintain good ventilation;
- To avoid visiting crowded places with poor ventilation, especially during influenza season; and
- To wear surgical mask and seek medical advice promptly if symptoms of respiratory tract infection or fever develop.

If you notice an increase in respiratory illnesses or absenteeism among your staff or residents, please report promptly to our Central Notification Office (Tel: 2477 2772; Fax: 2477 2770) for immediate epidemiological investigations and outbreak control. For the latest information on influenza activity, please visit the website of the Centre for Health Protection ([www.chp.gov.hk](http://www.chp.gov.hk)).

Yours faithfully,



(Dr. S K CHUANG)  
for Controller  
Centre for Health Protection  
Department of Health

