



中華人民共和國香港特別行政區政府總部教育局
Education Bureau

Government Secretariat, The Government of the Hong Kong Special Administrative Region
The People's Republic of China

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7 November 2013

To: Supervisors/Principals of all Schools

Dear Supervisor/Principal,

Stay Vigilant against Communicable Diseases
Avian Influenza A (H7N9)

Further to the letter issued yesterday on the above subject, we would like to stress that apart from putting in place various preventive measures against communicable diseases, parents' awareness of good personal hygiene and clean and healthy household environment is equally important.

In this connection, I attach the "Avian Flu fact sheet" (Appendix I) and the health advice (Appendix II) from the Centre for Health Protection. Please disseminate the above information to parents and enlist their co-operation to tie in with the preventive measures taken by schools.

For enquiries, please contact your respective Senior School Development Officers / Senior Services Officers.

Yours sincerely,


(Ms M F LI)

for Secretary for Education

禽流感

病原體

流感病毒有不同類型。禽流感是由主要影響鳥類和家禽（如雞或鴨）的流感病毒例如H5N1, H9N2 和 H7N9引致。由於人類感染這種病毒的情況並不常見，因此人體對該病毒的免疫力極低，甚至沒有免疫力。一旦禽流感病毒能輕易地在人與人之間傳播，便會出現流感大流行。

病徵

人類感染禽流感的病徵包括眼部感染（結膜炎）、流感樣病徵（例如發燒、咳嗽、喉嚨痛、肌肉痛）或嚴重的呼吸道感染（例如肺炎）。較嚴重的類型（如感染H5N1或H7N9病毒）可引致呼吸衰竭、多種器官衰竭，甚至死亡。

傳播途徑

人類主要透過近距離接觸染病的禽鳥（活鳥或死鳥）或其糞便而感染禽流感病毒。禽流感病毒在人類之間的傳播能力十分低。近年部分亞洲國家報告禽鳥爆發禽流感疫情，並出現一些人類感染個案。

治理方法

患者應充足休息，多飲水。支援性治療可舒緩病徵。若出現流感樣病徵，尤其是屬抵抗力較弱人士或病情轉趨嚴重時，例如出現持續高燒或呼吸急促等症狀，應盡快求診。由禽流感病毒H5N1和H7N9引起的病情比一般流感嚴重，大部分患者須留院醫治。抗病毒藥物對病情可能有效。除非出現細菌性感染，否則無須使用抗生素。兒童忌服含有阿士匹靈成分的藥物，以免引致雷爾氏綜合症。

預防方法

染病的禽鳥（活鳥或死鳥）及其糞便可能帶有病毒，因此，市民應：

- 盡量避免接觸禽鳥（活鳥或死鳥）及其糞便。
- 接觸禽鳥或其糞便後，要立刻用梘液洗手。
- 要徹底煮熟家禽和蛋類產品才可進食。
- 出外旅遊時應避免接觸禽鳥。旅客從受禽流感影響地區回港後，若出現流感樣徵狀，應立即求診，告訴醫生最近曾到訪的地方；並佩戴口罩，以防傳染他人。

須時刻注意衛生：

- 避免觸摸眼睛、鼻和口。
- 保持雙手清潔，經常用梘液洗手，尤其是在進食前或觸摸眼睛、鼻和口前。
- 咳嗽或打噴嚏時，用紙巾遮掩口鼻，把用過的紙巾棄置到有蓋垃圾桶，然後徹底清潔雙手。
- 如出現流感樣徵狀，應留在家中休息，避免前往擠迫或空氣不流通的場所。

現時並沒有預防人類感染禽流感的疫苗。

增強抵抗力有助預防傳染病（包括流感），因此應注意均衡飲食、適量運動、充足休息、舒緩精神壓力，和不要吸煙。

健康教育熱線 2833 0111 衛生防護中心網頁 www.chp.gov.hk



禽流感

病原体

流感病毒有不同类型。禽流感是由主要影响鸟类和家禽（如鸡或鸭）的流感病毒例如 H5N1, H9N2 和 H7N9 引致。由于人类感染这种病毒的情况并不常见，因此人体对该病毒的免疫力极低，甚至没有免疫力。一旦禽流感病毒能轻易地在人与人之间传播，便会出现流感大流行。

病征

人类感染禽流感的病征包括眼部感染（结膜炎）、流感样病征（例如发烧、咳嗽、喉咙痛、肌肉痛）或严重的呼吸道感染（例如肺炎）。较严重的类型（如感染 H5N1 或 H7N9 病毒）可引致呼吸衰竭、多种器官衰竭，甚至死亡。

传播途径

人类主要透过近距离接触染病的禽鸟（活鸟或死鸟）或其粪便而感染禽流感病毒。禽流感病毒在人类之间的传播能力十分低。近年部分亚洲国家报告禽鸟爆发禽流感疫情，并出现一些人类感染个案。



治理方法

患者应充足休息，多饮水。支援性治疗可纾缓病徵。若出现流感样病徵，尤其是属抵抗力较弱人士或病情转趋严重时，例如出现持续高烧或呼吸急促等症状，应尽快求诊。由禽流感病毒 H5N1 和 H7N9 引起的病情比一般流感严重，大部分患者须留院医治。抗病毒药物对病情可能有效。除非出现细菌性感染，否则无须使用抗生素。儿童忌服含有阿士匹灵成分的药物，以免引致雷尔氏综合症。



预防方法

染病的禽鸟（活鸟或死鸟）及其粪便可能带有病毒，因此，市民应：

- 尽量避免接触禽鸟（活鸟或死鸟）及其粪便。
- 接触禽鸟或其粪便后，要立刻用视液洗手。
- 要彻底煮熟家禽和蛋类产品才可进食。
- 出外旅游时应避免接触禽鸟。旅客从受禽流感影响地区回港后，若出现流感样徵状，应立即求诊，告诉医生最近曾到访的地方；并佩戴口罩，以防传染他人。

须时刻注意卫生：

- 避免触摸眼睛、鼻和口。
- 保持双手清洁，经常用视液洗手，尤其是在进食前或触摸眼睛、鼻和口前。
- 咳嗽或打喷嚏时，用纸巾遮掩口鼻，把用过的纸巾弃置到有盖垃圾桶，然后彻底清洁双手。
- 如出现流感样徵状，应留在家中休息，避免前往挤迫或空气不流通的场所。

现时并没有预防人类感染禽流感的疫苗。

增强抵抗力有助预防传染病（包括流感），因此应注意均衡饮食、适量运动、充足休息、纾缓精神压力，和不要吸烟。

健康教育热线 2833 0111 卫生防护中心网页 www.chp.gov.hk

Avian Influenza

Causative agent

There are various types of influenza viruses. Avian influenza is caused by those influenza viruses e.g. H5N1, H9N2 and H7N9 that mainly affect birds and poultry, such as chickens or ducks. Since the virus does not commonly infect humans, there is little or no immune protection against it in the human population. If avian influenza virus can spread easily from person to person, an influenza pandemic can occur.

Clinical features

Clinical presentation of avian influenza in humans includes eye infection (conjunctivitis), flu-like symptoms (e.g. fever, cough, sore throat, muscle aches) or severe respiratory illness (e.g. chest infection). The more virulent forms (e.g. infection by H5N1 or H7N9 viruses) can result in respiratory failure, multi-organ failure and even death.

Mode of transmission

People mainly become infected with avian influenza through close contact with infected birds and poultry (live or dead) or their droppings. Human-to-human transmission is inefficient. Outbreaks of avian influenza in poultry have recently been reported in some Asian countries, and some cases of human infection have been reported.

Management

Patients should get adequate rest and drink plenty of fluids. Supportive treatment can relieve symptoms. People with flu-like symptoms should seek medical advice, especially those with weakened body resistance, or if their condition deteriorates, e.g. persistent high fever or shortness of breath. Avian influenza including H5N1 and H7N9 are generally more severe than common flu, and most patients require hospital care. Some anti-viral drugs may be effective in treating the condition. Unless there is bacterial infection, antibiotics should not be used. Aspirin should not be taken by children to avoid the risk of inducing Reye's Syndrome.

Prevention

Infected birds and poultry (live or dead) or their droppings may carry avian influenza virus. Therefore, members of the public should:

- Avoid touching birds or poultry (live or dead) or their droppings.
- If you have been in contact with birds or poultry, wash hands with liquid soap immediately and thoroughly.
- Cook poultry and egg products thoroughly before eating.
- Avoid touching birds or poultry when travelling outside Hong Kong. Travellers returning from affected areas should consult doctors promptly if they have flu-like symptoms. Inform the doctor of your travel history and wear a mask to help prevent the spread of the disease.

Observe hygiene at all times:

- Avoid touching your eyes, nose and mouth.
- Keep hands clean, wash hands frequently with liquid soap, especially before eating, or touching your eyes, nose and mouth.
- Cover your mouth and/or nose with tissue paper when coughing or sneezing. Dispose of the soiled tissues properly, e.g. into a rubbish bin with lid, and then wash hands thoroughly.
- If flu-like symptoms develop, stay at home and avoid going to crowded or poorly ventilated places.

At present, there is no vaccine to prevent avian influenza in humans.

Good body resistance helps prevent infections (including influenza). This can be achieved through a balanced diet, regular exercise and adequate rest, reducing stress and no smoking.

Health Education Hotline 2833 0111 [Centre for Health Protection Website www.chp.gov.hk](http://www.chp.gov.hk)

Health Advice for Parents

To prevent avian influenza and other respiratory illnesses, please remind your children to observe strict hand hygiene, avoid touching their mouth, nose or eyes and avoid visiting wet markets with live poultry or contacting poultry especially when travelling to H7N9 virus affected areas. Wash hands frequently with liquid soap, especially before handling food or eating, after going to toilet, or when hands are dirtied by respiratory secretion after coughing or sneezing.

In addition, the following measures are also advised by the Centre for Health Protection:

- Avoid touching poultry/ birds/ animals or their droppings;
- Wash hands thoroughly with liquid soap and water immediately in case of contact with poultry /birds/ animals or their droppings;
- Build up good body resistance and have a healthy lifestyle. This can be achieved through a balanced diet, regular exercise, adequate rest, reducing stress and no smoking;
- Poultry and eggs should be thoroughly cooked before eating;
- Maintain good environmental hygiene;
- Maintain good indoor ventilation;
- Avoid going to crowded places with poor ventilation if feeling unwell;
- Clean and disinfect frequently touched surfaces, furniture, commonly shared items and floor at least daily by using appropriate disinfectant (For non-metallic surface, disinfect with 1 part of household bleach in 99 parts of water, wait until dry and then rinse with water. For metallic surface, disinfect with 70% alcohol).

If your children develop symptoms of influenza-like illness after contacting with poultry or visiting wet markets with live poultry in avian influenza affected areas recently, they should wear a mask and consult doctors promptly. You should also inform the doctor of their exposure history. The affected children should avoid returning to schools and inform the school immediately.

Before sending children to school, please measure their body temperature, record the reading and sign the temperature record sheet which should be handed to the school every day.

For details on the prevention of Avian Influenza, you may refer to the leaflet uploaded to the website of CHP:

http://www.chp.gov.hk/en/exhibition_details/2582/0.html