

# 禽流感健康資訊

# 禽流感健康资讯

## Avian Flu fact sheet

慎防禽流感

PREVENT  
AVIAN FLU



# 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)的流感病毒引致。禽流感病毒一般不會感染人類，但香港及其他地區曾出現人類感染禽流感(如甲型H5N1或H9N2流感病毒)的個案。

## 徵狀

人類感染禽流感的徵狀包括眼部感染(結膜炎)、流感樣徵狀(例如發燒、咳嗽、喉痛、肌肉痛)或嚴重的呼吸道病徵(例如肺炎)。較嚴重的類型(如感染H5N1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。

## 治理方法

患者應充足休息，多飲水。支援性治療可舒緩徵狀。若出現流感樣徵狀，便應求診。患者如屬抵抗力較弱人士，或病情轉趨嚴重時，例如出現持續高燒或呼吸急促等徵狀，更應及時求診。

H5N1禽流感病毒引起的病情比一般流感嚴重，大部分患者須留院醫治。某些抗病毒藥物對病情可能有效，但此類藥物可能引起不良副作用，因此必須遵從醫生指示正確使用。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(Aspirin)成分的藥物，以免引致雷爾氏綜合症(Reye's Syndrome)。

## 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：

- 保持雙手清潔，經常用梘液洗手，尤其是在進食前或觸摸口、鼻、眼睛前。
- 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。

現時並無有效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。



# 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)的流感病毒引致。禽流感病毒一般不会感染人类,但香港及其他地区曾出现人类感染禽流感(如甲型H5N1或H9N2流感病毒)的个案。

## 征状

人类感染禽流感的征状包括眼部感染(结膜炎)、流感样征状(例如发烧、咳嗽、喉痛、肌肉痛)或严重的呼吸道病征(例如肺炎)。较严重的类型(如感染H5N1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。

## 治理方法

患者应充足休息,多喝水。支援性治疗可纾缓征状。若出现流感样征状,便应求诊。患者如属抵抗力较弱人士,或病情转趋严重时,例如出现持续高烧或呼吸急促等征状,更应及时求诊。



H5N1禽流感病毒引起的病情比一般流感严重,大部分患者须留院医治。某些抗病毒药物对病情可能有效,但此类药物可能引起不良副作用,因此必须遵从医生指示正确使用。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(Aspirin)成分的药物,以免引致雷尔氏综合症(Reye's Syndrome)。

## 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,若出现流感样征状,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:

- 保持双手清洁,经常用视液洗手,尤其是在进食前或触摸口、鼻、眼睛前。
- 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。
- 如出现流感样征状,应留在家中休息,避免前往挤迫或空气不流通的场所。

现时并无有效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。

## Avian Influenza

### Causative agent

There are various types of influenza viruses. Avian influenza is caused by those influenza viruses that mainly affect birds and poultry, such as chickens or ducks. These avian influenza viruses do not usually infect humans. However, human cases (mainly due to influenza A H5N1 and H9N2 viruses) have been identified in Hong Kong and other parts of the world.

### Clinical features

The clinical presentations of avian influenza in humans include eye infection (conjunctivitis), flu-like symptoms (e.g. fever, cough, sore throat, muscle aches) or severe respiratory illness (e.g. pneumonia). The more virulent forms (e.g. infection by H5N1 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.

### Management

Patients should get adequate rest and drink plenty of fluids. Supportive treatment can relieve symptoms. Those 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 H5N1 is generally more severe than a common flu, and most patients require hospital care. Some anti-viral drugs may be effective in treating the condition. However, these drugs should be used carefully following doctor's instructions as they may cause adverse effects. Unless there is bacterial infection, antibiotics should not be used. Aspirin should not be used 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:

- Keep hands clean, wash hands frequently with liquid soap, especially before eating, or touching the nose, mouth or eyes.
- 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 effective 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 not smoking.