

預防禽流感

Prevention of Avian Flu



禽流感

禽流感病毒(如H5N1, H9N2)是甲型流感的一種，本來只影響禽鳥，如雞、鴨等，但亦有人類感染的個案。

病徵

人類感染禽流感初時的症狀與流行性感冒相似，包括：

- 發燒
- 頭痛
- 肌肉痛
- 流鼻水
- 喉嚨痛
- 咳嗽

但禽流感較易導致高燒、肺炎、呼吸衰竭、多種器官衰竭，甚至死亡。患者如出現類似病徵，應戴上口罩，盡速求診。

Avian Flu

Avian flu (H5N1, H9N2) is a type of Influenza A. It was known previously to infect birds only, but human cases caused by H5N1 strain were documented.

Symptoms

Avian Flu has similar initial clinical symptoms as other influenza viruses including:

- Fever
- Headache
- Muscle ache
- Runny nose
- Sore throat
- Cough

However, it is more likely to cause in high fever, chest infection, respiratory failure, multi-organ failure, and even death. If you have symptoms of influenza, wear a mask and consult a doctor.



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傳播途徑

人類是透過與禽鳥有近距離接觸而受感染。禽流感病毒在人類之間的傳播能力十分低，但一些與禽鳥有近距離接觸的人士，尤其是長者、兒童，或長期病患者，較容易出現併發症，如支氣管炎、肺炎等。



Mode of Transmission

Avian flu is transmitted from infected birds to humans. Human-to human transmission is very inefficient. People in close contact with poultry are more susceptible to contracting avian flu. The elderly, children and people with chronic illness have a higher risk of developing complications such as bronchitis and pneumonia.



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治療

直至現時為止，仍未研製出供人類使用、能有效預防禽流感的疫苗。

H5N1禽流感病毒引起的流感病情，比一般流感嚴重，病者可能需要留院治療。某些抗病毒藥物對病情可能有效，但這些藥物有不良副作用，必須聽從醫生指示，小心使用。

而現時在市面上可以接種的流感疫苗並不能預防禽流感，但有助減低因感染流感而引致併發症及住院的可能性。

衛生署建議長者及長期患心臟或呼吸道疾病的病人注射預防流感疫苗。市民如要注射疫苗，可向醫生查詢。



Treatment

At present, there is no vaccine for preventing avian flu in humans.

Avian flu (H5N1) is generally more severe than ordinary flu, and patients may require hospital care. Some anti-viral drugs may be effective in treating the condition. However, these drugs should be used carefully under doctor's supervision, as they may cause adverse side effects.

Influenza vaccine cannot prevent avian flu. It can help reduce the chance of developing complications and hospitalization from influenza; hence it is recommended for the elderly and patients with chronic cardiac or respiratory diseases. People should see a doctor if they consider getting the vaccination.



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預防措施

一般市民

- 避免接觸家禽及其他雀鳥。染病禽鳥的糞便可能帶有禽流感病毒，應盡量避免接觸。接觸禽鳥或禽鳥糞便後，要立刻用梘液和清水徹底清潔雙手。
- 如家中飼養雀鳥，應避免和牠們緊密接觸，處理牠們的糞便時應戴上口罩和手套。接觸後，應脫掉手套和口罩及盡快用梘液及清水徹底清潔雙手。
- 選購活雞時，應盡量避免接觸雞隻和雞糞，切勿用口吹雞隻的尾部。接觸雞隻後，應用梘液和清水徹底清潔雙手。
- 禽鳥必須徹底煮熟才可食用，要保證禽鳥肉的中心內部要達到攝氏70度以上，並持續煮至少兩分鐘。如禽鳥在烹煮後仍有粉紅色肉汁流出，或骨髓仍呈鮮紅色，應重新烹煮至完全熟透。



Prevention

Public

- Avoid touching poultry and birds, especially their droppings, which may carry the avian flu virus. If you have been in contact with birds or poultry or their droppings, immediately wash your hands thoroughly with liquid soap and water.
- If you keep a bird at home, avoid close contact with it. Wear a mask and gloves when cleaning its droppings. Remove the mask and gloves and wash your hands thoroughly with liquid soap and water after touching the bird or cleaning its droppings.
- When buying live chickens, try not to touch them or their droppings. Do not blow at their bottoms. If you have touched a chicken, wash your hands thoroughly with liquid soap and water.
- Poultry should be cooked thoroughly. The centre of the poultry should reach 70°C and cooked at this temperature for at least two minutes. If there are pinkish juices running from the cooked poultry or if the bone-marrow is still red in colour, the poultry should be cooked again until fully done.



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預防措施

一般市民

- 沾有污漬的禽鳥蛋應清洗和抹乾後才放入雪櫃貯存。
- 徹底清洗禽鳥蛋的外殼，才可烹煮。
- 禽鳥蛋要徹底煮熟，直至蛋黃及蛋白都凝固才可進食。
- 不要把生蛋混和醬料來蘸著食物吃。
- 注意個人及環境衛生，保持雙手清潔，經常用梘液洗手，特別是在進食或觸摸口鼻或眼睛前。



Prevention

Public

- If poultry eggs are stained with dirt, they should be washed and wiped dry before storing them in a refrigerator.
- Outer surface of poultry egg shell should be thoroughly cleansed before cooking.
- Do not eat raw eggs. Eggs should be cooked until the white and yolk become firm.
- Do not dip cooked food into any sauce containing raw eggs.
- Observe good personal and environmental hygiene. Keep hands clean at all time. Wash hands thoroughly before eating, touching mouth, nose or eyes.



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一般市民

- 當咳嗽或打噴嚏時，應用紙巾掩蓋口鼻，然後把紙巾妥為包好並放入有蓋的垃圾桶內，以及徹底清潔雙手。
- 增強自己的抵抗力，要有充足的睡眠和休息，均衡的飲食，適量的運動，並加強室內空氣流通，切勿吸煙。
- 不要到人煙稠密和空氣流通欠佳的地方。
- 如出現感冒徵狀便要看醫生，留在家中休息，戴上口罩，以免傳染他人。



Prevention

Public

- Cover your mouth and nose with a tissue when sneezing or coughing. Discard it into a bin with a lid and wash your hands thoroughly with liquid soap and water immediately.
- Build good body resistance. This can be achieved through a balanced diet, regular exercise, adequate rest, good indoor ventilation and not to smoke.
- Avoid crowded places with poor ventilation.
- If you have flu symptoms, stay at home, consult a doctor and wear a mask to prevent spreading the disease to others.



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學校及幼兒院舍

- 防止學童接觸禽鳥。
- 把禽鳥與學童分隔。
- 教導學童不要餵飼野鳥和其他雀鳥。
- 接觸禽鳥或禽鳥糞便後，要立刻用梘液和清水徹底清潔雙手。



Schools and Nurseries

- Prevent children from coming into contact with birds and their droppings.
- Separate children from poultry or birds.
- Educate children not to feed wild birds or other birds.
- If children have been in contact with birds and their droppings, they should wash their hands thoroughly with soap and water immediately.



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出外旅遊

出發前，如身體不適，尤其是有發燒或呼吸道感染徵狀，應把旅程延遲或取消。

當身處外地

- 如有不適，特別是發燒或咳嗽，應戴上口罩，立即通知酒店或旅遊領隊，並速求醫。
- 避免接觸雀鳥和家禽或其糞便；不要前往農場或到公園餵飼野鳥。
- 如曾接觸雀鳥或家禽，應立刻用梘液和清水洗手。
- 注意飲食衛生，在進食禽鳥或禽鳥蛋前，應徹底煮熟。

回港後

- 如果懷疑染病，應戴上口罩，並立即求醫，告知醫生有關你的外遊記錄。



Going abroad

You should postpone your trip if you feel unwell, particularly if you have a fever or respiratory symptoms.

During the trip

- If you feel unwell, especially if you have a fever or cough, wear a mask and inform the hotel staff or tour leader. See a doctor at once.
- Avoid contact with birds and poultry or their droppings. Do not visit bird parks and farms. Refrain from feeding pigeons or other birds.
- If you have been in contact with birds or poultry, immediately wash your hands thoroughly with liquid soap and water.
- Observe food hygiene and eat only poultry and eggs that have been thoroughly cooked.

After the trip

- If you develop flu-like symptoms after a trip, consult a doctor promptly and provide details of your recent travel history to facilitate accurate diagnosis.



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