

本署檔號 Our Ref. : (32) in DH SEB CD 8/27/1 III

5 March 2008

Dear Managers / Infection Control Officer of Residential Care Home,

Increasing Influenza Activity

I would like to remind you to strengthen measures to prevent influenza outbreaks. Our surveillance system shows that we are in the middle of the influenza season. The winter influenza season usually lasts more than ten weeks. In 2008, CHP confirmed five influenza outbreaks in elderly homes and eight in other institutions such as schools and kindergartens.

Institution and organization are collective assembly places for clients incapable of taking proper personal care. These settings are at higher risk of disease outbreaks. In 2007, there were a total of 163 confirmed influenza outbreaks of which 124 occurred in institutions and elderly homes. Sources of infection could come from staff, visitors or clients (especially those just discharged from hospitals). Young children, elderly people and patients with chronic diseases are more prone to influenza infection and its complications.

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.

The latest information on influenza activity is on our weekly Flu Express at www.chp.gov.hk.

Yours faithfully,



(Dr SK CHUANG)
Consultant Community Medicine (Communicable Disease)
Centre for Health Protection
Department of Health



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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*