

本署檔號 Our Ref. : (11) in DH SEB CD/8/27/1 Pt.19

4 March 2010

Dear Managers / Infection Control Officer of Residential Care Home,

Apparent increase in seasonal influenza activities in Hong Kong

Most recent surveillance data showed an increasing number of institutional influenza-like illness (ILI) outbreaks. Moreover, there have been increases in the ILI consultation rate among sentinel private doctors and the number of patients with fever/respiratory symptoms attending Designated Flu Clinics. In this regard, I would like to urge you to keep vigilance and implement prompt preventive measures against influenza outbreak at your institution/organization.

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 clients (especially those just discharged from hospitals). Children with acute febrile illness should not attend institution / organization till 48 hours after fever has subsided.

To prevent outbreaks, people with fever and respiratory symptoms are strongly advised to avoid attending institutions and affected clients should be promptly isolated. 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.

You are reminded to monitor the sick pattern or absenteeism among your staff or clients, and report promptly to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770) if there is a suspected outbreak of respiratory infection in your institution/organization. Staff with respiratory illnesses who are suspected to be epidemiologically linked to an outbreak should refrain from work.

For the latest information on influenza activity, please see our Swine and Seasonal Flu Monitor at the CHP website (www.chp.gov.hk).

Yours faithfully,



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衛生防護中心乃衛生署
轄下執行疾病預防
及控制的专业架構
*The Centre for Health
Protection is a
professional arm of the
Department of Health for
disease prevention and
control*