



感染控制處

衛生防護中心
Centre for Health Protection

Infection Control Branch

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17 June 2009

Dear Managers / Infection Control Officer of Residential Care Home,

Vigilance against influenza season in summer

With the first confirmed cluster of local cases of human swine influenza (HSI) (Influenza A/H1N1), Hong Kong has entered the mitigation phase for HSI. At the same time, there are indications that the traditional summer peak of seasonal influenza is approaching in Hong Kong. I would therefore like to urge your vigilance in prevention against both HSI and seasonal influenza outbreaks during the summer season.

In the institution setting, sources of influenza infection could come from staff, visitors or clients (especially those just discharged from hospitals). Elderly people, young children and patients with chronic diseases are more prone to HSI / seasonal influenza / respiratory disease infection and their 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:



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- ◆ Maintain good indoor ventilation.
- ◆ Enhance environment cleansing and disinfect with 1 in 99 diluted household bleach (mixing one part of 5.25% hypochlorite solution with 99 parts of water) or use 70% alcohol for metallic surface.

- ◆ Support residents in adopting good personal hygiene (e.g. proper hand hygiene, maintain cough etiquette) by providing liquid soap, alcohol-based handrub and face-mask.
- ◆ Encourage residents to build up good body immunity by having a proper diet, regular exercise and adequate rest, reducing stress and avoid smoking.
- ◆ Remind residents not to visit crowded areas and avoid indoor group-gathering activities.
- ◆ Advise residents who develop flu-like symptoms to wear face masks where feasible and consult doctor promptly.

If you notice an increase in respiratory illnesses or absenteeism, please report to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770). Staff with acute respiratory illnesses should refrain from work.

Our latest disease information and guidelines are available at the Center for Health Protection website www.chp.gov.hk

Yours faithfully,



(Dr TY WONG)

Head, Infection Control Branch
Centre for Health Protection
Department of Health



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