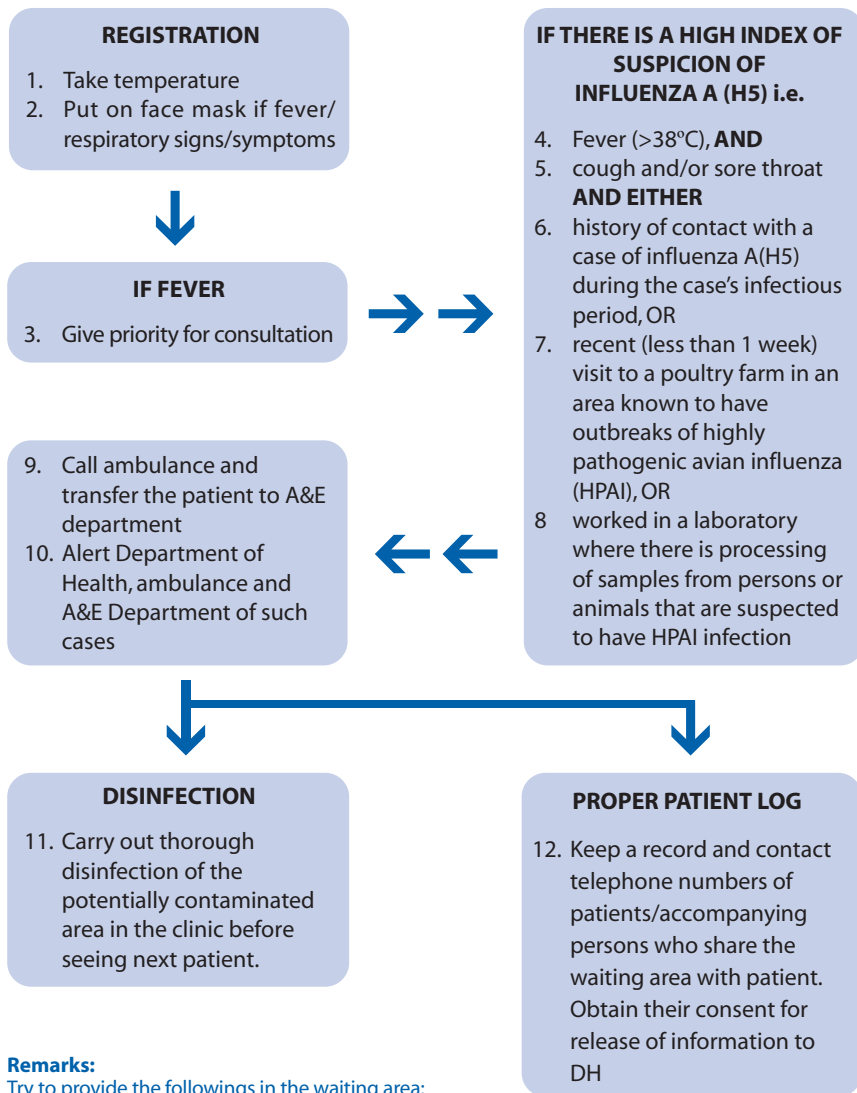


H5N1



Appendix 3: Flow Chart of Recommended Consultation Procedure concerning influenza A (H5) in Private Clinic Setting



Remarks:

Try to provide the followings in the waiting area:

- Facilities for hand-washing or alcohol based hand scrub
- Facial tissue
- Waste bin with foot operated cover

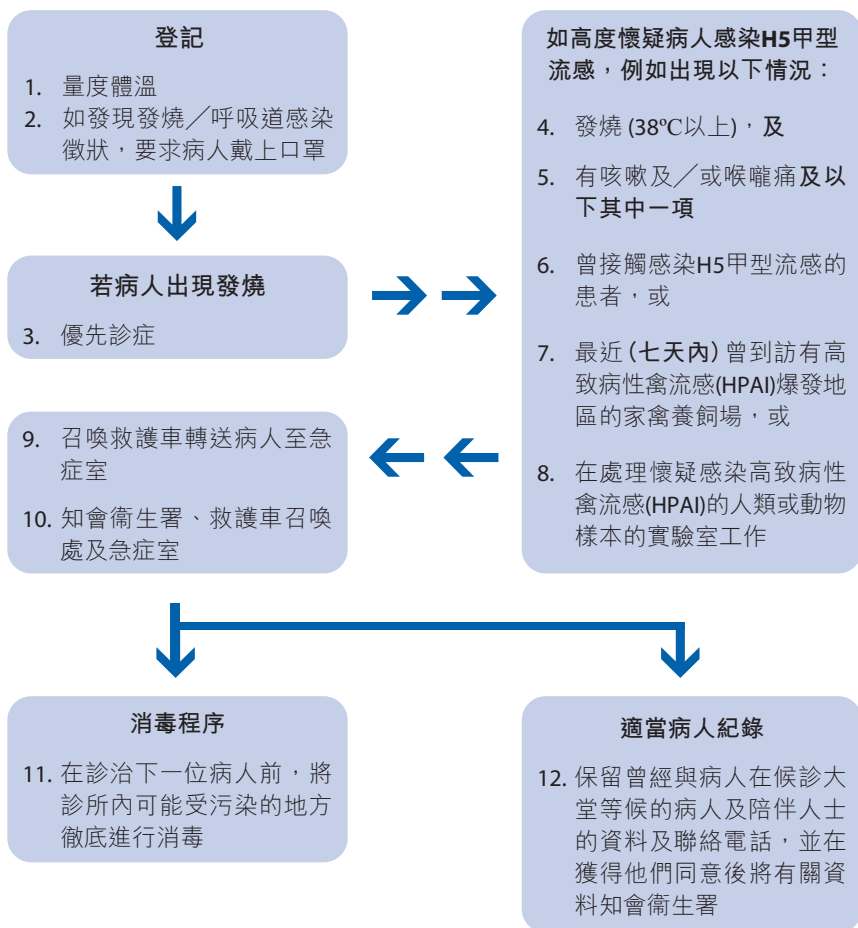
Last modified on 3 Feb 2004

Updates jointly promulgated by the Department of Health and The Hong Kong Medical Association



H5N1

附錄三：建議診所對於H5甲型流感實施之診症流程表



備註：

盡量在接待處放置以下設備供病人使用：

- 洗手設備或含有酒精成份的手部消毒劑
- 紙巾
- 腳踏式垃圾箱

最後更新日期：二零零四年二月三日
由衛生署及香港醫學會聯合發放



Appendix 4: Information on Avian Flu (Rev.1)

Influenza

Influenza is an acute illness of the respiratory tract characterized by fever, headache, muscle ache, running nose, cough and sore throat. The disease is usually self-limiting with recovery in 2-7 days. In Hong Kong, the common subtypes of influenza are influenza A(H3N2), A(H1N1) and B. The usual peak season is from January to March each year.

Most patients with influenza recover in 2-7 days, and the body produces antibody to the virus. However, certain populations such as elderly persons and persons with chronic medical conditions are more likely to develop complications like bronchitis and pneumonia.

Avian Flu

H5N1 virus is one type of Influenza A virus. It is known previously to infect birds only, but 18 and 2 human cases were documented in Hong Kong in 1997 and 2003 respectively. Avian Flu (H5N1) is transmitted from infected live birds to man. Transmission between humans is very inefficient. Avian Flu (H5N1) has similar initial clinical presentation as other influenza viruses. However, it is more likely to result in high fever, chest infection, respiratory failure, multi-organ failure, even death.

Since late 2003, outbreaks of Avian Flu in chickens and ducks have been reported in several Asian countries. Cases of human infection have also been reported. The Department of Health has been closely monitoring the situation and has adopted appropriate preventive measures to prevent the import of the disease. HKSAR has an effective surveillance system for influenza in birds and humans. Since March 2003, no human case of Avian Flu H5N1 has been found in the local population.

Prevention of Avian Flu and Human Flu

- Droppings of infected birds and poultry may carry the avian flu virus, so avoid touching live birds or poultry or their droppings.
- If you have been in contact with live birds or poultry, immediately wash your hands thoroughly with liquid soap and water.
- Cook poultry and eggs thoroughly before eating.
- Wash hands thoroughly before touching eyes, nose, mouth or any part of the face.
- Another effective means for protection against influenza is having good body resistance. This can be achieved through a balanced diet, regular exercise, adequate rest, reducing stress, and not smoking.
- Avoid crowded places with poor ventilation.
- If you develop fever and respiratory symptoms after returning from a country that reports an avian flu outbreak, consult your doctor and tell him/her about your travel history.
- If you have symptoms of influenza, consult a doctor and wear a mask to prevent spread of the disease

Treatment of Avian Flu

People with influenza should have adequate rest and sleep and drink plenty of fluid. Anti-fever medicine and cough syrup are useful to reduce symptoms. Unless there is bacterial infection, antibiotics should not be used. Patients should also observe personal hygiene and wash hands frequently to prevent spreading the virus from the hands which can get the virus from contact with the nose or mouth. Aspirin should not be used in children because it can induce Reye's Syndrome. For patients with lower resistance or when there are signs of deterioration, e.g. persistent high fever or shortness of breath, they should seek early medical advice.

Avian Flu H5N1 is generally more severe than an ordinary 'flu', and many patients require hospital care. Some anti-viral drugs, e.g. Tamiflu, Relenza, Amantadine may be effective in treating the condition. However, drugs should be used carefully following doctor's instructions as they may cause adverse side effects.



H5N1

附錄四：認識禽流感

流感

流行性感冒，簡稱流感，是通過呼吸道傳染的疾病。病徵包括發燒、頭痛、肌肉痛、流鼻水、喉嚨痛及咳嗽，病情一般持續數天至一周不等。引起流行性感冒的病毒很多，以甲類較為普遍。在香港，最常見的是甲型H1N1型，甲型H3N2型，及乙型流感。流感的高峰期一般在每年一至三月。

大部份流行性感冒患者都能在2至7天自行痊癒，並從此產生抗體。但某類人士，如長者，兒童，或長期病患者，則有較大機會有併發症，如支氣管炎，肺炎等。

禽流感

H5N1病毒是甲型流感病毒的一種，本來只影響禽類，如雞、鴨等，但香港在1997及2003年分別發現有18宗及2宗人類感染的個案。H5N1禽流感是透過與活家禽近距離接觸而傳播，而人類之間的傳播能力十分之低。H5N1禽流感的初期徵狀與普通流感差不多，但較易導致高燒、肺炎、呼吸衰竭、多種器官衰竭，以致死亡。

自二零零三年底，多個亞洲國家報告雞鴨出現禽流感，亦有人類受感染個案。衛生署正密切注意事態發展，並已採取適當措施防止禽流感進入本港。本港有一個有效的人類及禽鳥流感監察系統，自二零零三年三月起，本港並沒有人類感染H5N1禽流感的個案。

預防禽流感及人流感

- 染病的活鳥和家禽的糞便可能帶有病毒，應盡量避免接觸活鳥、家禽和牠們的糞便。
- 接觸活禽鳥後，要立刻用梘液和清水洗手。
- 家禽肉類和蛋類要徹底煮熟方可進食。
- 在接觸眼睛、口鼻及面部前應先徹底洗淨雙手。
- 增強抵抗力：要有充足的睡眠和休息，減少壓力，要均衡飲食、適量運動、加強室內空氣流通，切勿吸煙。
- 避免前往擠迫和空氣流通欠佳的公共場所。
- 從爆發禽流感的國家回港後，若有發燒和呼吸道疾病徵狀，應找醫生診治，並告知醫生你最近到過哪些國家。
- 如有流感徵狀便要看醫生，並要戴上口罩，以防傳染他人。

治療

感染流感人士應有充足的休息和多飲水。病人應注意衛生，經常洗手，避免將病毒從口鼻經雙手通過接觸而散播。同時，可利用退燒藥，止咳水等以減輕病狀；除非已有細菌性感染，否則毋須服食抗生素。兒童忌用含有阿士匹靈 (Aspirin) 成份的藥物，以避免產生雷爾氏綜合徵 (Reye's Syndrome)。倘若本身抵抗力弱或病情變得嚴重，例如高燒不退、氣促等，就要及早求診，以免耽誤病情。

H5N1禽流感病毒所引起的流感病情比一般流感嚴重，很多病人須留院醫治。某些抗病毒藥物如Tamiflu, Relenza及Amantadine對病情可能有效，但此類藥物亦有不良副作用，所以必須聽從醫生指示，並小心使用。