

本署檔號 Our Ref. : (6) in DH SEB CD/8/27/1 III

14 February 2008

Dear Managers / Infection Control Officer of Residential Care Homes,

Hong Kong is entering the influenza season

Our surveillance systems including laboratory surveillance and sentinel surveillance networks have indicated that Hong Kong is entering the influenza season. I would like to remind you to strengthen measures to prevent influenza outbreaks.

Young children, elderly people and patients with chronic diseases are more prone to influenza infection and its complications. As institution and organization settings are collective assembly places for clients incapable of taking proper personal care, such places are at higher risk of disease outbreaks. Sources of infection could come from staff, visitors or clients (especially those just discharged from hospitals).

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 and 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 a doctor promptly if influenza-like symptoms develop.

If you notice an increase in respiratory illnesses or absenteeism among your staff or clients, please report this to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770) for immediate epidemiological investigations and outbreak control. 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 weekly Flu Express at the CHP website (www.chp.gov.hk).

Yours faithfully,



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



衛生防護中心乃衛生署
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*