

本署檔號 Our Ref. : (19) in DH SEB CD 8/6/1 Pt. 27

17 Nov 2010

Dear Manager / Infection Control Officer of Residential Care Home,

**Confirmation of a human case of avian influenza (H5) infection**

We are writing to inform you that the Centre for Health Protection received a notification of one confirmed human case of avian influenza (H5) infection today. The patient is a 59-year-old woman who is now staying in hospital for isolation. She is in serious condition. Her respiratory specimen was tested positive for avian influenza (H5). She had visited Shanghai, Hangzhou and Nanjing before the onset of illness. Epidemiological investigation is being conducted to find out the source of her infection.

The Government has raised the influenza response level under the Framework of Government's Preparedness Plan for Influenza Pandemic from "Alert" to "Serious".

Avian influenza (H5N1) is one type of Influenza A viruses. It mainly affects birds and poultry. Occasionally it can be transmitted to humans if a person has close contact with infected birds/poultry. In Hong Kong, there were 18 and 2 human cases occurring in 1997 and 2003 respectively.

To prevent avian influenza, the following measures are advised:

- ◆ Avoid touching poultry, birds or their droppings, because they may carry the avian influenza virus;
- ◆ Wash hands thoroughly with liquid soap and water immediately in case of contact with poultry, birds or their droppings;
- ◆ Keep hands clean and wash hands properly;
- ◆ Cover nose and mouth while sneezing or coughing. Dispose sputum or secretions wrapped in tissue paper into rubbish bins with lids. Wash hands with liquid soap and water afterwards;
- ◆ Build up good body resistance and have a healthy lifestyle. This can be achieved through a balanced diet, regular exercise, adequate rest, reducing stress and no smoking;
- ◆ Poultry and eggs should be thoroughly cooked before eating;
- ◆ Maintain good environmental hygiene;
- ◆ Maintain good indoor ventilation;
- ◆ Avoid crowded places with poor ventilation if feeling unwell;
- ◆ Seek medical advice if fever or respiratory symptoms develop.




Staff or residents who develop symptoms of fever or influenza-like illness should seek medical advice early. The affected staff and residents should avoid returning to the institution.

If you notice any increase in respiratory illnesses or absenteeism among your staff or residents, please report to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770) for immediate epidemiological investigations and outbreak control.

More information on Avian Influenza is available at CHP website (<http://www.chp.gov.hk>).

Yours faithfully,



(Dr Monica WONG)  
for Controller  
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