

預防埃博拉(伊波拉)病

Guard against Ebola disease

埃博拉（伊波拉）病 Ebola disease

埃博拉（伊波拉）病是一種嚴重的急性病毒性疾病，其平均病死率約為50%。患者可能出現突發性發燒、極度虛弱、肌肉疼痛、頭痛和咽喉痛。隨後會出現嘔吐、腹瀉、皮疹、腎臟和肝臟功能受損，在某些情況下更會出現內出血和外出血。

Ebola disease (EBOD) is a severe acute viral illness, with average case fatality rate of around 50%. Patients may have sudden onset of fever, intense weakness, muscle pain, headache and sore throat. This is followed by vomiting, diarrhoea, rash, impaired kidney and liver function, and in some cases, both internal and external bleeding.

傳播途徑 Mode of transmission

病毒通過密切接觸受感染動物的血液、分泌物、器官或其他體液而傳到人類。人類的血液和分泌物中只要含有此病毒，即可傳播疾病。

The virus is introduced into the human population through close contact with the blood, secretions, organs or other body fluids of infected animals. People are infectious as long as their blood and secretions contain the virus.

治理和預防方法 Management and Prevention

本港目前沒有已註冊預防埃博拉（伊波拉）病的疫苗。及早補充水分及針對特定症狀的支持性療法可改善生存率。

There is currently no registered vaccine for EBOD in Hong Kong. Early supportive care with rehydration and symptomatic treatment improve survival.

要預防感染，必須注意以下數點：

To prevent infection, it is important to observe the following:



- 保持良好的手部衛生
Observe good hand hygiene



- 在觸摸口、鼻或眼之前切記先以視液或酒精搓手液清潔雙手
Use liquid soap or alcohol-based handrub to clean your hands before touching the mouth, nose or eyes



- 妥善消毒和覆蓋傷口
Wound should be properly disinfected and covered



- 避免與發燒人士或病人有密切接觸，並避免接觸患者的血液、體液和可能受患者血液或體液污染的物品
Avoid close contact with feverish or ill persons, and avoid contact with patients' blood and body fluids, and objects contaminated with blood or body fluids of patients



- 食物須徹底煮熟才可進食
Cook food thoroughly before consumption

