

预防埃博拉(伊波拉)病

Guard against Ebola disease

埃博拉(伊波拉)病 Ebola disease

埃博拉(伊波拉)病是一种严重的急性病毒性疾病,其平均病死率约为50%。患者可能出现突发性发烧、极度虚弱、肌肉疼痛、头痛和咽喉痛。随后会出现呕吐、腹泻、皮疹、肾脏和肝脏功能受损,在某些情况下更会出现内出血和外出血。

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.

传播途径 Mode of transmission

病毒通过密切接触受感染动物的血液、分泌物、器官或其他体液而传到人类。人类的血液和分泌物中只要含有此病毒,即可传播疾病。

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.

治理和预防方法 Management and Prevention

本港目前没有已注册预防埃博拉(伊波拉)病的疫苗。及早补充水分及针对特定症状的支持性疗法可改善生存率。

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

要预防感染,必须注意以下数点:

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



- 保持良好的手部卫生
Observe good hand hygiene



- 在触摸口、鼻或眼之前切记先以视液或酒精搓手液清洁双手
Use liquid soap or alcohol-based handrub to clean your hands before touching the mouth, nose or eyes



- 妥善消毒和覆盖伤口
Wound should be properly disinfected and covered



- 避免与发烧人士或病人有密切接触,并避免接触患者的血液、体液和可能受患者血液或体液污染的物品
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



- 食物须彻底煮熟才可进食
Cook food thoroughly before consumption

