

預防 中東呼吸綜合症

Guard against

Middle East Respiratory Syndrome (MERS)

傳播途徑

- 現時確實的傳播途徑仍未清楚。科學研究支持單峰駱駝屬中東呼吸綜合症冠狀病毒的主要宿主，且是人類感染的動物來源。人類可因接觸受感染的動物（特別是單峰駱駝）或受污染的動物產品而感染。

根據目前所掌握資料顯示，中東呼吸綜合症冠狀病毒可透過與感染者有密切接觸而傳播。繼發性個案主要是與中東呼吸綜合症感染者有緊密接觸或在沒有防護的情況下向患者提供治療的醫護人員，相信於醫護環境中受感染。

病徵

- 患者可出現急性嚴重呼吸系統疾病，病徵包括發燒、咳嗽、呼吸急促和困難
- 患者可出現肺炎或腎臟衰竭等嚴重併發症；有些患者還有腸胃方面的症狀，如腹瀉和噁心／嘔吐
- 免疫力較弱的患者，可出現非典型病徵
- 有些中東呼吸綜合症確診個案並沒有任何病徵
- 報告個案中，約百分之三十五死亡

預防方法

個人衛生

- 經常保持雙手清潔，尤其在觸摸口、鼻或眼之前；進食前；如廁後；觸摸扶手或門把等公共設施後，或當手被呼吸道分泌物污染時，如咳嗽或打噴嚏後
- 洗手時應以梘液和清水清潔雙手，搓手最少20秒，用水過清並用抹手紙或乾手機弄乾。如沒有洗手設施，或雙手沒有明顯污垢時，使用含70至80%的酒精搓手液潔淨雙手亦為有效方法
- 打噴嚏或咳嗽時應用紙巾掩蓋口鼻，把用過的紙巾棄置於有蓋的垃圾箱內，然後徹底清潔雙手
- 當出現呼吸道感染病徵，應戴上外科口罩，不應上班或上學，避免前往人多擠逼的地方，及盡快求醫
- 保持均衡飲食、恆常運動、充足休息、不要吸煙和避免飲酒，以建立良好身體抵抗力

環境衛生

- 定期清潔和消毒常接觸的表面，如傢俬、玩具和共用物件。使用 1 比 99 稀釋家用漂白水（以 10 毫升 5.25% 次氯酸鈉家用漂白水混和於 990 毫升清水內）消毒，待 15 – 30 分鐘後，用水清洗並抹乾。金屬表面則可用70%酒精清潔消毒
- 用吸水力強的即棄抹布清理可見的污物，如呼吸道分泌物，然後用1比49稀釋家用漂白水（以 10 毫升 5.25% 次氯酸鈉家用漂白水混和於490 毫升清水內）消毒被污染的地方及鄰近各處，待 15 – 30 分鐘後，用水清洗並抹乾。金屬表面則可用70%酒精清潔消毒
- 保持室內空氣流通
- 避免前往人多擠逼、空氣欠流通的公眾地方；高危人士在這些地方逗留時可考慮佩戴外科口罩

旅遊健康建議

- 由於長期病患者（包括糖尿病、慢性肺病、腎功能衰竭或免疫力抑制性的疾病）於旅途中較易出現健康問題，包括感染中東呼吸綜合症，因此，旅客應該於出發前最少6星期前諮詢醫生意見並評估旅遊風險
- 避免到訪農場、農莊及有駱駝的市集
- 旅程中避免與動物有直接的身體接觸，尤其是駱駝，包括騎駱駝或參與任何涉及接觸駱駝的活動（包括觸摸或梳理）。
- 一旦到訪農場、農莊或有駱駝的市集，接觸動物前後均應洗手
- 避免近距離接觸患者，特別是有急性呼吸道感染症狀的患者，及避免到中東呼吸綜合症患者入住的醫護環境
- 注意食物安全和衛生，避免進食或飲用生或未熟透的動物產品，包括奶類和肉類，或食用可能被動物分泌物、排泄物（例如尿液）或製品污染的食物，除非已經煮熟、清洗或去皮。
- 如感到不適，應佩戴外科口罩及盡快求醫
 - 出發前：延遲行程，直至痊癒
 - 在海外：告知酒店工作人員或領隊
 - 返港後：求診時，告知醫生近期的旅遊紀錄，包括任何中途停留的地方。

Mode of transmission

- At present, the exact route of transmission is still unclear. Scientific studies support that dromedary camels serve as a major reservoir host for Middle East Respiratory Syndrome Coronavirus (MERS-CoV) and an animal source of infection in humans. People may be infected upon exposure to infected animals (especially dromedary camels) or contaminated animal products.

Based on the current information, MERS-CoV may also spread through close contact with infected persons. Secondary cases were mainly healthcare workers who were in close contact with or providing unprotected care to patients with MERS-CoV infection and were infected within healthcare settings.

Clinical features

- Infected person may present with acute serious respiratory illness with symptoms including fever, cough, shortness of breath and breathing difficulties
- Patients with MERS may develop severe complications such as pneumonia and kidney failure; some also have gastrointestinal symptoms including diarrhoea and nausea/vomiting
- In people with immune deficiencies, the disease may have atypical presentation
- Some laboratory-confirmed cases of MERS-CoV infection are reported as asymptomatic
- Approximately 35% of reported MERS patients died

Prevention

Personal hygiene

- Perform hand hygiene frequently, especially before touching one's mouth, nose or eyes; before eating; after using the toilet; after touching public installations such as handrails or door knobs or when hands are contaminated by respiratory secretion after coughing or sneezing
- Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel or hand dryer. If hand washing facilities are not available, or when hands are not visibly soiled, hand hygiene with 70 to 80% alcohol-based handrub is an effective alternative
- Cover your mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissues into a lidded rubbish bin, then wash hands thoroughly
- When having respiratory symptoms, wear a surgical mask, refrain from work or school, avoid going to crowded places and seek medical advice promptly
- Build up good body immunity by having a balanced diet, regular exercise and adequate rest, do not smoke and avoid alcohol consumption

Environmental hygiene

- Regularly clean and disinfect frequently touched surfaces such as furniture, toys and commonly shared items with 1:99 diluted household bleach (mixing 10 ml of household bleach containing 5.25% sodium hypochlorite with 990 ml of water), leave for 15 - 30 minutes, and then rinse with water and keep dry. For metallic surface, disinfect with 70% alcohol
- Use absorbent disposable towels to wipe away obvious contaminants such as respiratory secretions, and then disinfect the surface and neighbouring areas with 1:49 diluted household bleach (mixing 10 ml of household bleach containing 5.25% sodium hypochlorite with 490 ml of water), leave for 15 - 30 minutes and then rinse with water and keep dry. For metallic surface, disinfect with 70% alcohol
- Maintain good indoor ventilation
- Avoid going to crowded or poor ventilated public places; high-risk individuals may consider wearing a surgical masks when staying in such places

Travel health advice

- Consult a health care provider at least 6 weeks before travelling to review the risk, as pre-existing major medical conditions including diabetes, chronic lung disease, pre-existing renal failure, or immunocompromised conditions can increase the likelihood of medical problems, including MERS, during travel.
- Avoid going to farms, barns and markets with camels
- Avoid direct physical contact with animals, especially camels including riding camels or participating in any activity involving contact with camels (including touching or grooming).
- Wash hands before and after touching animals in case of visits to farms, barns or markets with camels
- Avoid close contact with sick people, especially with those suffering from acute respiratory infections, and avoid visit to healthcare settings with MERS patients
- Adhere to food safety and hygiene rules such as avoiding consuming raw or undercooked animal products, including milk and meat, or foods which may be contaminated by animal secretions, excretions (such as urine) or products, unless they have been properly cooked, washed or peeled
- If feeling unwell, put on a surgical mask, seek medical attention immediately
 - Before departure: postpone your trip until recovery
 - While overseas: inform hotel staff or tour leader
 - After returning home: during medical consultation, inform doctor of recent travel history, including any transit stops.

