

# 預防 中東呼吸綜合症

Guard against

## Middle East Respiratory Syndrome

### 傳播途徑

- 可能透過接觸動物（尤其是駱駝）、環境或確診病人（例如在醫院內）而受感染。中東呼吸綜合症冠狀病毒會經由緊密接觸而出現人傳人的情況。此外，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

### 病徵

- 患者可出現發燒、咳嗽、呼吸急促和困難等病徵
- 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

### 預防方法

#### 個人衛生

- 保持雙手清潔
- 打噴嚏或咳嗽時應用紙巾掩蓋口鼻
- 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，及盡早向醫生求診
- 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

- 定期使用1比99稀釋家用漂白水清潔和消毒常接觸的表面
- 用吸水力強的即棄抹巾清理可見的污物，如呼吸道分泌物，然後用1比49稀釋家用漂白水消毒被污染的地方及鄰近各處
- 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

- 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
- 旅程中避免接觸動物特別是駱駝，包括騎駱駝或涉及接觸駱駝的活動
- 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
- 應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，或可能被動物分泌物、排泄物（例如尿液）或產品污染的食物，除非已經煮熟、洗淨或妥為去皮
- 如感到不適，應佩戴外科口罩、盡快求醫和告知醫生近期的旅遊紀錄

### Mode of transmission

- People may be infected upon exposure to animals (especially camel), environment or other confirmed patients (such as in a hospital setting). Middle East Respiratory Syndrome Coronavirus (MERS-CoV) could be spread from person-to-person through close contact. Besides, scientific studies support that dromedary camels serve as a major reservoir host for MERS-CoV and an animal source of infection in humans

### Clinical features

- People may present with 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

### Prevention

#### Personal hygiene

- Keep hands clean
- Cover nose and mouth with tissue paper when sneezing or coughing
- 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 with 1:99 diluted household bleach
- 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
- Maintain good indoor ventilation. Avoid going to crowded or poor ventilated public places; high-risk individuals may consider putting on surgical masks while in such places

#### Travel health advice

- Consult a health care provider at least 6 weeks before travelling to review the risk
- Avoid going to farms, barns and markets with camels
- Avoid contact with animals especially camels including riding camels or participating in any activity involving contact with camels
- 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 and inform doctor of recent travel history



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二零一九年十二月修訂  
Revised in December 2019