

本署檔號 Our Ref. : (16) in DH SEB CD/8/27/1 Pt.19

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Dear Doctor,

### **Increase in Influenza Activity in Hong Kong**

I would like to update you on the latest situation of seasonal influenza activity in the community.

Most recent influenza surveillance data of the Centre for Health Protection (CHP) showed an increase in influenza activity in Hong Kong, which signals the arrival of the summer influenza season. Historically, the summer influenza season in Hong Kong tends to occur in July and August. There has been a steady increase in the number of influenza viruses detected from respiratory specimens at the Public Health Laboratory Centre of the CHP, from 73 in the week ending July 10 to 98 in the week ending July 17 and 125 in the week ending July 24. In the most recent two weeks (July 11 - 24), human swine influenza virus, seasonal influenza A (H3N2) virus and influenza B virus constituted 40%, 30% and 30% of all the influenza isolates. All the seasonal influenza A (H3N2) and influenza B viruses tested remained sensitive to oseltamivir (Tamiflu) while only a very small number of HSI virus was resistant to oseltamivir.

Other surveillance indicators also showed increased seasonal influenza activities in the community. The average consultation rate for influenza-like illness (ILI) among sentinel private doctors increased from 40.1 per 1,000 consultations in the week ending July 17 to 51.5 in the week ending July 24. In the same period, the weekly number of ILI outbreaks in institutions has increased from one to seven. Half of the recently reported ILI outbreaks (4/8) occurred in Residential Care Homes for the Elderly.



Members of the public are reminded to take the following measures to prevent influenza and other respiratory illnesses:

- To build up good body immunity by having a proper diet, regular exercise and adequate rest, reducing stress and avoiding smoking;
- To maintain good personal and environmental hygiene;

- To wash hands after sneezing, coughing or cleaning the nose;
- To maintain good ventilation;
- To avoid visiting crowded places with poor ventilation; and
- Children with acute febrile illness should not attend school till 48 hours post-defervescence.

You may wish to refer to the Swine and Seasonal Flu Monitor at the CHP website (<http://www.chp.gov.hk>) for updated information on influenza activities. You are also reminded to report outbreaks of respiratory illnesses occurring in institutional settings to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770; CENO On-line: <http://www.chp.gov.hk/ceno>) for prompt epidemiological investigations and control measures.

Yours faithfully,



(Dr SK CHUANG)

Consultant Community Medicine (Communicable Disease)  
Centre for Health Protection  
Department of Health