監測及流行病學處

衞生防護中心
Centre for Health Protection
保障市民健康
Protecting Hong Kong's health

Surveillance
And
Epidemiology
Branch

本署檔號 Our Ref. : (22) in DH SEB CD/8/6/1 Pt.27 8 December 2010

Dear Principal / Person-in-charge,

Stand-down of "Serious" Influenza Response Level

I would like to update you on the case of human influenza A (H5N1) infection confirmed by the Centre for Health Protection (CHP) on 17 November 2010. This 59-year-old lady is currently in stable condition and remains hospitalised in Princess Margaret Hospital. Close contacts of the patient have been traced and placed under quarantine.

Three weeks of strengthened surveillance for avian influenza has passed and no secondary spread or further case of avian influenza was detected during the period. This human case of influenza A (H5N1) was classified as an imported sporadic infection. The Government decided to stand down the influenza response level under the Framework of Government's Preparedness Plan for Influenza Pandemic from "Serious" Response Level to "Alert" Response Level on 8 December 2010.

Avian influenza in humans is transmitted through close contact with infected live birds and poultry, their droppings or dead bodies. In view of the on-going activities of highly pathogenic avian influenza among poultry outside Hong Kong, the public are advised to stay vigilant and maintain strict personal and environmental hygiene to prevent avian influenza. The following measures are advised:

- Avoid touching poultry, birds or their droppings;
- Wash hands thoroughly with liquid soap and water immediately in case of contact with poultry, birds or their droppings;
- Keep hands clean and wash hands properly;
- Cover your mouth and/or nose with tissue paper when coughing or sneezing. Dispose of the soiled tissues properly, e.g. into a rubbish bin with lid, and then wash hands thoroughly;
- Build up good body resistance and have a healthy lifestyle. This can be

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achieved through a balanced diet, regular exercise, adequate rest, reducing stress and no smoking;

- Cook poultry and eggs thoroughly before eating;
- Maintain good environmental hygiene;
- Maintain good indoor ventilation;
- Avoid crowded places with poor ventilation if feeling unwell; and
- Seek medical advice if fever or respiratory symptoms develop.

If you notice any increase in respiratory illnesses or absenteeism among your students, please report to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770) for immediate epidemiological investigation and outbreak control. For more information, please visit the website of CHP at http://www.chp.gov.hk.

Yours faithfully,

(Dr. S K CHUANG)
for Controller
Centre for Health Protection
Department of Health