



養和醫院

「疫」境自強 對抗 流感

門診部

何謂流感

流行性感(簡稱流感)，是由病毒引致的急性呼吸道疾病。在香港，高峰期一般在每年一月至三月；流感病毒可透過基因突變，衍生新品種，造成大規模的爆發。H5N1禽流感病毒，是禽畜類常見的病毒，在正常情況下，並不傳染人類。

傳播途徑

流行性感主要是經空氣、飛沫或直接接觸病者的分泌物，透過呼吸道傳染。潛伏期一般是一至三天。禽流感是與活禽鳥近距離接觸後感染的，在人類之間傳播的能力十分低。



病徵病狀

一般流感病徵包括：發熱 ($> 40^{\circ}\text{C}$)，頭痛、食慾不振、噁心、腹瀉、肌肉疼痛、鼻塞、流鼻水、喉嚨痛、咳嗽及身體疲倦等；一般都能自行痊癒。抵抗力較弱的長者及慢性病患者，則有較大機會出現

支氣管炎、肺炎等併發症。

甲型流行性感H5N1(禽流感)：病徵初期與流感相似，但體溫可高至 41°C 。且較一般流感容易影響肝功能，引致淋巴細胞減少，最後因呼吸及多個器官功能衰竭而死亡。

治療

主要使用症狀治療藥物，有需要時亦用抗病毒藥物，如神經氨酸酶抑制劑以阻止病毒在人體內擴散，預防流感併發症。



預防注射

現時，衛生防護中心建議，下列人士應該接種流感疫苗，從而減輕發病時的病情，及出現併發症和因而致命的可能性。包括：

1. 居於安老院的長者
2. 殘疾人士院舍的長期宿友
3. 65歲或以上的長者
4. 長期病患者
5. 醫護人員
6. 家禽業從業員
7. 6至23個月的幼兒

預防方法

增強個人抵抗力、實踐健康生活模式、維持良好的個人及環境衛生習慣，與及於流感高峰期，避免前往擠迫的公共場所。



吃熟透的家禽肉類和蛋類，避免與禽畜直接接觸，或於接觸後徹底洗手是預防禽流感的好方法。外遊回港後，若有流感徵狀，應找醫生診治，並告知會到過哪些國家。

現時所有雞隻皆接受預防H5禽流感的疫苗注射。希望通過政府的全面監測系統，加上各方有效的防禦機制，本港能繼續維持零感染。

如有查詢，歡迎致電本部門

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Hong Kong Sanatorium & Hospital

Stay Strong & Fight Against Flu



Out-Patient Department

What is flu ?

The influenza or flu is an acute respiratory illness caused by influenza viruses.

In Hong Kong, the flu outbreaks usually occur during January and March. The viruses may undergo frequent antigenic change and cause an epidemic. H5N1 avian flu virus is commonly found in birds and poultry, which in normal cases do not infect people.

Transmission

The flu is caught by inhaling droplets from coughs or sneezes or touching the body fluids of the infected people and then touching the mouth or nose. The incubation period is usually 1-3 days. H5N1 avian flu is caught by a very close contact with live poultry, but the virus is seldom infectious to people.

Symptoms



Common flu: fever ($>40^{\circ}\text{C}$), headache, loss of appetite, nausea, diarrhea, muscle aches, stuffy nose, running nose, sore throat, cough and tiredness. These symptoms usually disappear within days. Older people with weak immunity and patients with chronic medical conditions are more likely to develop complications such as bronchitis and pneumonia.

Influenza A H5N1 (avian flu): the symptoms and the initial stage are typical of common flu, but the temperature can rise up to 41°C . Avian flu can damage liver functions, resulting in the reduction of lymphatic cells and respiratory distress, followed by failures of multiple organs and death.

Treatment

The use of medicines is for relieving symptoms. Antiviral medicines are used when necessary. For instance, neuraminidase inhibitors can curb the spread of the virus in the body, hence preventing complications.



Vaccination

Currently, the Centre for Health Protection recommended the use of influenza vaccine for the following groups of people to alleviate the onset of symptoms and minimize the complications and risks of death:

1. Elderly persons lived in residential care homes
2. Long-stay residents of institutions of the disabled
3. Elderly patients aged 65 or above
4. Persons with chronic illnesses
5. Healthcare workers
6. Poultry workers
7. Children aged 6 to 23 months

Prevention

To prevent influenza, effective measures include building up good body immunity, adopting a healthy lifestyle and adherence to good personal and environmental hygiene. During the flu season, it is better to avoid visiting crowded public places.



Avian flu infection can be prevented by thoroughly cooking poultry and eggs before eating. Avoid direct contact with birds and poultry or wash the hands thoroughly if contact has been made. People who develop fever and respiratory symptoms after returning from regions with recent avian influenza cases should seek medical consultation and reveal their recent travel history to the attending doctors.

H5 avian influenza vaccination for all live chickens has been implemented. Through surveillance by the government and preventive measures by all concerned, Hong Kong can be expected to remain a healthy city with **zero infection**.

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