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Subject: 預防禽流感 Precautions against Infection of Avian Influenza

Target Reader: Staff and Students

Content:

As a human case of H7N9 avian influenza was confirmed in Hong Kong last night, the Serious Response Level under the Government's Preparedness Plan for influenza Pandemic has been activated. All staff and students are therefore reminded to take the following extra precautionary measures against infection,

Handling poultry and birds

- Avoid touching live poultry and birds or their droppings.
- DO NOT attempt to feed birds.
- If a sick/injured or dead wild bird is found on campus, keep a safe distance and avoid touching the bird as well as its droppings and bodily fluids and contact the Security Control Centre immediately at 2948 8000 for assistance.
- Wash the hands thoroughly with liquid soap and water immediately in case there is any contact with live poultry, birds or their droppings.
- Poultry and eggs should be thoroughly cooked before eating.

Personal hygiene

- Keep hands clean, wash hands frequently with liquid soap, especially before eating, touching the mouth, nose, or eyes, handling food or eating, and after going to toilet, touching public installations or equipment or when hands are dirtied by respiratory secretion after coughing or sneezing.
- Cover the mouth and/or nose with tissue paper when coughing or sneezing.
- Wear a mask if developing fever or respiratory symptoms, going to a hospital or clinic, or if caring for a patient with fever or respiratory symptoms.
- If flu-like symptoms develop, stay at home and avoid going to crowded or poorly ventilated places.
- Maintain good body resistance through balanced diet, regular exercise and adequate rest, reducing stress and not smoking.

Environmental hygiene

- Maintain good indoor ventilation.
- Home should be cleaned thoroughly at least once per week with 1 in 99 diluted household bleach.

Travel advice

- Avoid touching birds, poultry or their droppings and visiting poultry markets or farms when travelling outside Hong Kong.
- Travellers if feeling unwell when outside Hong Kong, especially if having a fever or cough, should wear a mask and inform the hotel staff or tour leader and seek medical advice at once.
- Travellers returning from affected areas with avian influenza outbreaks should consult doctors promptly if they have flu-like symptoms, and inform the doctor of the travel history and wear a mask to help prevent spread of the disease.

Those who have flu symptoms should consult a doctor and wear a mask to prevent the spread of disease. Surgical masks are now available at Security Control Centre (A-G/F-03) and service counter of the Amenities & Sports Complex (E-LP2-16) for staff members and students. In addition, hand sanitizer dispensers have been set up at various locations on the main campus, in the Tseung Kwan O Study Centre and the Pak Shek Kok Sport Center. Furthermore the elevator buttons are cleaned regularly to prevent the spread of influenza.

For further information about avian influenza, please visit the Centre of Health Protection (CHP) website at <http://www.chp.gov.hk>.

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由於昨晚本港出現了一宗 H7N9 禽流感人類感染個案，政府已啟動「流感大流行應變計劃」下的嚴重應變級別，因此現呼籲各教職員及學生加強以下防感染措施：

處理家禽及雀鳥

- 盡量避免接觸活鳥和家禽及其糞便；
- 不要餵飼雀鳥；
- 如在校園發現野生禽鳥屍體，應與禽鳥屍體保持距離，避免直接接觸野生禽鳥屍體及其糞便或體液，並立即致電 2948 8000 聯絡保安控制中心尋求協助；
- 若曾接觸活鳥或家禽，要立刻用梘液和清水洗手；
- 家禽和禽鳥蛋須徹底煮熟才可進食。

個人衛生

- 保持雙手清潔，經常用梘液洗手，尤其在進食前或觸摸口、鼻、眼睛前，處理食物及進食前，如廁後，觸摸過公共物件，或當手被呼吸道分泌物染污時，如咳嗽或打噴嚏後；
- 咳嗽或打噴嚏時，用紙巾遮掩口鼻；
- 倘若有發燒或呼吸道感染病徵、要前往醫療機構、要照顧有發燒或呼吸道感染患者的人士，均應戴上口罩；
- 如出現流感樣病徵，應留在家中休息，避免前往擠迫或空氣不流通的場所；
- 透過均衡飲食、適量運動、充足休息、紓緩精神壓力，和不吸煙增強抵抗力。

環境衛生

- 保持室內空氣流通；
- 每星期最少徹底清潔家居一次，可使用 1 比 99 稀釋家用漂白水來清潔家居。

旅遊建議

- 出外旅遊時應避免接觸禽鳥或其糞便，和到家禽市場及農場；
- 身處外地時，如身體不適，特別是有發燒或咳嗽，應戴上口罩，立即通知酒店職員或旅遊領隊，並盡快求診；
- 旅客從受禽流感影響地區回港後，若出現流感樣病徵，應立即求診，告訴醫生最近曾到訪的地方；並佩戴口罩，以防傳染他人。

如出現感冒徵狀，便要看醫生，以及戴上口罩，以免傳人。保安控制中心（A-G/F-03）及文康運動綜合大樓的服務檯（E-LP2-16）會為有需要的教職員及學生提供口罩，此外，本處在大埔校園、將軍澳學習中心及白石角運動中心內多處位置設置淨手消毒器，亦會定時清潔電梯按鈕，以預防流感傳播。

如欲取得更多有關禽流感的資料，請瀏覽衛生防護中心網頁 (<http://www.chp.gov.hk>)。

物業處