

Precautions against Infection of Avian Influenza (H7N9)

There is no evidence of human-to-human transmission and no human case of H7N9 has been detected in Hong Kong so far. However, mortality from Influenza A (H7N9) is high and the mutation potential of the virus has been reported to be high. As such, the disease should not be treated lightly. You are reminded to pay particular attention to personal and environmental hygiene and avoid direct contact with animals, birds or poultry. You should also wash hands frequently with liquid soap, especially before handling food or eating, after going to toilet, or when hands are soiled by respiratory secretion after coughing, or sneezing, and avoid touching eyes, nose and mouth with your hands. In addition, the following measures are also advised:

- Avoid touching poultry, birds or their droppings, because infected poultry, birds or their droppings may carry the avian influenza virus;
- Wash hands thoroughly with liquid soap and water immediately in case of contact with poultry, birds or their droppings;
- Do not attempt to feed birds;
- Do not get close to birds on the campus that appear to be sick or injured and call the Security Control Centre at 2948 8000 for assistance;
- Poultry and eggs should be thoroughly cooked before eating;
- Cover nose and mouth while sneezing or coughing. Dispose sputum or secretions wrapped in tissue paper into rubbish bins with lids. Wash hands with liquid soap and water afterwards;
- Build up good body resistance and have a healthy lifestyle. This can be achieved through a balanced diet, regular exercise, adequate rest, reducing stress and no smoking;
- Maintain good environmental hygiene;
- Maintain good indoor ventilation;
- Avoid crowded places with poor ventilation if feeling unwell;
- Seek medical advice if fever or respiratory symptoms develop.

If you have travelled outside Hong Kong recently, especially to the affected areas with avian influenza outbreaks, and have contact with poultry, you are advised to wear a mask and consult doctors promptly if you have flu-like symptoms, and inform the doctor of your exposure history. The affected staff and students should avoid returning to campus.

You may wish to note that Centre for Health Protection (CHP) has issued guidelines to school on prevention of communicable diseases which can be accessed at

http://www.chp.gov.hk/files/pdf/School_full_eng_20110822.pdf. For more information on avian Influenza, please visit CHP website at <http://www.chp.gov.hk>.

Estates Office

預防甲型禽流感 (H7N9)

雖然香港至今並沒有錄得人類感染的甲型禽流感(H7N9)的個案，但根據通報，人類感染甲型禽流感（H7N9）的死亡率偏高，病毒異變的機會亦較大，故此不容忽視。大家應該加強注意個人及環境衛生，和避免直接接觸動物、雀鳥或家禽，並應該時刻保持雙手清潔，經常用梘液洗手，尤其處理食物及進食前，如廁後，或如咳嗽或打噴嚏後，手被呼吸道分泌物染污時，和避免觸摸眼睛、鼻和口。此外，其他預防措施包括：

- 應避免接觸家禽、雀鳥或其糞便，因染病的雀鳥和家禽的糞便可能帶有禽流感病毒；
- 如曾接觸家禽、雀鳥或其糞便，要立刻用梘液和清水徹底洗手；
- 不要餵飼雀鳥；
- 切勿接近看似傷病的雀鳥，如在校園裏發現，請聯絡保安控制中心 2948 8000 尋求協助；
- 進食家禽肉類和蛋前應徹底煮熟；
- 打噴嚏或咳嗽時應掩住口鼻，並用紙巾把痰或分泌物包好及妥善棄於有蓋垃圾桶內，其後用梘液和清水洗手；
- 增強身體抵抗力及實踐健康生活。均衡飲食、適量運動、充足休息，減輕壓力和避免吸煙，都是增強抵抗力的方法；
- 保持良好的環境衛生；
- 確保室內空氣流通；
- 如身體不適，應避免前往人多擠迫、空氣流通情況欠佳的公眾地方；
- 如出現發燒或呼吸道的徵狀，應立即向醫生求診。

如有外遊紀錄(尤其是有禽流感個案的地區)，並曾接觸家禽，若出現流感樣病徵時，應佩戴口罩，並立即求診，和告訴醫生最近曾到訪的地方。受影響的學生或職員應避免回到校園。

此外，衛生防護中心亦已向學校就預防傳染病發放指引，如欲參考相關文件，可瀏覽網址http://www.chp.gov.hk/files/pdf/School_full_tc_20110822.pdf；有關更多禽流感的資料，可瀏覽衛生防護中心網頁(<http://www.chp.gov.hk>)

物業處

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