

給流感患者的建議：個人注意及家居衛生

流行性感冒(流感)是一種由病毒引致的疾病，傳染性極高，H1N1 亦是流行性感冒的一種。於香港，流感肆虐而病例最多的月份是一至三月和七至八月。流感主要經飛沫，亦可透過直接或間接接觸患者的分泌物而傳播。由於病原體可以在環境中生存一段時間，約2-8小時，所以必須保持家居清潔，才能減低流感的傳播。

流感患者應注意以下要點：

- 多休息、多飲水或飲料及攝取優質營養；
- 遵從醫生的服藥指示；
- 最少每4小時量度體溫，並按醫生指示使用退燒藥物；
- 避免到公共地方，在退熱後24小時亦應留於家中休息，直至完全康服；
- 盡量避免任何親密接觸；
- 當有照顧者於鄰近，請佩帶口罩或呼吸器；
- 在接觸眼、鼻及口前切記要洗手；
- 打噴嚏及咳嗽時使用手帕或紙巾掩住口及鼻，然後立即洗手，以免把沾在飛沫上的細菌傳染他人；
- 觸摸過公共物件，例如電梯扶手、升降機按鈕及門柄後要洗手；
- 切勿共用毛巾或手帕，毛巾或手帕需最少每日徹底清洗一次，減低病菌滋生的機會；
- 已使用之紙巾應放置於有蓋垃圾箱，並每天清理；
- 每天洗澡，更換內衣褲及作清洗；
- 若患者必須需外出離家，請佩帶口罩。

流感患者如有以下情況，請盡快求醫

- 呼吸困難或胸口痛；
- 嘴唇變得藍或紫；
- 嘔吐至不能飲食；
- 有脫水的徵狀，例如於站立時頭暈、沒有尿液排出；
- 抽筋或失去知覺。

若你是流感病患照顧者，請注意

- 盡量由一位人員照顧患者，高併發症風險人士應盡量避免，例如孕婦和病者；
- 高併發症風險人士盡量予患者保持6尺之距離；
- 避免面對面近距離接觸患者；
- 當接觸患者、處理其已使用之紙巾或清潔後切記要洗手或使用酒精擦手；
- 若需要近距離接觸患者，請佩帶口罩或呼吸器；
- 注意身體狀態，如有流感徵狀則盡快求醫；
- 諮詢醫生的意見服用抗流感藥物。

此外，家居的衛生和清潔亦需要特別加強，才可有效控制感染及傳播。

家居環境注意

- 保持空氣流通，常打開窗戶；
- 可使用風扇或抽氣扇，增加室內空氣流通；
- 保持空調設備正常運作，並經常及定期清洗隔塵網；

- 至少每天用 1 比 99 稀釋家用漂白水（非金屬表面可使用1 份5.25%漂白水與99份清水混和；金屬表面可使用70%酒精）抹拭經常接觸的地方，包括家具、傢俬物品、玩具、用具、廁所、浴室及地板等，待乾後，用水清洗並抹乾（詳情可參考附件1 家用漂白水的稀釋及使用）；
- 若地面/家具/衣物被分泌物或排泄物污染(如嘔吐物、糞便或呼吸道患者的痰涎)，弄掉髒物後，須用1 比49 稀釋家用漂白水（非金屬表面可使用1 份5.25%漂白水與49份清水混和；金屬表面可使用70%酒精）消毒，待15-30 分鐘後，用水清洗並抹乾（詳情可參考附件1家用漂白水的稀釋及使用）；
- 使用可清洗的地墊，保持地氈清潔，須每日吸塵及定期清洗；
- 定時清潔地面，若有飼養寵物(如貓和狗)，更要增加清潔的次數，清潔地面後要保持地面乾爽；
- 定時更換及清洗被單枕套、毛巾及衣服。
- 垃圾應包好，放置於有蓋的垃圾桶內，垃圾桶至少每日清理一次；
- 廁所要經常洗抹，並保持乾爽；
- 預備洗手梘液及即棄抹手紙供洗手之用；
- 確保沖廁設備運作妥當，如廁後必須沖廁。

附件一

家用漂白水的稀釋及使用

- 調校或使用漂白水時打開窗戶，需確保空氣流通。
- 由於漂白水會刺激黏膜、皮膚及呼吸道，使用時要小心。
- 稀釋時要使用冷水，因為熱水會令成份分解，令效能降低。
- 可用量杯準確地量度所需漂白水份量。

使用漂白水注意事項

- 避免用於金屬、羊毛、尼龍、絲綢、染色布料及油漆表面。
- 避免接觸眼睛。如果漂白水濺入眼睛，須以清水沖洗至少15 分鐘及看醫生。
- 漂白水不要與其他清潔劑一併使用，以免降低效能或會產生有毒氣體。
- 經稀釋漂白水，存放時間越長，分解量越多，殺菌能力便降低；因此稀釋備用的漂白水須於24 小時內用完。

參考

- 衛生署衛生防護中心: 流感高峰期的家居衛生及消毒
- Centres for Disease Control and Prevention. (Aug 2009), Interim Guidance for Novel H1N1 Flu (Swine Flu): Taking Care of a Sick Person in Your Home, CDC.

Advice to Influenza Sufferer: Personal Hygiene & Hygienic Household Environment

Influenza is a highly infectious viral disease and H1N1 is a type of influenza. In Hong Kong, the peak flu season is from January to March and from July to August. Influenza is transmitted from person to person by droplet or contact of respiratory secretion (direct or indirect). Since infective agents can survive in the environment for a period of time, about 2-8 hours, it is essential to maintain good household environmental hygiene to minimize its spread. You have a role to play in the control of influenza by practising good personal hygiene and effective infection control.

If you are suffering from influenza, please follow below advice:

- Take more rest, increase fluid intake and have better nutrition.
- Follow doctors' medical instruction.
- Measure body temperature at least every 4 hours and follow medical advice while taking medication.
- Avoid going to public area until fully recovery and stay home for at least 24 hours after fever is gone.
- Prevent any close contact.
- When the carer is nearby, please ensure you are wearing a mask.
- Wash hands before touching the eyes, nose and mouth.
- Cover your nose and mouth with handkerchief or tissue paper when sneezing or coughing. Wash hands immediately afterwards to avoid spreading germs via respiratory droplets.
- Wash hands after touching public installations or equipment, such as escalator handrails, elevator control panels or door knobs.
- Towels or handkerchief should never be shared. Towels or handkerchief should be washed thoroughly at least once daily to prevent the chance of spreading diseases.
- Used tissue paper should put into garbage bins with lids. Empty garbage bins at least once a day.
- Take shower and change with clean clothes everyday.
- If you have to go out from home, you should wear a facemask.

If you have the following symptoms, seek emergency medical care immediately

- has difficulty breathing or chest pain
- has purple or blue discoloration of the lips
- is vomiting and unable to keep liquids down
- has signs of dehydration such as dizziness when standing, absence of urination
- has seizures (for example, uncontrolled convulsions)
- Use antiviral medications to prevent the flu under medical advice.

If you are the carer, please aware of:

- If possible, have only one carer in the home to take care of the sick person. Designate a person who is not at high risk of flu associated complications, such as pregnant women and sick person.
- If you are at high risk of influenza associated complications, avoid close contact (within 6 feet) with person who are suffering from influenza.
- Avoid being face-to-face with the influenza sufferer.
- Clean your hands with soap and water or use an alcohol-based hand rub after you touch the sick person, handle used tissues or laundry.
- If close contact with a sick individual is unavoidable, consider wearing a facemask or respirator.
- Monitor yourself and household members for flu symptoms and seek for medical advice

- if symptoms occur.
- Consult doctor's advice in the use of antiviral medication.

Besides, maintaining a clean and hygienic household environment is the best for the prevention of influenza.

To achieve hygienic household environment

- Always open windows for better ventilation.
- Switch on fans or exhaust fans to enhance air flow.
- Keep air-conditioners well-maintained, clean and wash the dust-filters frequently.
- Clean and disinfect frequently touched surfaces, furniture, toys, utensils, toilet, bath room and floor at least daily by using appropriate disinfectant (e.g. 1 part of 5.25% household bleach in 99 parts of water for non-metallic surface or 70% alcohol for metallic surface), wait until dry and then rinse with water. *(Please see Appendix 1 below for procedures of preparing/ using diluted bleach.)*
- If places/ utensils/ clothes are contaminated by respiratory secretions, vomitus or excreta, use disposable towels to wipe them away. Then disinfect the surface and the neighbouring area with appropriate disinfectant (e.g. 1 part of 5.25% household bleach in 49 parts of water for non-metallic surface or 70% alcohol for metallic surface), leave for 15-30 minutes, and then rinse with water. *(Please see Appendix 1 below for procedures of preparing/ using diluted bleach.)*
- Carpets should be kept clean by daily vacuum cleaning and regular washing.
- Clean the floor regularly. If pets (such as cats and dogs) are kept, increase the frequency of cleansing. Keep the floor dry after cleansing.
- Clean and change bed sheets, pillow cases, towels and clothes regularly.
- Rubbish should be properly wrapped up and discarded into garbage bins with lids, and empty garbage bins at least once a day.
- Keep toilets and bathrooms clean and dry.
- Provide liquid soap and disposable paper towels for washing hands.
- Ensure the flushing system of the toilet is in proper function at all times. Flush after using toilet.

Appendix 1

Procedures of Preparing / Using Diluted Bleach

- Keep windows open when diluting or using bleach to ensure good ventilation.
- Beware when diluting or using bleach as it irritates mucous membranes, the skin or the airway.
- Cold water should be used for dilution as hot water decomposes the active ingredient of bleach and renders it ineffective.
- Use measuring jug to measure proper volume of bleach for dilution.

Precaution:

- Avoid using bleach on metals, wool, nylon, silk, dyed fabric and painted surfaces.
- Avoid touching the eyes. If bleach gets into the eyes, immediately rinse with water for at least 15 minutes and consult a doctor.
- Bleach should not be used together or mixed with other household detergents as this reduces its effectiveness in disinfection and causes chemical reaction.
- For effective disinfection, diluted bleach should be used within 24 hours after preparation as decomposition increases with time if left unused.

Reference:

Centre for Disease Control and Prevention (Aug 2009), Interim Guidance for Novel H1N1 Flu (Swine Flu). Taking Care of a Sick Person in Your Home, CDC.

Centre for Health Protection, Advice on Household Disinfection at the Height of Influenza Season, Department of Health.