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Subject: Zika Virus Infection 寨卡病毒感染
Target Reader: Staff and Students
Content:

Zika virus infection is a mosquito-borne disease caused by Zika virus. The most common symptoms of Zika virus infection are fever and skin rash, usually accompanied by conjunctivitis, muscle or joint pain and general malaise.

The current major concern is the association with adverse pregnancy outcome (microcephaly) and neurological and autoimmune complications such as Guillain-Barré syndrome (GBS). According to the World Health Organization, based on a growing body of research, there is scientific consensus that Zika virus is a cause of microcephaly, GBS and other central nervous system foetal malformations.

Apart from GBS, acute disseminated encephalomyelitis (a disease of the central nervous system) was recently found to be one of the neurologic manifestations possibly resulted from Zika virus.

Zika virus is mainly transmitted to humans through the bite of an infected Aedes mosquito. It can potentially be transmitted through blood transfusion. Zika virus has also been found in human semen and transmission by sexual contact has been confirmed. Sexual transmission of Zika virus between men who have sex with men has been identified.

The Centre for Health Protection of the Department of Health advises that pregnant women should consider deferring their trip to areas with ongoing Zika virus transmission. Travellers heading to the affected areas should seek medical advice before the trip and avoid mosquito bites during the trip. Anyone who feel unwell after visiting the affected areas, e.g. having fever, should seek medical advice as soon as possible, and provide travel details to doctor.

For more information about Zika virus infection, please refer to the attached fact sheet or visit the Centre for Health Protection's website at <http://www.chp.gov.hk/en/content/9/24/43088.html>.

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寨卡病毒感染是一種由寨卡病毒引起的蚊媒傳染病。寨卡病毒感染的病徵包括發燒、皮疹、結膜炎、肌肉或關節疼痛和疲累。

目前最受關注的是該病與懷孕的不良影響（初生嬰兒出現小頭畸形）和其他神經系統及自身免疫性的併發症如吉巴氏綜合症的關係。世界衛生組織的報告顯示，越來越多研究而達致的科學共識指，寨卡病毒是小頭畸形、吉巴氏綜合症和其他胎兒中樞神經系統畸形的成因。

除吉巴氏綜合症外，急性播散性腦脊髓炎（一種中樞神經系統疾病）最近被發現可能是寨卡病毒感染導致的神經系統問題之一。

寨卡病毒主要通過受到感染的伊蚊叮咬而傳染給人類。它可能透過輸血傳染。寨卡病毒亦在人類精液中發現，透過性接觸傳染已被確認。男男性接觸者透過性接觸傳染寨卡病毒已被確認。

衛生署衛生防護中心建議懷孕婦女如非必要，應考慮延後到訪寨卡病毒持續傳播的地區，前往受影響地區的旅客出發前應徵詢醫生的意見，並於旅途中採取防蚊措施。任何人從受影響地區回來後若感到身體不適，如發燒，應盡快求醫，並將行程細節告知醫生。

如欲取得更多有關寨卡病毒感染的資料，請參閱資訊附件，或瀏覽衛生防護中心網頁 (<http://www.chp.gov.hk/tc/content/9/24/43088.html>)。

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