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Subject: Prevention of Zika Virus Infection 預防寨卡病毒感染

Target Reader: Staff and Students

Content:

The Centre for Health Protection (CHP) of the Department of Health (DH) has confirmed the first imported case of Zika Virus Infection, and urged the public to adopt strict anti-mosquito measures and safe sex during travel. Pregnant women and those planning pregnancy should not travel to affected areas (please refer to http://www.chp.gov.hk/files/pdf/countries_areas_reporting_zika_virus_transmission_eng.pdf for details).

To prevent Zika Virus Infection, in addition to general anti-mosquito measures, the DH draws the public's attention to the special notes below:

Travelling abroad

- If going to areas with ongoing Zika virus transmission, travellers, especially those with immune disorders or severe chronic illnesses, should arrange consultation with a doctor at least six weeks before the trip, and take extra preventive measures to avoid mosquito bites;
- Those arriving from affected areas should apply insect repellent for at least 21 days upon arrival. If feeling unwell, such as having a fever, seek medical advice as soon as possible, and provide travel details to the doctor;
- Travellers should consider not having sex during travel to affected areas, or else condoms should be used;
- Travellers returning from affected areas should consider abstinence for at least two months upon return, or else condoms should be used. If diagnosed with Zika Virus Infection or having compatible symptoms, they should consider abstinence for at least six months upon onset, or else condoms should be used.

Pregnant women and those preparing for pregnancy

- Pregnant women and those preparing for pregnancy should not travel to affected areas. Those who must travel should seek medical advice from their doctor before the trip, adopt contraception if appropriate, strictly follow steps to avoid mosquito bites during the trip, and consult and reveal their travel history to their doctor if symptoms develop after the trip;
- Women preparing for pregnancy are advised to continue to adopt contraception for at least two months after returning from affected areas if they have no symptoms of Zika Virus Infection, or six months if one or both members of the couple are symptomatic.

Special notes for prevention of sexual transmission regarding adverse pregnancy outcomes

- Pregnant women should not have sex with partners who have travelled to affected areas, or else condoms should be used;
- Travellers returning from affected areas should:
 - Abstain from sex with pregnant partners, or else use condoms throughout the pregnancy; and
 - Use condoms for at least six months if female partners may get pregnant.

For more information about the disease and health advice, please visit the following webpages:

- CHP: http://www.chp.gov.hk/en/view_content/43086.html
- DH's Travel Health Service: http://www.travelhealth.gov.hk/english/popup/popup_zika.html
- Security Bureau's Outbound Travel Alert: <http://www.sb.gov.hk/eng/ota/>
- DH's Family Health Service: http://www.fhs.gov.hk/english/health_info/woman/30014.html

- WHO: <http://www.who.int/emergencies/zika-virus/situation-report/en/>

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衛生署衛生防護中心已確診首宗外地傳入寨卡病毒感染個案，並呼籲市民外遊期間時刻採取防蚊措施和安全性行為，孕婦和計劃懷孕的女士不應前往受影響地區 (詳情請參看

http://www.chp.gov.hk/files/pdf/countries_areas_reporting_zika_virus_transmission_chi.pdf)。

要預防寨卡病毒感染，除一般防蚊措施外，衛生署呼籲市民注意以下特別須知：

外遊須知

- 外遊人士特別是有免疫系統疾病或嚴重長期病患者，出發前往寨卡病毒持續傳播的地區（受影響地區）最少六星期前，應諮詢醫生，採取額外預防措施，免受叮咬；
- 從受影響地區到港後至少 21 日內，須繼續使用昆蟲驅避劑。若感到不適，如發燒，應盡快求醫，並將行程細節告知醫生；
- 到受影響地區旅遊，應考慮避免進行性行為，否則應使用安全套；
- 從受影響地區返港後，應於至少兩個月內考慮避免發生性行為，否則應使用安全套。如被確診感染寨卡病毒或出現相關病徵，則應於發病後至少六個月內考慮避免發生性行為，否則應使用安全套。

對懷孕婦女和計劃懷孕女士的建議

- 懷孕婦女和計劃懷孕的女士不應前往受影響地區。如必須前往，出發前應徵詢醫生的意見。旅途中，應採取適當避孕措施和時刻採取防蚊措施。旅程後如出現病徵，應求診並告知醫生外遊紀錄；
- 計劃懷孕的女士從受影響地區返港後，如沒有出現相關病徵，應於至少兩個月內繼續採取避孕措施。若伴侶其中一方出現相關病徵，則應至少六個月內避免懷孕。

預防因性接觸傳染而出現不良懷孕後果的特別建議

- 孕婦不應與曾到訪受影響地區的伴侶進行性行為，否則應使用安全套；
- 外遊人士從受影響地區回港：
 - 不應與懷孕伴侶發生性行為，否則應於整段懷孕期間使用安全套；及
 - 如女伴有機會懷孕，應在回港後至少六個月內使用安全套。

如欲了解更多疾病資訊和健康建議，可參閱以下專題網頁：

- 衛生防護中心：http://www.chp.gov.hk/tc/view_content/43086.html
- 衛生署旅遊健康服務：http://www.travelhealth.gov.hk/tc_chi/popup/popup_zika.html
- 保安局外遊警示制度：<http://www.sb.gov.hk/chi/ota/>
- 衛生署家庭健康服務：http://www.fhs.gov.hk/tc_chi/health_info/woman/30014.html
- 世界衛生組織：<http://www.who.int/emergencies/zika-virus/situation-report/en/>

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