

Update on Human Swine Influenza

人類豬型流感每日概況

(As of 2:30 pm, 15 July 2009 截至 2009 年 7 月 15 日下午 2 時 30 分)

This is a daily report produced by Surveillance and Epidemiology Branch of the Centre for Health Protection. This report aims to monitor and highlight important international developments on human swine influenza and to summarize latest local epidemiological situation.

這是一個由衛生防護中心監測及流行病學處出版的每日報告。這報告用以監控及重點列出有關人類豬型流感的各地重要發展以及撮要本港最新的流行情況。

Highlights 重點

1. The WHO Director-General has raised the level of influenza pandemic alert from phase 5 to phase 6 on 11 June.
世衛組織總幹事已於 6 月 11 日將流感大流行級別從第 5 級提高到第 6 級。
2. The Emergency Response Level under the Government's Preparedness Plan for Influenza Pandemic is activated.
政府「流感大流行應變計劃」下的緊急應變級別現正啟動。
3. There have been 1,467 confirmed cases of human swine influenza (pandemic (H1N1) 2009) in Hong Kong since the first case was diagnosed on 1 May 2009. For Mainland China[&], Taiwan^{*} and Macao SAR[#], there have been a total of 1,354, 78 and 87 confirmed human swine influenza (pandemic (H1N1) 2009)^{Note} cases respectively.
自從五月一日香港確診第一宗人類豬型流感個案，本港共有 1,467 宗人類豬型流感 (2009 年 H1N1 流感大流行) 確診個案。中國大陸[&]累計共有 1,354 宗個案，中國台灣^{*}及澳門特別行政區[#]分別有 78 宗及 87 宗人類豬型流感 (2009 年 H1N1 流感大流行) 個案。

Local situation of human swine influenza (本港人類豬型流感情況)

(as of 2:30 pm, 15 July 2009, 截至 2009 年 7 月 15 日, 下午 2 時 30 分)

Enhanced local surveillance for swine influenza infection in humans has been effective since 25 April 2009.

由 2009 年 4 月 25 日起，本港已加強對人類豬型流感的監測。

- The cumulative number of patients tested positive for swine influenza is 1,467.
現時對豬型流感檢測呈陽性反應的累積個案數目為 1,467。
- In the past one day, 78 patients tested positive for swine influenza.
在過去一天，78 名病人對豬型流感檢測呈陽性反應。
- As at 2:30 pm today, a total of 619 cases have been discharged and 15 cases are still in hospital.
截至今日下午 2 時 30 分，619 宗個案已經康復出院，15 宗仍然住院。
- So far, CHP received report of two severe cases of human swine influenza, and one of them required intensive care. There were no fatal cases.
截至現在，衛生防護中心接獲 3 宗人類豬型流感嚴重個案，其中 1 人需要深切治療，沒有死亡個案。

Note

WHO has recommended that the name of the virus be changed to: pandemic (H1N1) 2009. This is to distinguish it from seasonal H1N1 influenza virus and to avoid the stigma of associating the name with swine.

世界衛生組織建議將人類豬型流感的名字由「甲型 H1N1 流感」改為「2009 年 H1N1 流感大流行」，以便人們將它與季節性流感分辨及避免由此引起對豬隻的錯誤標籤。

Figure 1. 圖表一

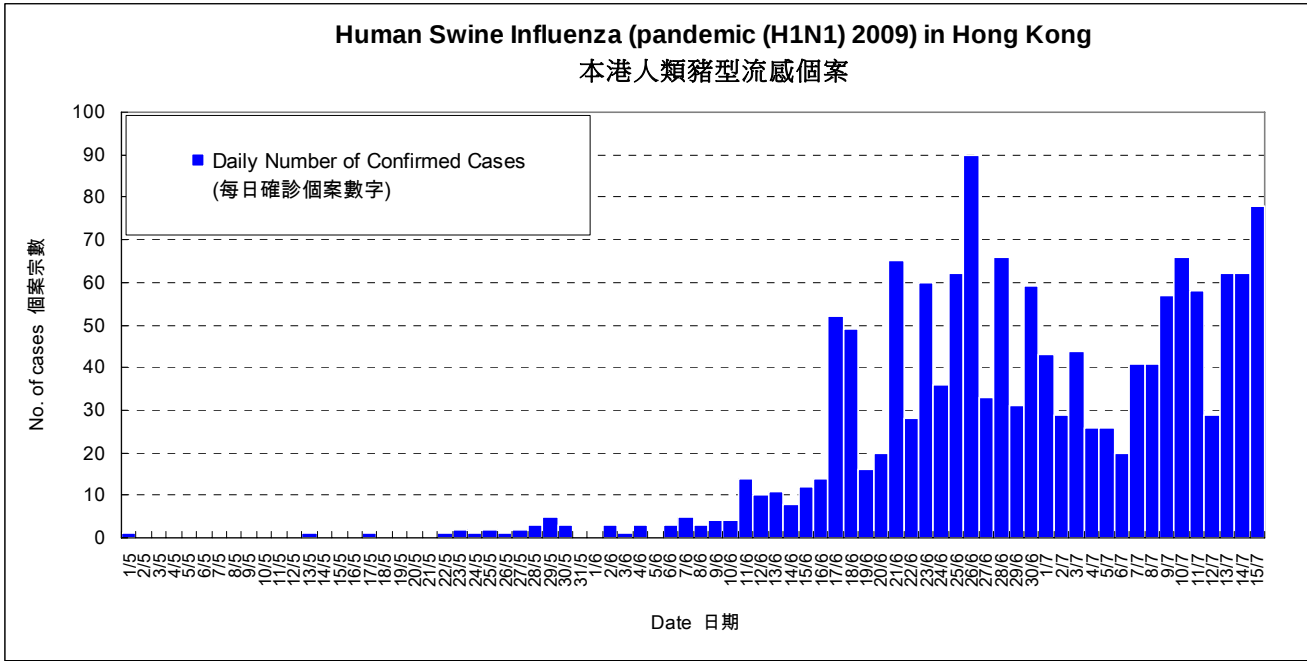
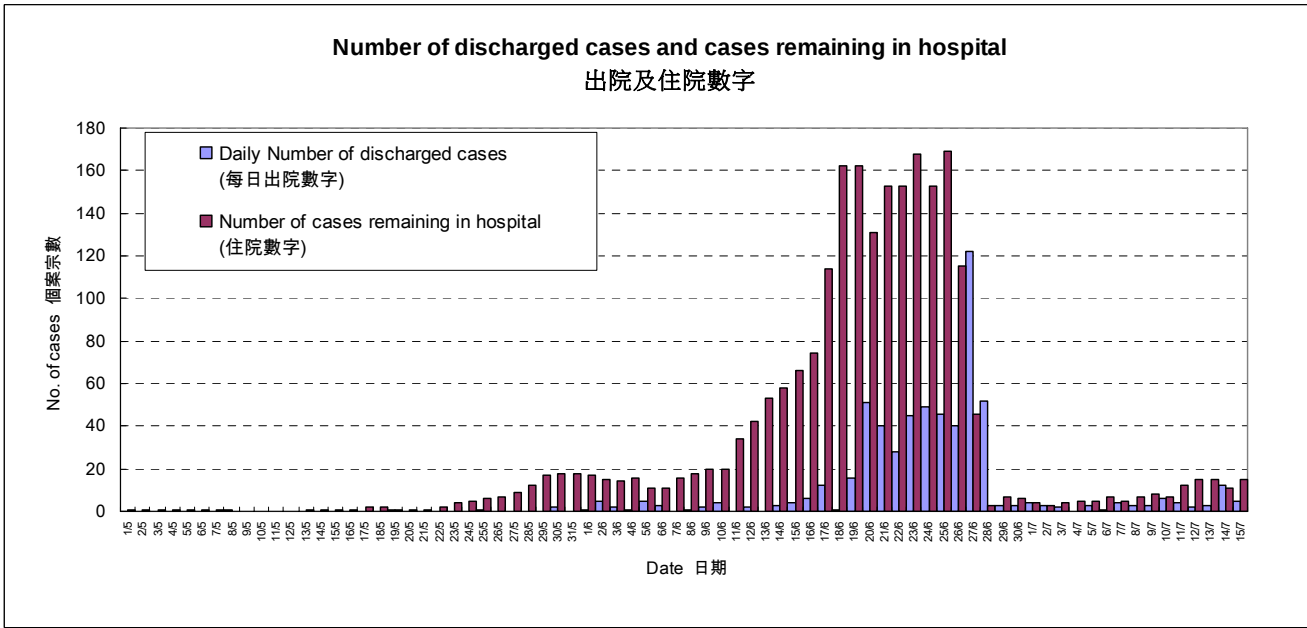


Figure 2. 圖表二



Please refer to the publication *Flu Express* (available at www.chp.gov.hk) for more information on seasonal influenza.

如欲獲取更多有關季節性流感的資訊，請參閱流感速遞（可於 www.chp.gov.hk 找到）。

Highlights on the Global situation of confirmed Human Swine Influenza cases

確診人類豬型流感個案的全球情況重點

1. WHO has renamed “Influenza A (H1N1)” as “Pandemic (H1N1) 2009” since 1 July 2009. 由2009年7月1日起，世衛改以「2009年H1N1流感大流行」命名「甲型流感H1N1」(或本港所稱的人類豬型流感)。
2. As the 2009 H1N1 pandemic evolves, WHO has no longer updated the global tables showing the numbers of confirmed cases for all countries since 6 July 2009. 鑑於「2009年H1N1流感大流行」流感疫情的發展趨勢，由2009年7月6日起，世衛將不再更新全球的個案數字。
3. According to latest update of WHO on 6 July, 135 countries/territories/areas have officially reported 94,512 cases of pandemic (H1N1) 2009 including 429 deaths. 根據世衛組織最新7月6日的更新，135個國家/領域/地區正式報告了 94,512 宗2009年H1N1流感大流行感染病例及429死亡個案。
4. There have been 1,467 (as of 15 July) confirmed cases of human swine influenza (pandemic (H1N1) 2009) in Hong Kong since the first case was diagnosed on 1 May 2009. For Mainland China[&], Taiwan^{*} and Macao SAR^{##}, there have been a total of 1,354 (as of 13 July), 78 (as of 14 July) and 87 (as of 14 July) confirmed human swine influenza (pandemic (H1N1) 2009) cases respectively. 自從五月一日香港確診第一宗人類豬型流感個案，本港共有 1,467 宗(截至7月15日)人類豬型流感 (2009年H1N1流感大流行) 確診個案。中國大陸[&]累計共有 1,354 宗個案 (截至7月13日)，中國台灣^{*}及澳門特別行政區^{##}分別有 78 宗(截至7月14日)及 87 宗(截至7月14日)人類豬型流感 (2009年H1N1流感大流行)個案。

Sources 資料來源：

& China Ministry of Health 中華人民共和國衛生部 <http://www.moh.gov.cn>

Macao SAR Government 澳門特區政府 <http://www.ssm.gov.mo/design/news/swineflu/index.htm>

* Centers for Disease Control (Taiwan) 疾病管制局全球資訊網(台灣) <http://www.cdc.gov.tw>

Mitigation phase

緩疫策略

Swine flu is now circulating in Hong Kong, which has entered the mitigation phase of the epidemic. At this time, there is no requirement for hospital isolation of swine flu patients or quarantine of close contacts.

隨着豬流感在香港社區廣泛流傳，我們已進入流感大流行的緩疫階段。現時，豬流感患者和其緊密接觸者無須接受隔離或檢疫。

How to prevent human swine influenza?

市民怎樣預防人類豬型流感？

- Wash hands frequently with soap and water or apply alcohol handrub.
經常用梘液和清水洗手，或用酒精搓手液消毒。
- Avoid touching the mouth, nose and eyes.
避免觸摸口、鼻和眼睛。
- Cover nose and mouth when sneezing or coughing.
打噴嚏或咳嗽時掩著口鼻。
- Maintain good ventilation.
保持室內空氣流通。
- Avoid visiting crowded or poorly-ventilated places. If you must do so, minimise the duration of stay, and consider putting on a mask if you are at risk of influenza related complications (refer to Table 1).

如非必要，不應前往人多擠迫或空氣不流通的地方；否則，不應長時間逗留。如果你是容易因感染流感而出現併發症的高危人士，可考慮佩戴口罩（見表一）。

Table 1: Persons at risk of influenza related complications

表一：容易因感染流感而出現併發症的高危人士

- ✓ Pregnant ladies
懷孕婦女
- ✓ Children aged less than 6 years
六歲以下兒童
- ✓ Adults aged 65 years or above
六十五歲或以上人士
- ✓ Persons with chronic illnesses
長期病患者
- ✓ Persons with weakened immunity from diseases or drugs
免疫能力因疾病或服藥而受損的人士

What should I do if I have symptoms of swine flu?

若出現豬流感徵狀應怎麼辦？

- Put on a face mask.
立即佩戴口罩。
- Visit one of the designated fever clinics (DFCs) and follow doctor's prescription.
盡早到指定流感診所求診，並遵從醫生處方服藥。
- Stay home, in a separate room if possible.
留在家中休息，盡可能獨住一房間。
- Do not go to work or school, and avoid having contact with others until your illness is over.
不要上班或上學，避免接觸他人，直至痊癒為止。

- Step up personal and environmental hygiene.
必須加強個人及環境衛生。
- Watch out for warning signs (refer to Table 2) that might call for urgent medical attention.
密切留意身體情況，如出現以下徵狀（見表二），應緊急求醫。

Table 2: Seek medical care right away if the sick person :

表二：如出現以下嚴重的徵狀，應緊急求醫。

- ✓ has difficulty in breathing or chest pain
氣喘或心口痛
- ✓ has purple or blue discoloration of the lips
嘴唇變藍或變紫
- ✓ is vomiting and unable to swallow liquids
嘔吐及不能嚥下液體
- ✓ has signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry
有缺水症狀，如在站着時暈眩，沒有小便或嬰兒在哭啼時沒有淚水
- ✓ has seizures
抽筋
- ✓ is less responsive than normal or becomes confused
神情呆滯或神志不清

Consult your doctor if in doubt.

如有任何疑問，亦請盡早請教醫生。

What should I note if I care for a sick person with swine flu?

照顧者需留意什麼？

Patients with mild symptoms may rest at home and be taken care of by family members. The following suggestions will be helpful:

醫生可能建議病情輕微者在家休養，由家人照顧。此時，以下建議可以幫助你：

- ***In caring for the patient,***
「照顧患者須知」
 - Assign an adult to take care of the patient to prevent spread of disease to other household members.
安排一位成年人士固定照顧患者，以減低其他家居成員受傳染的機會。
 - Persons at risk of influenza related complications (refer to Table 1) should avoid taking care of sick persons
容易因感染流感而出現併發症的高危人士（見表一）應避免照料患者。
 - Keep the patient in a separate room if possible.
盡量安排患者獨住一房間。
 - Remind/assist the patient to put on a face mask if possible.
盡量提醒／協助患者佩戴口罩。
 - Minimise contact between the patient and the family.
患者應減少與家人接觸。
 - Remind/assist the patient to take medications according to doctors' prescriptions.
提醒／協助患者遵照醫護人員指示服藥。
 - Encourage the patient to get plenty of rest and fluid to speed recovery.
提醒患者飲用足夠水分，並有充分休息，以助患者復元。
 - No sharing of linens, eating utensils and personal items between the patient and the rest of the family, unless such items are washed thoroughly.
患者與家人不能共用牀單、食具和個人物品，除非該等物品已徹底清洗。
 - Watch out for warning signs (refer to Table 2) that may call for urgent medical attention.
留意患者身體情況，如患者出現嚴重的徵狀（見表二），應緊急求醫。

- **To protect yourself,**
「照顧患者時保護自己須知」
 - Observe and remind other family members to step up personal hygiene practices.
時刻加強並提醒其他家人注意個人衛生
 - Maintain household and environmental hygiene by cleaning with diluted bleach (1 part of 5.25% household bleach in 99 parts of water), especially in areas where the patient stay, to prevent disease spread.
保持家居及環境清潔衛生，尤其患者活動的地方，經常以稀釋家用漂白水（1 份 5.25% 家用漂白水混入 99 份清水）清潔，以防病毒散播。
 - When coming into contact with the patient (e.g. entering the patient's room),
與患者接觸時，例如需要進入患者房間
 - Wash hands before and after contact
在接觸患者前後妥善潔手。
 - Wear a face mask
應戴上口罩。
 - Avoid face-to-face contact with the patient to prevent catching the disease through coughs and sneezes, e.g. when holding small children who are sick, place their chin on your shoulder so that they will not cough in your face.
避免與患者面對面接觸，以防被患者咳嗽或打噴嚏時所產生的飛沫傳染。例如抱起病童時，把他／她的下巴擱在你的肩膀上，以防他／她咳嗽時所產生的飛沫噴到臉上。
 - Pay attention to your own health condition. If symptoms such as fever, cough, runny nose, sore throat, shortness of breath or diarrhoea occur, you must wear a mask and seek medical advice.
密切留意自己身體情況。若出現發燒、咳嗽、流鼻水、喉嚨痛、氣促或腹瀉等徵狀，就必須戴上口罩，立即求醫。

The Centre for Health Protection has set up a hotline (2125 1111) on human swine influenza. It will be manned by public health officers from 9 a.m. to 6 p.m. (Monday to Sunday including Public Holidays).

衛生防護中心已設立人類豬型流感熱線(2125 1111)，熱線由公共衛生人員提供，辦公時間由上午九時至下午六時（星期一至星期日及公眾假期）。

For more information, please visit the Centre for Health Protection website www.chp.gov.hk.
如欲獲得更多資訊，請瀏覽衛生防護中心網站 www.chp.gov.hk。

These recommendations are based on existing information on human swine influenza and the local epidemic situation. They may be updated when new information becomes available.

以上建議是根據目前對人類豬型流感已知的資料及本港的情況而制定，內容會因應最新發展而更新。

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