

**Health Advice and Guidelines Related to
the Use of Masks Issued by the Department of Health**

Commencement Date	Health Advice/ Guidelines Issued	Highlights of relevant advice in respect of wearing facemasks
14 March 2003	Guidelines on "Health Advice on the Prevention of Respiratory Tract Infections" issued to all doctors and uploaded on DH's website for public access. (Copy at Annex A)	<p>For Health care workers in clinic setting</p> <ul style="list-style-type: none"> • Staff may wear masks when treating or nursing a patient with respiratory symptom • Patients with respiratory symptoms are advised to wear mask to reduce the chance of spreading the infection <p>Caring for family members with respiratory illness</p> <ul style="list-style-type: none"> • Patients should wear masks to reduce the chance of spreading the infection to carers • Carers may also wear masks to reduce the chance of acquiring infection through the airways
14 & 17 March 2003	DH's 24-Hour Health Education Hotline : Provided "Health Advice for Health Care Workers on the Prevention of Respiratory Tract Infections". Also available on DH's website. (Copy at Annex B)	- Similar health advice as per the above were given to the public for caring for family members with respiratory illness as well as for health care workers in clinic setting.
18 March 2003	DH's 24-Hour Health Education Hotline : Added "Prevention of Respiratory Tract Infections –Health Advice in Public Places". Also available on DH's website. (Copy at Annex C)	- Advised the public that when visiting crowded places such as cinemas and restaurants, people with respiratory tract infections should wear a mask to reduce the chance of spreading the infection.

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26 March 2003	DH's 24-Hour Health Education Hotline : Added "Advisory on Severe Respiratory Syndrome for Conveyance Crew Members". Also available on DH's website. (Copy at Annex D)	<ul style="list-style-type: none"> - Crew members of conveyances (aircraft, vessel etc) who notice a passenger seriously ill with a respiratory illness should provide a surgical mask, if available, for the ill passenger to wear to reduce the number of droplets coughed into the air.
31 March 2003	DH's 24-Hour Health Education Hotline : Added "Wearing Facemask Properly". Also available on DH's website. (Copy at Annex E)	<ul style="list-style-type: none"> - Elaborated on the rationale for wearing masks - Specified the following groups of people should wear masks <ul style="list-style-type: none"> • People with respiratory symptoms • People who have close contact with confirmed cases of SARS • Carers for the above • When visiting sick people in hospitals - Advised that general public may wear a mask for self protection - Guidance on steps and measures for mask wearing
April 2003	Pamphlets on "Atypical Pneumonia: Wear your face mask properly" and "Atypical Pneumonia: Preventive measures" (Copy at Annex F & G)	<ul style="list-style-type: none"> - Similar advice as per the above on the wearing of masks, plus the advice that those involved in preparation or serving food should wear facemask.
21 May 2003	DH's 24-Hour Health Education Hotline : Provided "Prevention of Respiratory Tract Infections – Wearing Facemasks". Also available on DH's website. (Copy at Annex H)	<ul style="list-style-type: none"> - In addition to the above guidelines on wearing masks, further highlighted that the following groups of people should also wear masks: <ul style="list-style-type: none"> • persons who have close contact with confirmed or suspected cases of SARS • when visiting clinics or hospitals • workers handling food • public transport operators • when visiting crowded places, such as schools, public transport, cinemas or shopping malls

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		and advised that the general public may wear a mask as an extra precautionary measure.
30 May 2003	DH's 24-Hour Health Education Hotline : Provided "Prevent Severe Acute Respiratory Syndrome (SARS) – Wearing Mask". Also available on DH's website. (Copy at Annex I)	- In addition to the above guidelines on wearing masks, further highlighted that pupils and staff at schools, except during physical education lessons or in a well ventilated and spacious venue with no "short distance face-to-face activity", should also wear masks. And the general public may choose to wear a mask if they wish.
23 June 2003	DH's 24-Hour Health Education Hotline : Updated and revised the guidelines on "Prevent Severe Acute Respiratory Syndrome (SARS) – Wearing Mask". Also available on DH's website. (Copy at Annex J).	- Reminded the public to remain vigilant and take necessary measure, advising on the rationale for masks wearing, and that the following groups of people should wear masks:- <ul style="list-style-type: none"> • people with respiratory symptoms; • people who have close contact with confirmed or suspected cases of SARS; • carers for the above; • when visiting clinics or hospitals and • health care workers in clinical settings, - The general public may choose to wear a mask if they wish.

In addition to the formal health advice/guidelines, the Government had in fact promulgated similar messages to the public on the use of facemasks through various channels, including APIs, forums and health talks, as well as statements/addresses to the public/press. In the latter regard, relevant extracts from press releases/official transcripts in March are attached for reference (at Annex K).

Department of Health
December 2003



Annex A

Health Advice on the Prevention of Respiratory Tract Infections

Background

- In view of a recent outbreak of febrile respiratory illness among health care staff in Prince of Wales Hospital, the Department of Health is conducting a detailed investigation with the Hospital Authority and the Hong Kong University and Chinese University of Hong Kong to identify the cause of infection. The situation will be monitored closely.
- The Department of Health has informed the World Health Organization (WHO) about the latest developments. Hong Kong is working closely with the WHO on disease control and prevention.

Advice applicable to all

- As a precautionary measure, members of the public are advised to take precautionary measures to prevent respiratory tract infections:
 - Build up good body immunity. This means taking a proper diet, having regular exercise and adequate rest, reducing stress and avoiding smoking
 - Maintain good personal hygiene, and wash hands after sneezing, coughing or cleaning the nose
 - Maintain good ventilation
 - Avoid visiting crowded places with poor ventilation
 - Consult their doctor promptly if they develop respiratory symptoms

For schools and pre-school institutions

- Child Care Centres / Kindergartens / Schools are advised to refer to the 'Guidelines on Prevention of Communicable Diseases in Child Care Centres / Kindergartens / Schools' published by the Department of Health in 2000 for general information on the prevention of communicable diseases in school and institutional settings. This is downloadable from the DH's website <http://www.info.gov.hk/dh>. Specific advice in the school and institutional setting that helps to prevent respiratory tract infections includes :
 - Cleanse used toys and furniture properly
 - Keep hands clean and wash hands properly

- Cover nose and mouth when sneezing or coughing
- Wash hands when they are dirtied by respiratory secretions e.g. after sneezing
- Use liquid soap for hand washing and disposable towel for drying hands
- Do not share towels

For other institutional settings

- A 'Guidelines on Prevention of Communicable Diseases in Residential Care Homes for the Elderly and People with Disabilities' published by the Department of Health is also available for general information on the prevention of communicable diseases in the particular institutional setting. This is downloadable from the DH's website <http://www.info.gov.hk/dh>.

For health care workers in clinic setting

- There is as at date no unusual upsurge of pneumonia cases in the community.
- All clinic staff should enforce strict infection control measures appropriate for their particular setting, especially observance of good personal hygiene.
- If staff fall sick, they should report to their seniors and take sick leave as appropriate.
- Where considered necessary, for example, treating or nursing a patient with respiratory symptoms, staff may wear masks.
- The Department of Health will continue to monitor the situation of the pneumonia cases and issue advice accordingly.
- Patients with respiratory symptoms are advised to wear mask to reduce the chance of spread of the infection.

Caring for sick family members with respiratory illness

- Patients should consult a doctor if they are unwell.
- They should follow instructions given by the doctor including the use of drugs as prescribed and taking adequate rest as appropriate.
- Adhere to good personal hygiene practices.
- Ensure adequate ventilation.
- Patients should put on masks to reduce the chance of spread of infection to caretakers.
- Caretakers may also put on masks to reduce the chance of acquiring infection through the airways.

Notification of infections

- If unusual patterns of illnesses/sick leave in any setting are detected, please notify the respective Regional Office of the Department of Health. The contact numbers are as follows :

Regional Office	Telephone Number
Hong Kong Regional Office	2961 8729
Kowloon Regional Office	2199 9149
New Territories East Regional Office	2158 5107
New Territories West Regional Office	2615 8571

Department of Health
14 March 2003



預防呼吸道感染的健康指引

背景

- 威爾斯親王醫院近日有員工出現發燒及呼吸道感染的病徵，衛生署目前正與醫院管理局、香港大學和香港中文大學合力進行詳細調查，以確定感染的病因。衛生署會密切監察有關情況。
- 衛生署已將最新的發展知會世界衛生組織。本港有關當局正與世界衛生組織緊密合作，控制及預防感染擴散。

給所有市民的指引

- 我們呼籲市民作好預防，採取下列預防呼吸道感染的措施：
 - 注意均衡飲食、定時進行運動、有足夠休息、減輕壓力和避免吸煙，以增強身體的抵抗力
 - 保持良好的個人衛生習慣，打噴嚏、咳嗽和清潔鼻子後要洗手
 - 保持空氣流通
 - 避免前往人煙稠密的地方
 - 如有呼吸道感染病徵，應盡早找醫生診治

給學校／幼稚園／幼兒中心的指引

- 衛生署在 2000 年印製了一本名為「幼兒中心／幼稚園／學校預防傳染病指引」的小冊子，為各學校及機構提供預防傳染病的資訊。該小冊子可從衛生署網頁 <http://www.info.gov.hk/dh> 下載。我們呼籲院方採取以下的具體預防措施，以預防呼吸道感染：
 - 用過的玩具及家具須清洗妥當
 - 保持雙手清潔，並用正確方法洗手
 - 打噴嚏或咳嗽時應掩着口鼻
 - 雙手被呼吸系統分泌物弄污後(如打噴嚏後)應洗手
 - 用皂液洗手，然後以用後即棄的紙巾抹乾
 - 不應共用毛巾

給其他院舍的指引

- 衛生署印製了一本名為「安老院及殘疾人士宿舍預防傳染病指引」的小冊子，為有關院舍提供預防傳染病的資訊。該小冊子亦可從衛生署網頁 <http://www.info.gov.hk/dh> 下載。

給在診所工作的醫護人員的指引

- 到目前為止，並無證據顯示在社區的肺炎個案數字有不尋常的增加。
- 所有醫護人員應嚴格執行適用於所屬環境的控制傳染病措施，尤其應注意良好個人衛生。
- 如職員患病，應知會上司。如有需要，應放取病假。
- 如有需要，例如為有呼吸道病徵的病人提供治療或護理時，可戴上口罩。
- 衛生署會繼續監察肺炎個案的情況，並提供適當的指引。
- 有呼吸道病徵的病人宜戴上口罩，減低傳染病擴散的機會。

照顧患有呼吸系統疾病的家人

- 任何人士如有不適，應找醫生診治。
- 患者應遵從醫生指示，包括適當服用處方藥物及充分休息。
- 保持良好個人衛生。
- 確保室內空氣流通。
- 患者應戴上口罩，減低傳染給照顧者的機會。
- 照顧者可戴上口罩，減低透過呼吸道受感染的機會。

呈報傳染病個案

- 如發現不尋常的病況／病假情形，請通知該區的衛生署分區辦事處。各辦事處的電話號碼如下：

分區辦事處	電話號碼
香港區辦事處	2961 8729
九龍區辦事處	2199 9149
新界東區辦事處	2158 5107
新界西區辦事處	2615 8571

衛生署

2003年3月14日



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14.3.2003
23:00 HR

1
健康資訊
HEALTH NEWS

2
每月精選
MONTHLY SPECIAL

4
男士健康
MEN'S HEALTH

5
預防呼吸道感染的健康指引
HEALTH ADVICE ON THE PREVENTION
OF RESPIRATORY TRACT INFECTIONS

<p>1 廣東話 Cantonese</p>	<p>1. (3045) 小一及小六預防白喉／破傷風及小兒麻痺疫苗注射運動 2. (3012) 衛生署 24 小時健康教育熱線資料 3. (3013) 索取訂購健康教育錄影帶視像光碟及電腦光碟表格 4. (3053) 索取健康教育印刷教材表格 5. (3066) 索取借用健康教育教材表格</p>	<p>1. (4073) 認識流行性感冒 2. (4072) 暗瘡 3. (4067) 登革熱 4. (4069) 你真的需要健康產品嗎？ 5. (4064) 紅眼症</p>	<p>1. (6010) 男士運動 2. (6011) 男士飲食 3. (6009) 男士與吸煙 4. (6015) 男士與杯中物 5. (6017) 男士賭博 6. (6014) 男士安全性事 7. (6008) 男士與精神壓力 8. (6012) 男士身體檢查 9. (6016) 陽痿（勃起功能障礙） 0. (6013) 良性前列腺肥大症</p>	<p>1. (7014) 預防呼吸道感染的健康指引 2. (7015) 給醫護人員預防呼吸道感染的健康指引</p>
<p>2 普通話 Puloungma</p>	<p>1. (3045) 小一及小六預防白喉／破傷風及小兒麻痺疫苗注射運動 2. (3012) 衛生署 24 小時健康教育熱線資料 3. (3013) 索取訂購健康教育錄影帶視像光碟及電腦光碟表格 4. (3053) 索取健康教育印刷教材表格 5. (3066) 索取借用健康教育教材表格</p>	<p>1. (4073) 認識流行性感冒 2. (4072) 暗瘡 3. (4067) 登革熱 4. (4069) 你是否需要健康產品嗎？ 5. (4064) 紅眼症</p>	<p>1. (6010) 男士運動 2. (6011) 男士飲食 3. (6009) 男士與吸煙 4. (6015) 男士與杯中物 5. (6017) 男士賭博 6. (6014) 男士安全性事 7. (6008) 男士與精神壓力 8. (6012) 男士身體檢查 9. (6016) 陽痿（勃起功能障礙） 0. (6013) 良性前列腺肥大症</p>	<p>1. (7014) 預防呼吸道感染的健康指引 2. (7015) 給醫護人員預防呼吸道感染的健康指引</p>
<p>3 英語 English</p>	<p>1. (3045) The Diphtheria, Tetanus and Oral Poliomylitis Vaccination Campaign for Primary One and Primary Six Student 2. (3012) 24-Hour Health Education Hotline of the Department of Health 3. (3013) Order Form for Health Education Videos, VCDs and CD-ROMs 4. (3053) Request Form for Health Education Printed Materials 5. (3066) Loan Form for Health Education Materials</p>	<p>1. (4073) Information on Influenza 2. (4072) Pimples 3. (4067) Dengue Fever 4. (4069) Do You Really Need Health Products? 5. (4064) Conjunctivitis</p>	<p>1. (6010) Men and Physical Activity 2. (6011) Men and Diet 3. (6009) Men and Smoking 4. (6015) Men and Alcohol 5. (6017) Men and Gambling 6. (6014) Men and Sexual Health 7. (6008) Men and Stress 8. (6012) Health Checks for Men 9. (6016) Impotence (Erectile Dysfunction) 0. (6013) Prostate problem</p>	<p>1. (7014) Health Advice on the Prevention of Respiratory Tract Infection 2. (7015) Health Advice for Health Care Workers on the Prevention of Respiratory Tract Infections</p>

Annex B



預防呼吸道感染的健康指引

背景

- 威爾斯親王醫院近日有員工出現發燒及呼吸道感染的病徵，衛生署目前正與醫院管理局、香港大學和香港中文大學合力進行詳細調查，以確定感染的病因。衛生署會密切監察有關情況。
- 衛生署已將最新的發展知會世界衛生組織。本港有關當局正與世界衛生組織緊密合作，控制及預防感染擴散。

給所有市民的指引

- 我們呼籲市民作好預防，採取下列預防呼吸道感染的措施：
 - 注意均衡飲食、定時進行運動、有足夠休息、減輕壓力和避免吸煙，以增強身體的抵抗力
 - 保持良好的個人衛生習慣
 - 用過的玩具及家具須清洗妥當
 - 保持雙手清潔，並用正確方法洗手
 - 打噴嚏或咳嗽時應掩着口鼻
 - 雙手被呼吸系統分泌物弄污後(如打噴嚏後)應洗手
 - 用皂液洗手，然後以用後即棄的紙巾抹乾
 - 不應共用毛巾
 - 保持空氣流通
 - 避免前往人煙稠密的地方
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照顧患有呼吸系統疾病的家人

- 任何人士如有不適，應找醫生診治。
- 患者應遵從醫生指示，包括適當服用處方藥物以及充分休息。
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Health Advice on the Prevention of Respiratory Tract Infections

Background

- In view of a recent outbreak of febrile respiratory illness among health care staff in Prince of Wales Hospital, the Department of Health is conducting a detailed investigation with the Hospital Authority and the Hong Kong University and Chinese University of Hong Kong to identify the cause of infection. The situation will be monitored closely.
- The Department of Health has informed the World Health Organization (WHO) about the latest developments. Hong Kong is working closely with the WHO on disease control and prevention.

Advice applicable to all

- As a precautionary measure, members of the public are advised to take precautionary measures to prevent respiratory infections:
 - Build up good body immunity. This means taking a proper diet, having regular exercise and adequate rest, reducing stress and avoiding smoking
 - Maintain good personal hygiene
 - Cleanse used toys and furniture properly
 - Keep hands clean and wash hands properly
 - Cover nose and mouth when sneezing or coughing
 - Wash hands when they are dirtied by respiratory secretions e.g. after sneezing
 - Use liquid soap for hand washing and disposable towel for drying hands
 - Do not share towels
 - Maintain good ventilation
 - Avoid visiting crowded places with poor ventilation
 - Consult their doctor promptly if they develop respiratory symptoms

Caring for sick family members with respiratory illness

- Patients should consult a doctor if they are unwell.
- They should follow instructions given by the doctor including the use of drugs as prescribed and taking adequate rest as appropriate.
- Adhere to good personal hygiene practices.
- Ensure adequate ventilation.
- Patients should put on masks to reduce the chance of spread of infection to caretakers.
- Caretakers may also put on masks to reduce the chance of acquiring infection through the airways.



Notification of infections

- If unusual patterns of illnesses/sick leave in any setting are detected, please notify the respective Regional Office of the Department of Health. The contact numbers are as follows :

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給醫護人員預防呼吸道感染的健康指引

背景

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照顧患有呼吸系統疾病的家人

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- 照顧者可戴上口罩，減低透過呼吸道受感染的機會。

給學校／幼兒中心／幼稚園的指引

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 - 雙手被呼吸系統分泌物弄污後(如打噴嚏後)應洗手
 - 用皂液洗手，然後以用後即棄的紙巾抹乾
 - 不應共用毛巾



給其他院舍的指引

- 衛生署印製了一本名為「安老院及殘疾人士宿舍預防傳染病指引」的小冊子，為有關院舍提供預防傳染病的資訊，該小冊子亦可從衛生署網頁<http://www.info.gov.hk/dh>下載。

給醫護人員的指引

- 到目前為止，並無證據顯示在社區的肺炎過案數字有不尋常的增加。
- 所有醫護人員應嚴格執行適用於所屬環境的控制傳染病措施，尤其應注意良好個人衛生。
- 如職員患病，應知會上司。如有需要，應放取病假。
- 如有需要，例如為有呼吸道感染病徵的病人提供治療或護理時，可戴上口罩。
- 衛生署會繼續監察肺炎個案的情況，並提供適當的指引。
- 有呼吸道感染病徵的病人宜戴上口罩，減低傳染病擴散的機會。

呈報傳染病個案

- 如發現不尋常的病況／病假情形，請通知該區的衛生署分區辦事處。各辦事處的電話號碼如下：

<u>分區辦事處</u>	<u>電話號碼</u>
香港區辦事處	2961 8729
九龍區辦事處	2199 9149
新界東區辦事處	2158 5107
新界西區辦事處	2615 8571



Health Advice for Health Care Workers on the Prevention of Respiratory Tract Infections

Background

- In view of a recent outbreak of febrile respiratory illness among health care staff in Prince of Wales Hospital, the Department of Health is conducting a detailed investigation with the Hospital Authority and the Hong Kong University and Chinese University of Hong Kong to identify the cause of infection. The situation will be monitored closely.
- The Department of Health has informed the World Health Organization (WHO) about the latest developments. Hong Kong is working closely with the WHO on disease control and prevention.

Advice applicable to all

- As a precautionary measure, members of the public are advised to take precautionary measures to prevent respiratory infections:
 - Build up good body immunity. This means taking a proper diet, having regular exercise and adequate rest, reducing stress and avoiding smoking
 - Maintain good personal hygiene, and wash hands after sneezing, coughing or cleaning the nose
 - Maintain good ventilation
 - Avoid visiting crowded places with poor ventilation
 - Consult their doctor promptly if they develop respiratory symptoms

Caring for sick family members with respiratory illness

- Patients should consult a doctor if they are unwell.
- They should follow instructions given by the doctor including the use of drugs as prescribed and taking adequate rest as appropriate.
- Adhere to good personal hygiene practices.
- Ensure adequate ventilation.
- Patients should put on masks to reduce the chance of spread of infection to caretakers.
- Caretakers may also put on masks to reduce the chance of acquiring infection through the airways.

For school and pre-school institutions

- Child Care Centres / Kindergartens / Schools are advised to refer to the 'Guidelines on Prevention of Communicable Diseases in Child Care Centres / Kindergartens / Schools' published by the Department of Health in 2000 for general information on the prevention of communicable diseases in school and institutional settings. This is downloadable from the DH's website <http://www.info.gov.hk/dh>. Specific advice in the school and institutional setting that helps to prevent respiratory tract infections includes:



- Cleanse used toys and furniture properly
- Keep hands clean and wash hands properly
- Cover nose and mouth when sneezing or coughing
- Wash hands when they are dirtied by respiratory secretions e.g. after sneezing
- Use liquid soap for hand washing and disposable towel for drying hands
- Do not share towels

For other institutional settings

- A 'Guidelines on Prevention of Communicable Diseases in Residential Care Homes for the Elderly and People with Disabilities' published by the Department of Health is also available for general information on the prevention of communicable diseases in the particular institutional setting. This is downloadable from the DH's website <http://www.info.gov.hk/dh>.

For health care workers in clinic setting

- There is as at date no evidence of an outbreak of pneumonia cases in the community.
- All clinic staff should enforce strict infection control measures appropriate for their particular setting, especially observance of good personal hygiene.
- If staff fall sick, they should report to their seniors and take sick leave as appropriate.
- Where considered necessary, for example, treating or nursing a patient with respiratory symptom, staff may wear masks.
- The Department of Health will continue to monitor the situation of the pneumonia cases and issue advice accordingly.
- Patients with respiratory symptoms are advised to wear mask to reduce the chance of spread of the infection.

Notification of infections

- If unusual patterns of illnesses/sick leave in any setting are detected, please notify the respective Regional Office of the Department of Health. The contact numbers are as follows :

<u>Regional Office</u>	<u>Telephone Number</u>
Hong Kong Regional Office	2961 8729
Kowloon Regional Office	2199 9149
New Territories East Regional Office	2158 5107
New Territories West Regional Office	2615 8571



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17.3.2003
17:00 HR

1
健康資訊
HEALTH NEWS

2
每月精選
MONTHLY SPECIAL

4
男士健康
MEN'S HEALTH

5
預防呼吸道感染的健康指引
HEALTH ADVICE ON THE PREVENTION
OF RESPIRATORY TRACT INFECTIONS

<p>1 廣東話 Cantonese</p>	<p>1. (3045) 小一及小六預防白喉／破傷風及小兒麻痺疫苗注射 運動 2. (3012) 衛生署 24 小時健康教育熱線資料 3. (3013) 索取訂購健康教育錄影帶表格 4. (3053) 索取健康教育印刷教材表 5. (3066) 索取借用健康教育教材表</p>	<p>1. (4073) 認識流行性感冒 2. (4072) 暗瘡 3. (4067) 登革熱 4. (4069) 你真的需要健康產品嗎? 5. (4064) 紅眼症</p>	<p>1. (6010) 男士運動 2. (6011) 男士飲食 3. (6009) 男士與吸煙 4. (6015) 男士與杯中物 5. (6017) 男士賭博 6. (6014) 男士安全性事 7. (6008) 男士與精神壓力 8. (6012) 男士身體檢查 9. (6016) 陽痿 (勃起功能障礙) 0. (6013) 良性前列腺肥大症</p>	<p>1. (7014) 給市民的建議 2. (7015) 給學校、幼稚園、幼兒中心及其他院舍的建議 3. (7016) 給在診所工作的醫護人員的建議 4. (7017) 給照顧患有呼吸系統疾病的家人的建議 5. (7018) 如何呈報傳染病個案 6. (7019) 有關嚴重急性呼吸道症候群的旅遊忠告</p>
<p>2 普通話 Puloungua</p>	<p>1. (3045) 小一及小六預防白喉／破傷風及小兒麻痺疫苗注射 運動 2. (3012) 衛生署 24 小時健康教育熱線資料 3. (3013) 索取訂購健康教育錄影帶表格 4. (3053) 索取健康教育印刷教材表 5. (3066) 索取借用健康教育教材表</p>	<p>1. (4073) 認識流行性感冒 2. (4072) 暗瘡 3. (4067) 登革熱 4. (4069) 你是否需要健康產品嗎? 5. (4064) 紅眼症</p>	<p>1. (6010) 男士運動 2. (6011) 男士飲食 3. (6009) 男士與吸煙 4. (6015) 男士與杯中物 5. (6017) 男士賭博 6. (6014) 男士安全性事 7. (6008) 男士與精神壓力 8. (6012) 男士身體檢查 9. (6016) 陽痿 (勃起功能障礙) 0. (6013) 良性前列腺肥大症</p>	<p>1. (7014) 給市民的建議 2. (7015) 給學校、幼稚園、幼兒中心及其他院舍的建議 3. (7016) 給在診所工作的醫護人員的建議 4. (7017) 給照顧患有呼吸系統疾病的家人的建議 5. (7018) 如何呈報傳染病個案 6. (7019) 有關嚴重急性呼吸道症候群的旅遊忠告</p>
<p>3 英語 English</p>	<p>1. (3045) The Diphtheria, Tetanus and Oral Polio Myelitis Vaccination Campaign for Primary One and Primary Six Student 2. (3012) 24-Hour Health Education Hotline of the Department of Health 3. (3013) Order Form for Health Education Videos, VCDs and CD-ROMs 4. (3053) Request Form for Health Education Printed Materials 5. (3066) Loan Form for Health Education Materials</p>	<p>1. (4073) Information on Influenza 2. (4072) Pimples 3. (4067) Dengue Fever 4. (4069) Do You Really Need Health Products? 5. (4064) Conjunctivitis</p>	<p>1. (6010) Men and Physical Activity 2. (6011) Men and Diet 3. (6009) Men and Smoking 4. (6015) Men and Alcohol 5. (6017) Men and Gambling 6. (6014) Men and Sexual Health 7. (6008) Men and Stress 8. (6012) Health Checks for Men 9. (6016) Impotence (Erectile Dysfunction) 0. (6013) Prostate problem</p>	<p>1. (7014) Advice for Public 2. (7015) Advice for Schools, Pre-school Institutions and Other Institutional Settings 3. (7016) Advice for Health Care Workers in Clinic Setting 4. (7017) Advice for Caring for Sick Family Members with Respiratory Illness 5. (7018) Notification of Infections 6. (7019) Emergency Travel Advisory from World Health Organization</p>

M1004-C

請選擇所需服務：

{健康資訊}，按「1」字；{每月精選}，按「2」字；{健康專題}，按「3」字；
{男士健康}，按「4」字；{預防呼吸道感染的健康指引}，按「5」字。

M1004-P

請選擇所需服務：

{健康資訊}，按「1」字；{每月精選}，按「2」字；{健康專題}，按「3」字；
{男士健康}，按「4」字；{預防呼吸道感染的健康指引}，按「5」字。

M1004-E

Press '1' for 'Health News'; press '2' for 'Monthly Special'; press '3' for 'Health Topics',
press '4' for 'Men's Health', press '5' for 'Health Advice on the Prevention of
Respiratory Tract Infections'

M7000-C

喺{預防呼吸道感染的健康指引}方面，你有六項選擇

給市民的建議，請按「1」字

給學校、幼稚園、幼兒中心及其他院舍的建議，請按「2」字

給在診所工作的醫護人員的建議，請按「3」字

給照顧患有呼吸系統疾病的家人的建議，請按「4」字

如何呈報傳染病個案，請按「5」字

有關嚴重急性呼吸道症候群的旅遊忠告，請按「6」字

M7000-P

在{預防呼吸道感染的健康指引}方面，你有六項選擇

給市民的建議，請按「1」字

給學校、幼稚園、幼兒中心及其他院舍的建議，請按「2」字

給在診所工作的醫護人員的建議，請按「3」字

給照顧患有呼吸系統疾病的家人的建議，請按「4」字

如何呈報傳染病個案，請按「5」字

有關嚴重急性呼吸道症候群的旅遊忠告，請按「6」字

M7000-E

You can have six choices for 'Health Advice on the Prevention of Respiratory Tract Infections':

Advice for Public, please press '1'

Advice for Schools, Pre-school Institutions and Other Institutional Settings, please press '2'

Advice for Health Care Workers in Clinic Setting, please press '3'

Advice for Caring for Sick Family Members with Respiratory Illness, please press '4'

Notification of Infections, please press '5'

Emergency Travel Advisory from World Health Organization, please press '6'



預防呼吸道感染的健康指引

背景

威爾斯親王醫院近日有員工出現發燒及呼吸道感染的病徵，衛生署目前正與醫院管理局、香港大學和香港中文大學合力進行詳細調查，以確定感染的病因。衛生署會密切監察有關情況。

衛生署已將最新的發展知會世界衛生組織。本港有關當局正與世界衛生組織緊密合作，控制及預防感染擴散。

給所有市民的指引

我們呼籲市民作好預防，採取下列預防呼吸道感染的措施：

- 注意均衡飲食、定時進行運動、有足夠休息、減輕壓力和避免吸煙，以增強身體的抵抗力。
- 保持良好的個人衛生習慣，打噴嚏、咳嗽和清潔鼻子後要洗手。
- 保持空氣流通。
- 避免前往人煙稠密的地方。
- 如有呼吸道感染病徵，應盡早找醫生診治。

給學校／幼稚園／幼兒中心的指引

衛生署在 2000 年印製了一本名為「幼兒中心／幼稚園／學校預防傳染病指引」的小冊子，為各學校及機構提供預防傳染病的資訊。該小冊子可從衛生署網頁 <http://www.info.gov.hk/dh> 下載。我們呼籲院方採取以下的具體預防措施，以預防呼吸道感染：

- 用過的玩具及家具須清洗妥當。
- 保持雙手清潔，並用正確方法洗手。
- 打噴嚏或咳嗽時應掩着口鼻。
- 雙手被呼吸系統分泌物弄污後(如打噴嚏後)應洗手。
- 用肥皂液洗手，然後以用後即棄的紙巾抹乾。
- 不應共用毛巾。

給其他院舍的指引

衛生署印製了一本名為「安老院及殘疾人士宿舍預防傳染病指引」的小冊子，為有關院舍提供預防傳染病的資訊。該小冊子亦可從衛生署網頁 <http://www.info.gov.hk/dh> 下載。

給在診所工作的醫護人員的指引

- 到目前為止，並無證據顯示在社區的肺炎個案數字有不尋常的增加。
- 所有醫護人員應嚴格執行適用於所屬環境的控制傳染病措施，尤其應注意良好個人衛生。
- 如職員患病，應知會上司。如有需要，應放取病假。
- 如有需要，例如為有呼吸道病徵的病人提供治療或護理時，可戴上口罩。
- 衛生署會繼續監察肺炎個案的情況，並提供適當的指引。
- 有呼吸道病徵的病人宜戴上口罩，減低傳染病擴散的機會。



照顧患有呼吸系統疾病的家人

- 任何人士如有不適，應找醫生診治。
- 患者應遵從醫生指示，包括適當服用處方藥物及充分休息。
- 保持良好個人衛生。
- 確保室內空氣流通。
- 患者應戴上口罩，減低傳染給照顧者的機會。
- 照顧者可戴上口罩，減低透過呼吸道受感染的機會。

呈報傳染病個案

如發現不尋常的病況／病假情形，請通知該區的衛生署分區辦事處。各辦事處的電話號碼如下：

- 香港區辦事處 2961 8729
- 九龍區辦事處 2199 9149
- 新界東區辦事處 2158 5107
- 新界西區辦事處 2615 8571



有關〈嚴重急性呼吸道症候群〉的旅遊忠告

在過去一週內，世界衛生組織接獲超過 150 宗懷疑患上「嚴重急性呼吸道症候群」的新個案報告。該等報告源自加拿大、中國、德國、香港特區、印尼、菲律賓、新加坡、泰國和越南。該症候群屬於非典型肺炎，病原體尙未能確定。由於該症候群在短時間內在多個國家出現，世界衛生組織於三月十五日向旅客及航空公司發出以下緊急旅遊忠告：

所有出境或入境的旅客應對「嚴重急性呼吸道症候群」的主要徵狀有所認識，其中包括：

- 高熱（體溫超過攝氏 38 度）；及
- 任何咳嗽、氣促或呼吸困難等徵狀；及
- 曾經緊密接觸*該病的患者或曾於近期往訪發生該病的地區。
* 緊密接觸者指曾照顧該病的患者；與患者同住；或接觸過患者的呼吸道分泌物和體液。

該病的其他徵狀包括頭痛、肌肉僵硬、食慾不振、疲倦、神志不清、皮疹和肚瀉。

旅客感染以上的症狀群是罕見的。如不幸發生，旅客應請教醫生，並切記細訴最近的旅遊史。又任何旅客如出現這些症狀群，最好不要繼續旅程，直至康復為止。

如航機上的旅客或機務人員出現以上的症狀群，患者抵步後應被轉介至當地機場的港口衛生處，以作治理。同行的旅客和機務人員須被知會當中曾有懷疑患上「嚴重急性呼吸道症候群」的人士，同時亦應向衛生當局提供未來 14 天的聯絡資料。

現階段並無根據需要限制健康的乘客繼續他們的旅程，但乘客如出現上列任何徵狀，最好往見醫生。

世界衛生組織聲言，現時並沒有建議旅客避免前往任何目的地。

2003 年 3 月 16 日



Health Advice on the Prevention of Respiratory Tract Infections

Background

In view of a recent outbreak of febrile respiratory illness among health care staff in Prince of Wales Hospital, the Department of Health is conducting a detailed investigation with the Hospital Authority and the Hong Kong University and Chinese University of Hong Kong to identify the cause of infection. The situation will be monitored closely.

The Department of Health has informed the World Health Organization (WHO) about the latest developments. Hong Kong is working closely with the WHO on disease control and prevention.

Advice applicable to all

As a precautionary measure, members of the public are advised to take precautionary measures to prevent respiratory infections:

- Build up good body immunity. This means taking a proper diet, having regular exercise and adequate rest, reducing stress and avoiding smoking.
- Maintain good personal hygiene, and wash hands after sneezing, coughing or cleaning the nose.
- Maintain good ventilation.
- Avoid visiting crowded places with poor ventilation.
- Consult their doctor promptly if they develop respiratory symptoms.

For schools and pre-school institutions

Child Care Centres / Kindergartens / Schools are advised to refer to the 'Guidelines on Prevention of Communicable Diseases in Child Care Centres / Kindergartens / Schools' published by the Department of Health in 2000 for general information on the prevention of communicable diseases in school and institutional settings. This is downloadable from the DH's website <http://www.info.gov.hk/dh>. Specific advice in the school and institutional setting that helps to prevent respiratory tract infections includes:

- Cleanse used toys and furniture properly.
- Keep hands clean and wash hands properly.
- Cover nose and mouth when sneezing or coughing.
- Wash hands when they are dirtied by respiratory secretions e.g. after sneezing.
- Use liquid soap for hand washing and disposable towel for drying hands.
- Do not share towels.

For other institutional settings

A 'Guidelines on Prevention of Communicable Diseases in Residential Care Homes for the Elderly and People with Disabilities' published by the Department of Health is also available for general information on the prevention of communicable diseases in the particular institutional setting. This is downloadable from the DH's website <http://www.info.gov.hk/dh>.



For health care workers in clinic setting

- There is as at date no evidence of an outbreak of pneumonia cases in the community.
- All clinic staff should enforce strict infection control measures appropriate for their particular setting, especially observance of good personal hygiene.
- If staff fall sick, they should report to their seniors and take sick leave as appropriate.
- Where considered necessary, for example, treating or nursing a patient with respiratory symptom, staff may wear masks.
- The Department of Health will continue to monitor the situation of the pneumonia cases and issue advice accordingly.
- Patients with respiratory symptoms are advised to wear mask to reduce the chance of spread of the infection.

Caring for sick family members with respiratory illness

- Patients should consult a doctor if they are unwell.
- They should follow instructions given by the doctor including the use of drugs as prescribed and taking adequate rest as appropriate.
- Adhere to good personal hygiene practices.
- Ensure adequate ventilation.
- Patients should put on masks to reduce the chance of spread of infection to caretakers.
- Caretakers may also put on masks to reduce the chance of acquiring infection through the airways.

Notification of infections

If unusual patterns of illnesses/sick leave in any setting are detected, please notify the respective Regional Office of the Department of Health. The contact numbers are as follows:

- Hong Kong Regional Office 2961 8729
- Kowloon Regional Office 2199 9149
- New Territories East Regional Office 2158 5107
- New Territories West Regional Office 2615 8571



Emergency Travel Advisory from World Health Organization

During the past week, the World Health Organization (WHO) has received reports of more than 150 new suspected cases of Severe Acute Respiratory Syndrome (SARS), an atypical pneumonia for which cause has not yet been determined. Reports to date have been received from Canada, China, Germany, Hong Kong SAR, Indonesia, Philippines, Singapore, Thailand, and Viet Nam. Due to the occurrence of SARS in several countries in a short period of time, the WHO on 15 Mar 2003 has issued the following emergency guidance for travellers and airlines:

All out-bound and in-bound travellers should be aware of main symptoms and signs of SARS which include:

- high fever ($>38^{\circ}\text{C}$); AND
- one or more respiratory symptoms including cough, shortness of breath, difficulty breathing; AND
- close contact* with a person who has been diagnosed with SARS, OR have a recent history of travel to areas reporting cases of SARS.

* *Close contact means having cared for, having lived with, or having had direct contact with respiratory secretions and body fluids of a person with SARS.*

In addition to fever and respiratory symptoms, SARS may be associated with other symptoms including: headache, muscular stiffness, loss of appetite, malaise, confusion, rash, and diarrhea.

In the unlikely event of a traveller experiencing this combination of symptoms they should seek medical attention and ensure that information about their recent travel is passed on to the health care staff. Any traveller who develops these symptoms is advised not to undertake further travel until they have recovered.

For airlines, should a passenger or crew member who meets the criteria above travel on a flight, the aircraft should alert the destination airport. On arrival the sick passenger should be referred to airport health authorities for assessment and management. The aircraft passengers and crew should be informed of the person's status as a suspect case of SARS. The passengers and crew should provide all contact details for the subsequent 14 days to the airport health authorities.

There are currently no indications to restrict the onward travel of healthy passengers, but all passengers and crew should be advised to seek medical attention if they develop the symptoms highlighted above.

It should be noted that presently WHO had **NO** recommendation for people to restrict travel to any destination.



2833 0111

18.3.2003
15:00 HR

1
健康資訊
HEALTH NEWS

2
每月精選
MONTHLY SPECIAL

4
男士健康
MEN'S HEALTH

5
預防呼吸道感染健康指引
HEALTH ADVICE ON THE PREVENTION
OF RESPIRATORY TRACT INFECTIONS

<p>1 廣東話 Cantonese</p>	<p>1. (3045) 小一及小六預防白喉/破傷風及小兒麻痺疫苗注射 2. (3012) 衛生署 24 小時健康教育熱線資料 3. (3013) 訂購健康教育錄影帶、視像光碟及電腦光碟表格 4. (3053) 索取健康教育印刷教材表格 5. (3066) 索取借用健康教育教材表格</p>	<p>1. (4073) 認識流行性感 2. (4072) 暗瘡 3. (4067) 登革熱 4. (4069) 你真的需要健康產品嗎? 5. (4064) 紅眼症</p>	<p>1. (6010) 男士運動 2. (6011) 男士飲食 3. (6009) 男士與吸煙 4. (6015) 男士與杯中物 5. (6017) 男士賭博 6. (6014) 男士安全性事 7. (6008) 男士與精神壓力 8. (6012) 男士身體檢查 9. (6016) 陽痿 (勃起功能障礙) 0. (6013) 良性前列腺肥大症</p>	<p>1. (7020) 如何保障自己的健康 2. (7021) 給在公共場所的市民及工友人士的建議 3. (7022) 給公共交通操作人員的建議 4. (7015) 給學校、幼稚園、幼兒中心及其他院舍的建議 5. (7016) 給在診所工作的醫護人員的建議 6. (7018) 如何呈報傳染病個案 7. (7019) 有關嚴重急性呼吸道症候群的旅遊忠告</p>
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<p>3 英語 English</p>	<p>1. (3045) The Diphtheria, Tetanus and Oral Polio Myelitis Vaccination Campaign for Primary One and Primary Six Student 2. (3012) 24-Hour Health Education Hotline of the Department of Health 3. (3013) Order Form for Health Education Videos, VCDs and CD-ROMs 4. (3053) Request Form for Health Education Printed Materials 5. (3066) Loan Form for Health Education Materials</p>	<p>1. (4073) Information on Influenza 2. (4072) Pimples 3. (4067) Dengue Fever 4. (4069) Do You Really Need Health Products? 5. (4064) Conjunctivitis</p>	<p>1. (6010) Men and Physical Activity 2. (6011) Men and Diet 3. (6009) Men and Smoking 4. (6015) Men and Alcohol 5. (6017) Men and Gambling 6. (6014) Men and Sexual Health 7. (6008) Men and Stress 8. (6012) Health Checks for Men 9. (6016) Impotence (Erectile Dysfunction) 0. (6013) Prostate problem</p>	<p>1. (7020) Protecting Yourself Against Respiratory Tract Infections 2. (7021) Advice for Members of Public and Workers in Public Places 3. (7022) Advice for Public Transport Operators 4. (7015) Advice for Schools, Pre-school Institutions and Other Institutional Settings 5. (7016) Advice for Health Care Workers in Clinic Setting 6. (7018) Notification of Infections 7. (7019) Emergency Travel Advisory from World Health Organization</p>

Amex C

M7000-C

喺(預防呼吸道感染的健康指引)方面, 你有七項選擇
如何保障自己的健康, 請按「1」字
給在公共場所的市民及工作人員的建議, 請按「2」字
給公共交通操作人員的建議, 請按「3」字
給學校、幼稚園、幼兒中心及其他院舍的建議, 請按「4」字
給在診所工作的醫護人員的建議, 請按「5」字
如何呈報傳染病個案, 請按「6」字
有關嚴重急性呼吸道症候群的旅遊忠告, 請按「7」字

M7000-P

在(預防呼吸道感染的健康指引)方面, 你有七項選擇
如何保障自己的健康, 請按「1」字
給在公共場所的市民及工作人員的建議, 請按「2」字
給公共交通操作人員的建議, 請按「3」字
給學校、幼稚園、幼兒中心及其他院舍的建議, 請按「4」字
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如何呈報傳染病個案, 請按「6」字
有關嚴重急性呼吸道症候群的旅遊忠告, 請按「7」字

M7000-E

You can have 7 choices for 'Health Advice on the Prevention of Respiratory Tract Infections':

Protecting Yourself Against Respiratory Tract Infections, please press '1'

Advice for Members of Public and Workers in Public Places, please press '2'

Advice for Public Transport Operators, please press '3'

Advice for Schools, Pre-school Institutions and Other Institutional Settings, please press '4'

Advice for Health Care Workers in Clinic Setting, please press '5'

Notification of Infections, please press '6'

Emergency Travel Advisory from World Health Organization, please press '7'



預防呼吸道感染 - 如何保障自己的健康

預防呼吸道感染，市民應採取下列措施：

- 注意均衡飲食、定時進行運動、有足夠休息、減輕壓力和避免吸煙，以增強身體的抵抗力。
- 保持良好的個人衛生習慣，打噴嚏或咳嗽時應掩着口鼻。
- 保持雙手清潔，並用正確方法洗手，用皂液洗手，然後以用後即棄的紙巾抹乾。
- 雙手被呼吸系統分泌物弄污後(如打噴嚏後)應洗手。
- 不應共用毛巾。
- 保持家居清潔，家具須清洗妥當。
- 保持室內空氣流通。
- 避免前往人煙稠密的地方。
- 如有呼吸道感染病徵，應盡早找醫生診治。

照顧患有呼吸系統疾病的家人：

- 任何人士如有不適，應找醫生診治。
- 患者應遵從醫生指示，包括適當服用處方藥物及充份休息。
- 保持良好個人衛生。
- 確保室內空氣流通。
- 患者應戴上口罩，減低傳染給照顧者的機會。
- 照顧者可戴上口罩，減低透過呼吸道受感染的機會。

2003年3月17日



預防呼吸道感染 - 在人煙稠密的地方

市民 應採取預防呼吸道感染的措施，避免前往人煙稠密的地方。如必須到公共場所如戲院、酒樓等，請採取以下措施：

- 保持良好的個人衛生習慣，打噴嚏或咳嗽時應掩着口鼻。
- 用過的紙巾應妥善棄置。
- 保持雙手清潔，雙手被呼吸系統分泌物弄污後(如打噴嚏後)應洗手。
- 切勿與人共用毛巾。
- 如有呼吸道感染病徵，應盡早找醫生診治，並應遵從指示，包括適當服用處方藥物及充份休息。
- 有呼吸道病徵的病人宜戴上口罩，減低傳染病擴散的機會。

在公共場所工作的人員 也應採取以下預防呼吸道感染的措施：

- 保持良好的個人衛生習慣，打噴嚏或咳嗽時應掩着口鼻。
- 打噴嚏、咳嗽和清潔鼻子後要洗手。
- 如有呼吸道感染病徵，應盡早找醫生診治。
- 確保環境設施有大量新鮮空氣流通。
- 如有關設施採用空調系統，便應確保有頻密的新鮮空氣引入及保持系統有適當清潔和維修保養。
- 確保沖廁設備運作妥當。
- 廁所內應備皂液，及用後即棄的紙巾或乾手機。
- 環境設施（包括傢具及廁所設備）應定期清洗及消毒（至少每日一次），使用經稀釋的家用漂白水（例如：將 1 份家用漂白水加入 99 份清水內），其後用清水沖洗及抹乾。
- 如環境設施被嘔吐物弄污，應立即用 1:49（即把 1 份漂白水與 49 份水混和）稀釋家用漂白水清洗，其後用清水沖洗及抹乾。

2003 年 3 月 17 日



預防呼吸道感染 - 給公共交通操作人員的健康貼士

背景：

威爾斯親王醫院近日有員工出現發燒及呼吸道感染的病徵，衛生署目前正與醫院管理局、香港大學和香港中文大學合力進行詳細調查，以確定感染的病因。衛生署會密切監察有關情況。

衛生署已將最新的發展知會世界衛生組織並正與世界衛生組織緊密合作，控制及預防感染擴散。

健康建議：

1. 我們呼籲公共交通操作員作好預防，在車廂內採取下列預防呼吸道感染的措施：
 - 保持良好的個人衛生習慣，打噴嚏或咳嗽時應掩着口鼻。
 - 打噴嚏、咳嗽和清潔鼻子後要洗手。
 - 如有呼吸道感染病徵，應盡早找醫生診治。
2. 保持車廂空氣流通：
 - 盡量打開車窗，確保車廂內空氣流通。
 - 如屬密封式車廂，則應經常清洗空調系及保持其性能良好。
3. 保持車廂環境清潔：
 - 定期以 1:99（即把 1 份漂白水與 99 份水混和）稀釋家用漂白水沖洗／拭抹車廂。
 - 備有紙巾以便乘客有需要時使用。
 - 備有嘔吐袋以便乘客使用。
 - 如車廂被嘔吐物弄污，應立即用 1:49（即把 1 份漂白水與 49 份水混和）稀釋家用漂白水清洗。
4. 請提供下列的建議給乘客：
 - 注意個人衛生，打噴嚏或咳嗽時應用手帕或紙巾掩着口鼻。
 - 用過的紙巾應妥善棄置。
 - 如需嘔吐，應使用嘔吐袋並妥善棄置。
 - 如有呼吸道感染病徵，應盡早找醫生診治。

2003 年 3 月 15 日

e7020



2833 0111

Prevention of Respiratory Tract Infections
- Protect Yourself

As a precautionary measure members of the public are advised to take the following actions:

- Build up good body immunity. This means taking a proper diet, having regular exercise and adequate rest, reducing stress and avoiding smoking
- Maintain good personal hygiene. Cover nose and mouth when sneezing or coughing
- Keep hands clean and wash hands properly. Use liquid soap for hand washing and disposable towel for drying hands
- Wash hands when they are dirtied by respiratory secretions e.g. after sneezing
- Do not share towels
- Keep home environment clean, and cleanse furniture properly
- Maintain good indoor ventilation
- Avoid visiting crowded places with poor ventilation
- Consult your doctor promptly if you develop respiratory symptoms

Caring for sick family members with respiratory tract infections:

- Persons who are unwell should consult a doctor
- They should follow instructions given by the doctor including the use of drugs as prescribed and taking adequate rest as appropriate
- Adhere to good personal hygiene practices
- Patients should put on masks to reduce the chance of spread of infection to caretakers
- Caretakers may also put on masks to reduce the chance of acquiring infection through the airways

17 March 2003



Prevention of Respiratory Tract Infections
- Health Advice in Public Places

Members of the public are advised to avoid frequenting crowded public places to prevent the spread of respiratory tract infections. When visiting crowded places such as cinemas and restaurants, the following precautionary measures should be taken :

- Maintain good personal hygiene. Cover nose and mouth when sneezing or coughing.
- Dispose of used tissue paper properly.
- Keep hands clean. Wash hands when they are dirtied by respiratory secretions e.g. after sneezing
- Do not share towels.
- Consult your doctor promptly if you develop respiratory symptoms, and follow instructions given by your doctor including the use of drugs as prescribed and adequate rest as appropriate.
- Patients should put on masks to reduce the chance of spread of infection.

Workers in public places should take the following precautionary measures to reduce the chance of spread of infection:

- Maintain good personal hygiene. Cover nose and mouth when sneezing or coughing
- Wash hands after sneezing, coughing or cleaning the nose
- Consult your doctor promptly if you develop respiratory symptoms
- Allow plenty of fresh air into the indoor environment
- If the facilities are mechanically ventilated, ensure frequent air exchanges and proper maintenance and cleansing of the system
- Ensure that toilet flushing apparatus is functioning properly
- Provide toilets with liquid soap and disposable tissue towels or hand dryers
- Cleanse and disinfect the facilities (including furniture and toilet facilities) regularly (at least once a day), using diluted household bleach (i.e. adding 1 part of household bleach to 99 parts of water), rinse with water and then mop dry
- If the facilities are contaminated with vomitus, wash / wipe with diluted domestic bleach (mixing 1 part of bleach with 49 parts of water) immediately

17 March 2003



Prevention of Respiratory Tract Infections
– Health Advice for Public Transport Operators

Background

In view of a recent outbreak of febrile respiratory illness among health care staff in Prince of Wales Hospital, the Department of Health is conducting a detailed investigation with the Hospital Authority, the University of Hong Kong and Chinese University of Hong Kong to identify the cause of infection. The situation will be monitored closely.

The Department of Health has informed the World Health Organization (WHO) about the latest developments. The Department is working closely with the WHO on disease control and prevention.

Health Advice

1. Public transport operators are advised to take the following precautionary measures on vehicles to prevent respiratory infections:
 - Maintain good personal hygiene. Cover the nose and mouth when sneezing or coughing.
 - Wash hands after sneezing, coughing or cleaning the nose.
 - Consult the doctor promptly if you develop symptoms of respiratory tract infection.
2. Maintain good ventilation on vehicles:
 - Open the windows whenever possible to ensure good ventilation.
 - For closed vehicle compartments, clean the air-conditioning system frequently to maintain good functioning.
3. Keep vehicle compartments clean:
 - Wash / wipe vehicle compartments with diluted domestic bleach (mixing 1 part of bleach with 99 parts of water) regularly.
 - Make tissue paper available for passengers' use when necessary.
 - Make vomit bags available for passengers' use.
 - If vehicle compartments are contaminated with vomitus, wash / wipe with diluted domestic bleach (mixing 1 part of bleach with 49 parts of water) immediately.
4. Please advise passengers as follows:
 - Observe personal hygiene. Cover the nose and mouth with handkerchief or tissue paper when sneezing or coughing.
 - Dispose of used tissue paper properly.
 - Use a vomit bag to hold vomitus and dispose of it properly.
 - Consult the doctor promptly if they develop symptoms of respiratory tract infection.

15 March 2003



2833 0111

26.3.2003
13:00 HR

1
預防非典型肺炎
PREVENTION OF ATYPICAL
PNEUMONIA

2
每月精選
MONTHLY SPECIAL

4
男士健康
MEN'S HEALTH

5
健康資訊
HEALTH NEWS

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Annex D



衛生署「非典型肺炎」健康講座

為加強市民對預防感染非典型肺炎的認識，衛生署聯同民政事務總署在多個地區舉辦連串講座，由三月二十六日至四月三日，於沙田、跑馬地、油麻地、荃灣及大埔舉辦連串有關「非典型肺炎」的一小時健康講座，每天五場，並以講座以粵語進行，歡迎市民參加。

日期	地區	地點	地址
26/3/2003 (星期三)	沙田區	瀝源社區會堂	新界沙田瀝源邨
27/3/2003 (星期四)	灣仔區	禮頓山社區會堂	香港黃泥涌道 133 號
28/3/2003 (星期六)	油尖旺區	梁顯利油麻地社區中心	九龍油麻地眾坊街 60 號
29/3/2003 (星期六)	荃灣區	雅麗珊社區中心	新界荃灣大河道 60 號
31/3/2003 (星期一)	大埔區	太和鄰里社區中心	新界大埔太和邨
1/4/2003 (星期二)	灣仔區	禮頓山社區會堂	香港黃泥涌道 133 號
2/4/2003 (星期三)	油尖旺區	梁顯利油麻地社區中心	九龍油麻地眾坊街 60 號
3/4/2003 (星期四)	荃灣區	雅麗珊社區中心	新界荃灣大河道 60 號

查詢詳情／預留座位電話：2961 8673（辦公時間）



預防呼吸道感染 - 如何保障自己的健康

預防呼吸道感染，市民應採取下列措施：

- 注意均衡飲食、定時進行運動、有足夠休息、減輕壓力和避免吸煙，以增強身體的抵抗力。
- 保持良好的個人衛生習慣，打噴嚏或咳嗽時應掩着口鼻。
- 保持雙手清潔，並用正確方法洗手，用肥皂液洗手，然後以用後即棄的紙巾抹乾。
- 雙手被呼吸系統分泌物弄污後(如打噴嚏後)應洗手。
- 應避免觸摸眼睛、鼻及口，如需觸摸，應先洗手。
- 不應共用毛巾。
- 進食時，應用公匙和公筷。
- 保持家居清潔，傢具（包括電話）應定期（至少每天一次）用浸透稀釋的家用漂白水（即將1份家用漂白水加入99份清水內）的毛巾拭抹，然後用清水再揩抹乾淨。
- 保持家居清潔，傢具須清洗妥當。
- 保持室內空氣流通。
- 避免前往人煙稠密的地方。
- 如有呼吸道感染病徵，應盡早找醫生診治。

照顧患有呼吸系統疾病的家人：

- 任何人士如有不適，應找醫生診治。
- 患者應遵從醫生指示，包括適當服用處方藥物及充份休息。
- 保持良好個人衛生
- 確保室內空氣流通。
- 患者應戴上口罩，減低傳染給照顧者的機會。
- 照顧者可戴上口罩，減低透過呼吸道受感染的機會。



預防呼吸道感染 - 在人煙稠密的地方

市民 應採取預防呼吸道感染的措施，避免前往人煙稠密的地方。如必須到公共場所如戲院、酒樓等，請採取以下措施：

- 保持良好的個人衛生習慣，打噴嚏或咳嗽時應掩着口鼻。
- 用過的紙巾應妥善棄置。
- 保持雙手清潔，雙手被呼吸系統分泌物弄污後(如打噴嚏後)應洗手。
- 應避免觸摸眼睛、鼻及口，如需觸摸，應先洗手。
- 切勿與人共用毛巾。
- 進食時，應用公匙和公筷。
- 如有呼吸道感染病徵，應盡早找醫生診治，並應遵從指示，包括適當服用處方藥物及充份休息。
- 有呼吸道病徵的病人宜戴上口罩，減低傳染病擴散的機會。

在公共場所工作的人員 也應採取以下預防呼吸道感染的措施：

- 保持良好的個人衛生習慣，打噴嚏或咳嗽時應掩着口鼻。
- 打噴嚏、咳嗽和清潔鼻子後要洗手。
- 應避免觸摸眼睛、鼻及口，如需觸摸，應先洗手。
- 如有呼吸道感染病徵，應盡早找醫生診治及放取病假。
- ~~如有呼吸道感染病徵，應盡早找醫生診治。~~
- 確保環境設施有大量新鮮空氣流通。
- 如有關設施採用空調系統，便應確保有頻密的新鮮空氣引入及保持系統有適當清潔和維修保養。
- 確保沖廁設備運作妥當。
- 廁所內應備肥皂液，及用後即棄的紙巾或乾手機。
- 環境設施（包括傢具、公用電話及廁所設備）應定期（最少每天一次）使用稀釋的家用漂白水清洗或拭抹，（即把 1 份家用漂白水與 99 份清水混和），然後用清水沖洗及抹乾。
- 如環境設施被嘔吐物弄污，應立即用 1:49（即把 1 份漂白水與 49 份清水混和）稀釋家用漂白水清洗，其後用清水沖洗及抹乾。



預防呼吸道感染的健康指引

背景

威爾斯親王醫院近日有員工出現發燒及呼吸道感染的病徵，衛生署目前正與醫院管理局、香港大學和香港中文大學合力進行詳細調查，以確定感染的病因。衛生署會密切監察有關情況。

衛生署已將最新的發展知會世界衛生組織。本港有關當局正與世界衛生組織緊密合作，控制及預防感染擴散。

給所有市民的指引

我們呼籲市民作好預防，採取下列預防呼吸道感染的措施：

- 注意均衡飲食、定時進行運動、有足夠休息、減輕壓力和避免吸煙，以增強身體的抵抗力。
- 保持良好的個人衛生習慣，打噴嚏、咳嗽和清潔鼻子後要洗手。
- 應避免觸摸眼睛、鼻及口，如需觸摸，應先洗手。
- 不應共用毛巾。
- 進食時，應用公匙和公筷。
- 保持空氣流通。
- 避免前往人煙稠密的地方。
- 如有呼吸道感染病徵，應盡早找醫生診治。

給學校／幼稚園／幼兒中心的指引

衛生署在 2000 年印製了一本名為「幼兒中心／幼稚園／學校預防傳染病指引」的小冊子，為各學校及機構提供預防傳染病的資訊。該小冊子可從衛生署網頁 <http://www.info.gov.hk/dh> 下載。我們呼籲院方採取以下的具體預防措施，以預防呼吸道感染：

- 用過的玩具及家具須清洗妥當。
- 保持雙手清潔，並用正確方法洗手。
- 打噴嚏或咳嗽時應掩着口鼻。
- 雙手被呼吸系統分泌物弄污後(如打噴嚏後)應洗手。
- 用肥皂液洗手，然後以用後即棄的紙巾抹乾。
- 不應共用毛巾。

給其他院舍的指引

衛生署印製了一本名為「安老院及殘疾人士宿舍預防傳染病指引」的小冊子，為有關院舍提供預防傳染病的資訊。該小冊子亦可從衛生署網頁 <http://www.info.gov.hk/dh> 下載。

給在診所工作的醫護人員的指引

- 到目前為止，並無證據顯示在社區的肺炎個案數字有不尋常的增加。
- 所有醫護人員應嚴格執行適用於所屬環境的控制傳染病措施，尤其應注意良好個人衛生。
- 如職員患病，應知會上司。如有需要，應放取病假。
- 如有需要，例如為有呼吸道病徵的病人提供治療或護理時，可戴上口罩。
- 衛生署會繼續監察肺炎個案的情況，並提供適當的指引。
- 有呼吸道病徵的病人宜戴上口罩，減低傳染病擴散的機會。



預防呼吸道感染 - 給公共交通操作人員的健康貼士

背景：

威爾斯親王醫院近日有員工出現發燒及呼吸道感染的病徵，衛生署目前正與醫院管理局、香港大學和香港中文大學合力進行詳細調查，以確定感染的病因。衛生署會密切監察有關情況。

衛生署已將最新的發展知會世界衛生組織並正與世界衛生組織緊密合作，控制及預防感染擴散。

健康建議：

1. 我們呼籲公共交通操作員作好預防，在車廂內採取下列預防呼吸道感染的措施：
 - 保持良好的個人衛生習慣，打噴嚏或咳嗽時應掩着口鼻。
 - 打噴嚏、咳嗽和清潔鼻子後要洗手。
 - 應避免觸摸眼睛、鼻及口，如需觸摸，應先洗手。
 - 如有呼吸道感染病徵，應盡早找醫生診治及放取病假。
2. 保持車廂空氣流通：
 - 盡量打開車窗，確保車廂內空氣流通。
 - 如屬密封式車廂，則應經常清洗空調系統及保持其性能良好。
3. 保持車廂環境清潔：
 - 定期以 1:99（即把 1 份漂白水與 99 份水混和）稀釋家用漂白水沖洗／拭抹車廂。
 - 備有紙巾以便乘客有需要時使用。
 - 備有嘔吐袋以便乘客使用。
 - 如車廂被嘔吐物弄污，應立即用 1:49（即把 1 份漂白水與 49 份水混和）稀釋家用漂白水清洗。
4. 請提供下列的建議給乘客：
 - 注意個人衛生，打噴嚏或咳嗽時應用手帕或紙巾掩着口鼻。
 - 用過的紙巾應妥善棄置。
 - 如需嘔吐，應使用嘔吐袋並妥善棄置。
 - 如有呼吸道感染病徵，應盡早找醫生診治。



照顧患有呼吸系統疾病的家人

- 任何人士如有不適，應找醫生診治。
- 患者應遵從醫生指示，包括適當服用處方藥物及充分休息。
- 保持良好個人衛生。
- 確保室內空氣流通。
- 患者應戴上口罩，減低傳染給照顧者的機會。
- 照顧者可戴上口罩，減低透過呼吸道受感染的機會。

探望病者的家人

前往醫院探望病者時，家人應戴上口罩，並在探望完畢時徹底洗手，以減低受感染的機會。

呈報傳染病個案

如發現不尋常的病況／病假情形，請通知該區的衛生署分區辦事處。各辦事處的電話號碼如下：

- 香港區辦事處 2961 8729
- 九龍區辦事處 2199 9149
- 新界東區辦事處 2158 5107
- 新界西區辦事處 2615 8571



有關運輸工具乘務人員處理嚴重呼吸系統綜合症的保健忠告

現時已有 13 個國家報告了超過 450 宗非典型肺炎病例。該病亦稱「嚴重呼吸系統綜合症」，世界衛生組織則稱之為「嚴重急性呼吸道症候群」。病原體相信是副黏液病毒或冠狀病毒。傳播途徑主要以呼吸道飛沫為主，或許體液為副；應不會經普通接觸受感染。

艙務人員如發覺有乘客染上呼吸道疾病，非常不適，應採取以下措施：-

- 將該患病乘客盡量遠離其他乘客；
- 為病者帶上手術用的口罩，減低飛沫傳播；
- 如沒有口罩，可用紙手巾替代，並囑病者咳嗽時以紙巾掩蓋口鼻；
- 艙務人員毋須時常佩帶口罩；
- 緊記接觸病者後一定要用肥皂液和清水洗手。

運輸工具(即飛機、船舶等)上的乘務人員需認識該綜合症的徵狀，即發熱(體溫超過攝氏 38 度)及咳嗽、氣促或呼吸困難等病徵。假如你感到不適或懷疑染上該綜合症，請盡快往見你的醫生，並告訴可能受到感染。

機長、船長等如發覺有乘客染上該綜合症，需向目的地的港口衛生部門呈報。衛生當局會對運輸工具的入境人士提供適當的醫務支援。



Prevention of Respiratory Tract Infections
- Protect Your Health

As a precautionary measure members of the public are advised to take the following actions:

- Build up good body immunity. This means taking a proper diet, having regular exercise and adequate rest, reducing stress and avoiding smoking.
- Maintain good personal hygiene. Cover nose and mouth when sneezing or coughing.
- Keep hands clean and wash hands properly. Use liquid soap for hand washing and disposable towel for drying hands.
- Wash hands when they are dirtied by respiratory secretions e.g. after sneezing.
- Do not share towels.
- Use serving utensils at meal times.
- Keep home environment clean. Wipe furniture (including telephone) regularly (at least once a day) with a piece of towel soaked with diluted household bleach (i.e. adding 1 part of household bleach to 99 parts of water), and then wipe with a piece of towel soaked with water.
- Maintain good indoor ventilation.
- Avoid visiting crowded places with poor ventilation.
- Consult your doctor promptly if you develop respiratory symptoms.

Caring for sick family members with respiratory tract infections:

- Persons who are unwell should consult a doctor.
- They should follow instructions given by the doctor including the use of drugs as prescribed and taking adequate rest as appropriate.
- Adhere to good personal hygiene practices.
- Patients should put on masks to reduce the chance of spread of infection to carers.
- Carers may also put on masks to reduce the chance of acquiring infection through the airways.



Prevention of Respiratory Tract Infections
– Health Advice in Public Places

Members of the public are advised to avoid frequenting crowded public places to prevent the spread of respiratory tract infections. When visiting crowded places such as cinemas and restaurants, the following precautionary measures should be taken :

- Maintain good personal hygiene. Cover nose and mouth when sneezing or coughing.
- Dispose of used tissue paper properly.
- Keep hands clean. ✕Wash hands when they are dirtied by respiratory secretions e.g. after sneezing.
- Avoid touching the eyes, nose and mouth. ✕If necessary, wash hands before touching them.
- Do not share towels.
- Use serving utensils at meal times.
- Consult your doctor promptly if you develop respiratory symptoms, and follow instructions given by your doctor including the use of drugs as prescribed and adequate rest as appropriate.
- Patients should put on masks to reduce the chance of spread of infection.

Workers in public places should take the following precautionary measures to reduce the chance of spread of infection:

- Maintain good personal hygiene. Cover nose and mouth when sneezing or coughing.
- Wash hands after sneezing, coughing or cleaning the nose.
- Avoid touching the eyes, nose and mouth. ✕If necessary, wash hands before touching them.
- Consult your doctor promptly if you develop respiratory symptoms.
- Allow plenty of fresh air into the indoor environment.
- If the facilities are mechanically ventilated, ensure frequent air exchanges and proper maintenance and cleansing of the system.
- Ensure that toilet flushing apparatus is functioning properly.
- Provide toilets with liquid soap and disposable tissue towels or hand dryers.
- Cleanse and disinfect the facilities (including furniture and toilet facilities) regularly (at least once a day), using diluted household bleach (i.e. adding 1 part of household bleach to 99 parts of water), rinse with water and then mop dry.
- If the facilities are contaminated with vomitus, wash / wipe with diluted domestic bleach (mixing 1 part of bleach with 49 parts of water) immediately.



Prevention of Respiratory Tract Infections
– Health Advice for Public Transport Operators

Background

In view of a recent outbreak of febrile respiratory illness among health care staff in Prince of Wales Hospital, the Department of Health is conducting a detailed investigation with the Hospital Authority, the University of Hong Kong and Chinese University of Hong Kong to identify the cause of infection. XThe situation will be monitored closely.

The Department of Health has informed the World Health Organization (WHO) about the latest developments. XThe Department is working closely with the WHO on disease control and prevention.

Health Advice

1. Public transport operators are advised to take the following precautionary measures on vehicles to prevent respiratory infections:
 - Maintain good personal hygiene. XCover the nose and mouth when sneezing or coughing.
 - Wash hands after sneezing, coughing or cleaning the nose.
 - Avoid touching the eyes, nose and mouth. XIf necessary, wash hands before touching them.
 - Consult the doctor promptly if you develop symptoms of respiratory tract infection.
2. Maintain good ventilation on vehicles:
 - Open the windows whenever possible to ensure good ventilation.
 - For closed vehicle compartments, clean the air-conditioning system frequently to maintain good functioning.
3. Keep vehicle compartments clean:
 - Wash / wipe vehicle compartments with diluted domestic bleach (mixing 1 part of bleach with 99 parts of water) regularly.
 - Make tissue paper available for passengers' use when necessary.
 - Make vomit bags available for passengers' use.
 - If vehicle compartments are contaminated with vomitus, wash / wipe with diluted domestic bleach (mixing 1 part of bleach with 49 parts of water) immediately.
4. Please advise passengers as follows:
 - Observe personal hygiene. Cover the nose and mouth with handkerchief or tissue paper when sneezing or coughing.
 - Dispose of used tissue paper properly.
 - Use a vomit bag to hold vomitus and dispose of it properly.
 - Consult the doctor promptly if they develop symptoms of respiratory tract infection.



Advisory on Severe Respiratory Syndrome for Conveyance Crew Members

Currently, 13 countries have reported over 450 cases of atypical pneumonia, known as Severe Respiratory Syndrome (SRS), or otherwise called Severe Acute Respiratory Syndrome by the World Health Organization. The illness is believed to be caused by a virus of the paramyxovirus family or from the coronavirus family. Transmission is most probably by respiratory droplets rather than by body secretions. There is no evidence at this time suggesting that the infection is spread through casual contact.

Crew members of conveyances (aircraft, vessel, etc.) who notice a passenger seriously ill with a respiratory illness should:

- Keep the ill passenger away from other passengers as much as possible.
- Provide a surgical mask, if available, for the ill passenger to wear to reduce the number of droplets coughed into the air.
- Alternatively, ask the passengers to cover their mouth and nose with tissue papers provided when coughing.
- Routine use of masks by crew is not recommended.
- Remember to wash hands with soap and water after contact with the ill passenger.

Crew members should be aware of SRS symptoms, i.e. fever ($>38^{\circ}\text{C}$) **AND** cough, shortness of breath, or breathing difficulty. If you become ill and you are concerned about SRS, see your family doctor and inform about your possible exposure.

The captain is reminded to report the illness to the port health authority of the destination. Port health officials will arrange for appropriate medical assistance on arrival of the conveyance.



Health Advice on the Prevention of Respiratory Tract Infections

Background

In view of a recent outbreak of febrile respiratory illness among health care staff in Prince of Wales Hospital, the Department of Health is conducting a detailed investigation with the Hospital Authority and the Hong Kong University and Chinese University of Hong Kong to identify the cause of infection. The situation will be monitored closely.

The Department of Health has informed the World Health Organization (WHO) about the latest developments. Hong Kong is working closely with the WHO on disease control and prevention.

Advice applicable to all

As a precautionary measure, members of the public are advised to take precautionary measures to prevent respiratory infections:

- Build up good body immunity. This means taking a proper diet, having regular exercise and adequate rest, reducing stress and avoiding smoking.
- Maintain good personal hygiene, and wash hands after sneezing, coughing or cleaning the nose.
- Avoid touching the eyes, nose and mouth. If necessary, wash hands before touching them.
- Do not share towels.
- Use serving utensils at meal times.
- Maintain good ventilation.
- Avoid visiting crowded places with poor ventilation.
- Consult their doctor promptly if they develop respiratory symptoms.

For schools and pre-school institutions

Child Care Centres / Kindergartens / Schools are advised to refer to the 'Guidelines on Prevention of Communicable Diseases in Child Care Centres / Kindergartens / Schools' published by the Department of Health in 2000 for general information on the prevention of communicable diseases in school and institutional settings. This is downloadable from the DH's website <http://www.info.gov.hk/dh>. Specific advice in the school and institutional setting that helps to prevent respiratory tract infections includes:

- Cleanse used toys and furniture properly.
- Keep hands clean and wash hands properly.
- Cover nose and mouth when sneezing or coughing.
- Wash hands when they are dirtied by respiratory secretions e.g. after sneezing.
- Use liquid soap for hand washing and disposable towel for drying hands.
- Do not share towels.

For other institutional settings

A 'Guidelines on Prevention of Communicable Diseases in Residential Care Homes for the Elderly and People with Disabilities' published by the Department of Health is also available for general



information on the prevention of communicable diseases in the particular institutional setting. This is downloadable from the DH's website <http://www.info.gov.hk/dh>.

For health care workers in clinic setting

- There is as at date no evidence of an outbreak of pneumonia cases in the community.
- All clinic staff should enforce strict infection control measures appropriate for their particular setting, especially observance of good personal hygiene.
- If staff fall sick, they should report to their seniors and take sick leave as appropriate.
- Where considered necessary, for example, treating or nursing a patient with respiratory symptom, staff may wear masks.
- The Department of Health will continue to monitor the situation of the pneumonia cases and issue advice accordingly.
- Patients with respiratory symptoms are advised to wear mask to reduce the chance of spread of the infection.

Caring for sick family members with respiratory illness

- Patients should consult a doctor if they are unwell.
- They should follow instructions given by the doctor including the use of drugs as prescribed and taking adequate rest as appropriate.
- Adhere to good personal hygiene practices.
- Ensure adequate ventilation.
- Patients should put on masks to reduce the chance of spread of infection to carers.
- Carers may also put on masks to reduce the chance of acquiring infection through the airways.

Advice to relatives visiting patients with pneumonia

Visitors to warded patients are advised to take due precautions in infection control, e.g. wearing face mask and gowns and to wash hands thoroughly afterwards before coming into contact with other people.

Notification of infections

If unusual patterns of illnesses/sick leave in any setting are detected, please notify the respective Regional Office of the Department of Health. The contact numbers are as follows:

- Hong Kong Regional Office 2961 8729
- Kowloon Regional Office 2199 9149
- New Territories East Regional Office 2158 5107
- New Territories West Regional Office 2615 8571



Wearing Facemask Properly

Wearing facemask properly offers satisfactory protection against respiratory tract infections. People with respiratory symptoms and those who have close contact with confirmed cases of atypical pneumonia should wear a facemask to reduce the chance of spread of infection. Their carers and those visiting sick people in hospitals should also wear a facemask. The general public may wear a facemask for self protection.

Points to note:

1. Wash hands before wearing a facemask.
2. Follow the instructions on the packet carefully, if available.
3. In general, when wearing a surgical facemask, the following should be noted:
 - i. The facemask should fit snugly over the face.
 - ii. The coloured side of the facemask should face outside.
 - iii. Tie all the strings that keep the facemask in place or fix the rubber bands of the facemask round the ears properly.
 - iv. The facemask should fully cover the nose, mouth as well as the chin.
 - v. The metallic wire part of the facemask should be fixed securely over the bridge of the nose to prevent leakage.
 - vi. Under general circumstances, the surgical mask should be changed daily
4. Put the facemask into a plastic bag and tie it properly before putting it into a rubbish bin.
5. Replace the facemask immediately if it is damaged or soiled.

Wearing a facemask is just one of the ways to prevent respiratory tract infections. The most important thing a person should do is to observe good personal hygiene. For example, wash hands frequently with liquid soap, especially after sneezing, coughing or cleaning the nose.



正確佩戴口罩

要預防呼吸道傳染病，佩戴口罩得宜可起一定的保護作用。有呼吸道感染病徵的人士以及曾與證實感染非典型肺炎的人士有緊密接觸者，應戴上口罩，以減低傳染病擴散的機會；其照顧者，亦應戴上口罩。一般市民亦可戴上口罩以保障個人健康。

應注意事項：

1. 佩戴口罩前必須清潔雙手。
2. 如口罩的包裝列明佩戴指示，應依照指示佩戴口罩。
3. 一般而言，佩戴外科手術專用口罩時應注意以下各項：
 - i. 戴上口罩時，要留意緊貼面部。
 - ii. 口罩有顏色的一面向外。
 - iii. 將所有固定口罩的繩索縛好，或將口罩的橡皮帶固定在耳朵上。
 - iv. 口罩應完全覆蓋口鼻和下巴。
 - v. 口罩藏有鐵絲的一面要固定在鼻樑上，以防止漏氣。
 - vi. 一般情況下，口罩應每天更換。
4. 脫下的口罩應放入膠袋內縛好，才放進垃圾筒。
5. 口罩如有破損或弄污，應立即更換。

佩戴口罩只是預防呼吸道傳染病的方法之一，最重要的是保持良好的個人衛生習慣，如經常用肥皂液洗手，尤其是打噴嚏、咳嗽、和清潔鼻子後。



Department of Health

Annex F

Atypical Pneumonia

Wear Your Face Mask Properly



Severe acute respiratory syndrome is an acute respiratory infection that has been reported in a number of places, including Hong Kong. It is a form of atypical pneumonia caused by a new agent.

The disease can be transmitted by respiratory droplets over a short distance of one metre or through direct contact with a patient's secretions.

Symptoms of severe acute respiratory syndrome include: fever (over 38 degrees Celsius) and chills, coughing, shortness of breath, headache, aching body and general malaise.

Any person with respiratory illness symptoms should seek immediate medical attention and wear a face mask.

Why wear a face mask ?

Wearing a face mask properly offers satisfactory protection against respiratory tract infections. If you have a respiratory tract infection it also helps prevent the spread of the illness.

Who should wear a face mask ?

- People with respiratory illness symptoms and those who in close contact with cases of atypical pneumonia should wear a face mask. Their carers and those visiting sick people in hospitals should also wear a face mask.
- Those involved in the preparation or serving of food should wear a face mask.
- Members of the public may wear a face mask for self protection.

Points to note about wearing a face mask :

- Wash hands before putting on a face mask, and after taking one off.
- Follow the instructions on the packet carefully.

When wearing a surgical face mask, ensure that :

- The face mask fits snugly over the face.
 - The coloured side of the face mask faces the outside.
 - The strings or rubber bands are used properly to keep the face mask firmly in place.
 - The face mask covers the nose, mouth and chin.
 - The metallic strip at the top of the mask is fixed securely over the bridge of the nose to prevent leakage.
 - Under general circumstances, a surgical mask should be changed daily. Replace the mask immediately if it is damaged or soiled.
- Put used face masks into a plastic bag and tie the bag closed before putting it into a rubbish bin with a lid.
- Wearing a face mask is just one way to help prevent respiratory tract infections.
- The most important thing you should do is to observe good personal hygiene. Wash hands frequently with liquid soap. Always wash hands after sneezing, coughing, cleaning the nose; after going to the toilet; before preparing food. You can also build up body immunity by developing a healthy lifestyle – eat well, get plenty of rest, exercise, don't smoke.

For more information :
Call the Department of Health's pre-recorded health education hotline on **2833 0111**,
or the Department of Health hotline on **2961 8968** during office hours,
or visit the Department's website at : www.info.gov.hk/dh.

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衛生署

預防非典型肺炎

佩戴口罩須知



世界衛生組織最近接獲世界各地出現「嚴重急性呼吸系統綜合症」(一般稱為「非典型肺炎」)的個案報告，香港也有人感染這種非典型肺炎。

引致非典型肺炎的細菌和病毒，一般可在一米內通過飛沫傳播，直接接觸患者分泌物也會受感染。

嚴重急性呼吸系統綜合症的病徵包括：發燒，體溫超過攝氏38度，還有發冷、乾咳、氣促、頭痛、全身酸痛乏力等症狀。

任何人若出現呼吸道受感染病徵，要立即求醫和戴上口罩。

為甚麼要佩戴口罩？

適當佩戴口罩，對預防呼吸道傳染病有一定作用。呼吸道若受感染，戴口罩有助防止疾病傳播。

甚麼人應當佩戴口罩？

- 有呼吸道受感染病徵的人士，以及曾與非典型肺炎患者有過緊密接觸的人士，都應戴口罩。照顧患者和到醫院探病的人士，也應佩戴口罩。
- 處理食物的工作人員應佩戴口罩。
- 一般市民也可佩戴口罩，以保障個人健康。

佩戴口罩要注意的事項：

- 佩戴口罩前後都必須清潔雙手。
- 如口罩的包裝有佩戴指示，應依照指示佩戴口罩。

佩戴外科手術專用口罩，一般應注意以下事項：

- 要讓口罩緊貼面部：
 - 口罩有顏色的一面向外；
 - 繫緊固定口罩的繩子，或把口罩的橡筋繞在耳朵上，使口罩緊貼面部；
 - 口罩應完全覆蓋口鼻和下巴；
 - 把口罩上的金屬片沿鼻樑兩側按緊，使口罩緊貼面部；
 - 一般情況下，外科手術口罩應每天更換。口罩如有破損或弄污，應立即更換。
- 棄置的口罩應用膠袋封好，才放進有蓋的垃圾桶。
- 佩戴口罩只是預防呼吸道傳染病的方法之一。
- 最重要的是保持良好的個人衛生習慣，如經常用肥皂液洗手，打噴嚏、咳嗽和清潔鼻子後尤其要洗手，如廁後和處理食物前要洗手。培養良好的生活習慣，注意均衡飲食、定時運動、有足夠休息、減輕壓力和不要吸煙，有助增強身體抵抗力。

要了解更多資料，請致電衛生署熱線 2833 0111
及瀏覽衛生署網頁 <http://www.info.gov.hk/dh>
如有查詢，可在辦公時間致電衛生署 2961 8968

二〇〇三年四月印
香港特別行政區政府新聞處設計
政府印務局印(所用紙張取材自可再生林木)



非典型肺炎

預防須知



二〇〇三年四月印
香港特務行政府新聞處設計
政府印務局印 (所用紙張均取自可再生林木)

- 垃圾收集站和設施；
- 廁所。

佩戴口罩須知

- 正確使用口罩可以預防呼吸道受感染。如有呼吸道受感染病徵，曾與證實受感染病人有緊密接觸，要照顧病人或到醫院探病，都應戴口罩，以減少病菌或病毒傳染。一般市民也可以佩戴口罩以加強防護。
- 戴口罩前後應洗手，並按生產商指引正確佩戴。繫緊口罩繩子，或把橡筋繞耳部佩戴妥當，務使口罩緊貼面部。
- 口罩有顏色的一面應向外。口罩應覆蓋口、鼻和下巴。要把口罩的金屬片依鼻形按緊，使口罩覆蓋嚴密。
- 供外科手術使用的口罩須每天更換。口罩若有破損，須立即更換。棄置口罩時，要把口罩放在膠袋內，把膠袋綁緊，才放進有蓋的垃圾桶。

要了解更多資料，請致電衛生署熱線 2833 0111
及瀏覽衛生署網頁 <http://www.info.gov.hk/dh>
如有查詢，可在辦公時間致電衛生署 2961 8968

辦公室/工作間

- 如員工有呼吸道受感染病徵，要盡早找醫生診治及請病假。
- 如有員工證實受感染，管理人員必須立即通知衛生當局，並向員工通告。
- 保持工作環境清潔，保持室內空氣流通。

公共地方(如酒樓、戲院、街市)

- 若呼吸道有任何受感染病徵，要戴上口罩。
- 處理食品的員工要戴上口罩。
- 勤以梘液洗手。
- 用過的紙巾要棄置在有蓋的垃圾桶內。
- 不要隨地吐痰。
- 確保廁所清潔和設備運作正常；常備梘液、抹手紙和乾手機。

大廈及其公用地方

- 每天用較濃的1:49稀釋家用漂白水至少清潔和消毒兩次。以下設施和地方要特別注意：
 - 對講機；
 - 信箱；
 - 扶手電梯的扶手、升降機大堂和按鍵；
 - 所有的門和門柄；
 - 走廊通道、公眾地方的座椅、兒童遊樂場設施；
 - 會所內設施；
 - 保安員更亭、詢問處；

如何預防非典型肺炎？

嚴重急性呼吸系統綜合症(一般稱為非典型肺炎)是甚麼？

- 世界衛生組織最近接獲世界各地出現「嚴重急性呼吸系統綜合症」(一般稱為「非典型肺炎」)的個案報告，香港也有人感染這種非典型肺炎。
- 香港各個衛生部門正緊密合作，以控制疾病的傳播。它們並與世界衛生組織緊密合作。
- 引致非典型肺炎的細菌和病毒，一般可在一米以內通過飛沫傳播，直接接觸患者分泌物也會受感染。
- 嚴重急性呼吸系統綜合症的病徵包括：發燒，體溫超過攝氏38度，還有發冷、乾咳、氣促、頭痛、全身酸痛乏力等症狀。
- 任何人若出現呼吸道受感染病徵，要立即求醫，戴上口罩。
- 到現時為止，大部分及早求醫的病人對藥物治療有良好反應，部分病人已康復出院。

應採取甚麼預防措施？

保持良好的個人衛生習慣

- 保持雙手清潔，常用梘液洗手。
- 打噴嚏或咳嗽時以紙巾掩住口鼻，用過的紙巾要適當棄置。
- 咳嗽、打噴嚏或清理鼻子後，立即用梘液洗手。
- 觸摸眼睛、鼻子和口部前要洗手。
- 如廁後要洗手。接觸過公共設備或物品後回到家裡，要洗手。用抹手紙抹手，或使用乾手機。
- 少握手。

- 不要共用毛巾。
- 進食時，使用公匙和公筷。
- 增強身體抵抗力，注意均衡飲食、定時運動、有足夠休息、減輕壓力和不要吸煙。
- 避免前往人煙稠密的地方。

保持家居和工作間衛生

- 每天至少用消毒劑或稀釋的家用漂白水清潔家居和工作間一次。一般的清潔，用1:99(即1份家用漂白水加入99份清水)的稀釋家用漂白水拭抹一次，再用清水拭抹。被嘔吐物污染的地方或物品，或患者接觸過的地方和物品，要用較濃的1:49稀釋家用漂白水清潔，再用清水清洗或揩抹。
- 經常打開窗戶，保持室內空氣流通。冷氣機要定期維修保養，隔塵網要經常清洗。
- 確保廁所清潔和設備運作正常；常備梘液、抹手紙和乾手機。

如家人、同事或朋友受感染，應採取甚麼措施？

- 患上嚴重急性呼吸系統綜合症的病人必須留院醫治。
- 與病人一起居住的家庭成員，和照顧過病人的人士，十日之內必須每日到指定的衛生署診所接受檢查。
- 衛生署會向接受健康監察的人士發出指引。他們在受監察期間必須停止上班、上課，留在家中；除非絕對須要，不可外出。若外出，要佩戴口罩，注意個人衛生。
- 衛生署會向曾經與患者有一般接觸，但沒有症狀的人士，例如患者的朋友和同事提供有關資訊，和設立諮詢熱線。他們若有呼吸系統受感染的症狀或感不適，應立即到指定的診所求醫。

一般指引

家居

- 保持家居環境清潔和空氣流通。
- 回家後立即洗手。
- 若要照顧患有呼吸系統疾病的家人：
 - 如感不適，立即找醫生診治；
 - 遵從醫生指示，適當服用處方藥物；
 - 注意休息；
 - 保持良好個人衛生習慣；
 - 戴上口罩，避免傳染。

學校

- 家長如果發現子女染病，不要讓他們上學或到托兒所。
- 校內若有學童生病：
 - 通知學生的家長/監護人，請他們盡早帶病童求診；
 - 把患病學童與其他師生分隔，若學童有呼吸道受感染病徵或發燒，讓學童戴上口罩；
 - 與有呼吸道受感染病徵學童接觸的人士，也要戴上口罩。
- 保存好兒童及職員的個人資料及病假記錄。如缺課人數增加：
 - 聯絡有關員工或缺課學童的家長/監護人，查問缺課原因；
 - 如大量缺課者有相似病徵，要通知衛生署。
- 廁所至少每天清潔和消毒兩次。
- 保持玩具及辦公物品清潔，保持室內空氣流通。

Atypical Pneumonia

Preventive Measures



- Clean and disinfect toilet facilities at least twice a day.
- Clean school furniture and equipment and maintain good indoor ventilation.

At work

- Consult a doctor promptly and take sick leave if there are symptoms of respiratory illness.
- If a staff member is diagnosed with severe acute respiratory syndrome, company management must immediately inform health authorities, as well as all other staff members.
- Keep the workplace clean and maintain good indoor ventilation.

In public places, e.g. restaurants, cinemas, markets

- Wear a face mask if suffering from any respiratory illness symptoms.
- Wear a face mask if involved in the preparation or serving of food.
- Wash hands regularly with liquid soap.
- Dispose of used tissue paper in a covered litter bin. Then wash your hands.
- Do not spit.
- Ensure toilet facilities are clean and work properly. Provide liquid soap and disposable paper towels or a hand dryer.

In apartment blocks and common areas

- Clean and disinfect common areas at least twice a day using a stronger bleach solution (1 part bleach : 49 parts water).
- Pay special attention to :
 - Intercom facilities.
 - Mailboxes.
 - Escalator railings, lift lobbies and elevator buttons.
 - Doors and door handles at entrance lobbies.

- Common facilities such as corridors, rest chairs, playgrounds.
- Club facilities.
- Security guard booths and enquiry counters.
- Refuse collection chambers and facilities.
- Toilets.

Wearing masks

- Wearing a face mask properly offers protection against respiratory tract infections. People with respiratory illness symptoms, or those who have had close contact with confirmed cases of atypical pneumonia, should wear a face mask to reduce the chance of spreading infection. Their carers, or those visiting sick people in hospitals, should also wear a face mask. Members of the public may wear a face mask for self protection.
- Wash hands before wearing a face mask and after taking one off. Follow the manufacturer's instructions. Ensure the face mask fits snugly on the face and is attached firmly by using the ties or rubber bands provided.
- The coloured side of the face mask should face outside. The mask should fully cover the nose, mouth and chin. A metallic strip on the mask should be fixed securely over the bridge of the nose to prevent leakage.
- Surgical face masks should be changed at least daily under general circumstances. Put used masks into a plastic bag and tie closed before dropping into a closed rubbish bin. Replace a mask immediately if it becomes worn or damaged.

For more information :

Call the Department of Health's pre-recorded health education hotline on **2833 0111**, or the Department of Health hotline on **2961 8968** during office hours, or visit the Department's website at : www.info.gov.hk/dh.

Frequently Asked Questions

What is severe acute respiratory syndrome (atypical pneumonia)?

- Severe acute respiratory syndrome is an acute respiratory infection that has been reported in a number of places, including Hong Kong. It is a form of atypical pneumonia caused by a new agent.
- Hong Kong's health authorities are working closely together to control the spread of the disease. They are also working very closely with the World Health Organisation.
- The disease can be transmitted by respiratory droplets over a short distance of one metre or through contact with a patient's secretions.
- Symptoms of severe acute respiratory syndrome include: fever (over 38 degrees Celsius) and chills, coughing, shortness of breath, headache, aching body and general malaise.
- Any person with respiratory illness symptoms should seek immediate medical attention and wear a face mask.
- Most patients diagnosed early are responding to treatment and showing signs of improvement. Some have been discharged from hospital.

What preventive measures can be taken?

Maintain good personal hygiene

- Wash hands regularly with liquid soap.
- Cover the nose and mouth with a tissue paper when sneezing or coughing. Properly dispose of the tissue paper immediately.
- Wash hands immediately after coughing, sneezing or wiping the nose.
- Wash hands before touching the eyes, nose and mouth.
- Wash hands after going to the toilet, after touching public installations or equipment and when you get home. Dry hands with a disposable paper towel or a hand dryer.
- Avoid shaking hands.

- Do not share towels.
- Do not share eating utensils — use serving spoons and chopsticks.
- Build up good body immunity. Eat a balanced diet, exercise regularly, get adequate rest, avoid stress. Do not smoke.
- Avoid crowded places.

Maintain good hygiene at home and work

- Clean the home and office at least once a day using disinfectant or a solution of diluted household bleach. For general cleaning, use a diluted bleach solution (1 part bleach : 99 parts water). Rewipe with a towel soaked in clean water. For areas, equipment, or facilities contaminated by vomitus, or that have come into contact with an infected person, use a stronger bleach solution (1 part bleach : 49 parts water). Rewipe with a towel soaked in clean water, or rinse with clean water, and dry.
- Maintain good indoor ventilation by opening windows from time to time. Keep air-conditioners well maintained and wash air filters frequently.
- Make sure toilets are clean and work properly. Provide liquid soap, paper towels and hand dryers.

What should be done if a family member, colleague or friend gets infected?

- Patients with severe acute respiratory syndrome must be hospitalised.
- Those living in the same household, or those who have cared for an infected person, must attend a designated medical centre for daily medical surveillance for 10 days.
- The Department of Health will issue specific guidelines to those under medical surveillance. During the surveillance period they must stay off work and rest at home. They should not leave home unless it is absolutely necessary. If they have to leave home, they must wear a face mask and observe good personal hygiene.
- Asymptomatic social contacts (e.g. friends, colleagues) of an infected person will be provided with specific information and a hotline number. Should they develop respiratory illness symptoms, they will be advised to attend a designated medical centre.

General Guidelines

At home

- Keep the household clean and maintain good indoor ventilation.
- Wash hands when you arrive home.
- If caring for a family member with any respiratory illness :
 - Promptly consult a doctor if you begin to feel unwell.
 - Follow instructions given by doctors, including the use of prescribed drugs.
 - Get adequate rest.
 - Adhere to good personal hygiene practices.
 - Wear a face mask to reduce the chance of infection.

At schools

- Sick children must not be taken to school or child care centres.
- If a child becomes sick while at school :
 - Inform parents/guardians immediately and advise them to take the child to see a doctor.
 - Separate the sick child from others. Ask the child to wear a face mask if displaying signs of a respiratory illness, or fever.
 - Wear a face mask if in contact with a child displaying respiratory illness symptoms.
- Schools should keep good sick leave records of staff and children. When there is an increase in the number of absentees:
 - Contact the staff or parents/guardians of absentees to ascertain the reasons for their absence.
 - Inform the Department of Health when there is a large number of absentees with similar symptoms.

21/5/2003



2833 0111

Prevention of Respiratory Tract Infections
- Wearing Facemask

Amex H

Why wear a face mask?

Wearing a mask properly offers satisfactory protection against respiratory tract infections. If you have a respiratory tract infection it also helps prevent the spread of the illness. Surgical masks and the N95 masks are both effective in preventing the spread of droplet infections.

Wearing a mask is just one way to help prevent respiratory tract infections. The most important thing you should do is to observe good personal hygiene. Wash hands frequently with liquid soap. Always wash hands after sneezing, coughing, cleaning the nose; after going to the toilet; before preparing food. You can also build up body immunity by developing a healthy lifestyle - eat well, get plenty of rest, exercise, don't smoke.

Who should wear a face mask?

1. People with respiratory infection symptoms.
2. People who care for patients with respiratory infection symptoms.
3. People who have been in close contact with confirmed or suspected Severe Acute Respiratory Syndrome patients should wear a mask for at least 10 days from the last contact.
4. People visiting clinics or hospitals.
5. Health care workers.
6. Workers handling food.
7. Public transport operators.
8. People at crowded places, such as schools, public transport, cinemas or shopping malls.
9. Although the list of situations requiring the use of a mask cannot be exhaustive, members of the public may wear one as an extra precautionary measure.

Points to note about wearing a face mask:

1. Wash hands before putting on a mask, before and after taking one off.
2. Follow the instructions on the packet carefully.

When wearing a surgical face mask, ensure that:

1. The mask fits snugly over the face.
 - The coloured side of the mask faces outwards, with the metallic strip uppermost.
 - The strings or elastic bands are positioned properly to keep the mask firmly in place.
 - The mask covers the nose, mouth and chin.
 - The metallic strip moulds to the bridge of the nose.
2. Try not to touch the mask once it is secured on your face as frequent handling may reduce its protection. If you must do so, wash your hands before and after touching the mask.
3. When taking off the mask, avoid touching the outside of the mask as this part may be covered with germs.
4. After taking off the mask, fold the mask outwards (i.e. the outside of the mask facing inwards), then put the mask into a plastic or paper bag before putting it into a rubbish bin with a lid.
5. If you want to reuse a mask, store it in a paper bag and mark the outside of the bag to differentiate between the outside and inside of the mask in order to reduce the risk of cross contamination.
6. Under general circumstances, a surgical mask should be changed daily. Replace the mask immediately if it is damaged or soiled.



預防呼吸道感染

一 佩戴口罩

為甚麼要佩戴口罩？

適當佩戴口罩，對預防呼吸道傳染病有一定作用。呼吸道若受感染，戴口罩有助防止疾病傳播。一般供外科手術使用的口罩及 N95 口罩，都有預防飛沫傳染的功效。

佩戴口罩只是預防呼吸道傳染病的方法之一。最重要的是保持良好的個人衛生習慣，如經常用肥皂液洗手，打噴嚏、咳嗽和清潔鼻子後尤其要洗手，如廁後和處理食物前要洗手。培養良好的生活習慣，注意均衡飲食、定時運動、有足夠休息、減輕壓力和不要吸煙，有助增強身體抵抗力。

甚麼人應當佩戴口罩？

1. 有呼吸道受感染症狀的人士；
2. 照顧呼吸道有受感染症狀的病者的人士；
3. 曾與嚴重急性呼吸系統綜合症患者或懷疑染病人士有過密切接觸的人士；由最後接觸之日起計算，至少十天內要戴上口罩；
4. 到醫院探病的人士或到診所求診的人士；
5. 醫護人員；
6. 處理食物的工作人員；
7. 公共交通操作人員；
8. 市民在人多地方時，例如學校、公共交通工具上、戲院或商場；
9. 雖然各種情況不能盡錄，一般市民也可佩戴口罩，作為額外保障個人健康的方法。

佩戴口罩要注意的事項：

1. 佩戴口罩前後都必須清潔雙手。
2. 如口罩的包裝有佩戴指示，應依照指示佩戴口罩。

佩戴外科手術專用口罩，一般應注意以下事項：

1. 要讓口罩緊貼面部；
 - 口罩有顏色的一面向外，有金屬片的一邊向上；
 - 繫緊固定口罩的繩子，或把口罩的橡筋繞在耳朵上，使口罩緊貼面部；
 - 口罩應完全覆蓋口鼻和下巴；
 - 把口罩上的金屬片沿鼻樑兩側按緊，使口罩緊貼面部；
2. 佩戴口罩後，避免觸摸口罩，以防減低保護作用。若必須觸摸口罩，在觸摸前、後都要徹底洗手。
3. 除口罩時，應盡量避免觸摸口罩向外部份，因為這部份可能已沾染病菌。
4. 除口罩後可向外對摺(口罩外向部份會向內)，才放入膠袋或紙袋內包好，再放入有蓋的垃圾桶內棄置。
5. 收藏時可將口罩放入紙袋內，在紙袋外面加上記號，以之識別口罩的內、外向部份，以減低交叉污染的機會。
6. 一般情況下，外科手術口罩應每天更換。口罩如有破損或弄污，應立即更換。

30/5/2003



2833 0111

Prevent Severe Acute Respiratory Syndrome (SARS) - Wearing Mask

Annex I

Why wear a mask?

Severe Acute Respiratory Syndrome (SARS) can be transmitted by respiratory droplets over a short distance or through direct contact with a patient's secretions. Wearing a mask offers protection against SARS. If you have a respiratory tract infection, it also helps prevent the spread of the illness. Surgical masks, if properly worn, are effective in preventing the spread of droplet infections.

Wearing a mask is just one way to help prevent respiratory tract infections. Most important is to observe good personal hygiene. Wash hands frequently with liquid soap. Always wash hands after sneezing, coughing, cleaning the nose; going to the toilet; and before touching the eyes, nose and mouth, or preparing food. You can also build up body immunity by developing a healthy lifestyle - eat well, get plenty of rest, exercise, don't smoke.

Who should wear a mask?

- People with respiratory infection symptoms.
- People who care for patients with respiratory infection symptoms.
- People who have been in close contact with confirmed or suspected SARS patients should wear a mask for at least 10 days from the last contact.
- People visiting clinics or hospitals.
- Health care workers in clinical settings.
- Workers handling food.
- Public transport operational staff.
- People in crowded or poorly ventilated places.
- Pupils and staff at schools. (Except during physical education lessons or in a well-ventilated and spacious venue with no "short distance face-to-face activity" involved.)

As this list cannot be exhaustive, members of the public are reminded to exercise judgment in accordance with guidance given above. In general, anyone who feels the need to wear a mask is advised to do so.

Always keep a mask handy so that you can put one on as the need arises.

Points to note about wearing a mask:

- Wash hands before putting on a mask, before and after taking one off.
- Follow the instructions given by the supplier.

When wearing a surgical mask, ensure that:

- The mask fits snugly over the face.
 - The coloured side of the mask faces outwards, with the metallic strip uppermost.
 - The strings or elastic bands are positioned properly to keep the mask firmly in place.
 - The mask covers the nose, mouth and chin.
 - The metallic strip moulds to the bridge of the nose.
- Try not to touch the mask once it is secured on your face as frequent handling may reduce its protection. If you must do so, wash your hands before and after touching the mask.
- When taking off the mask, avoid touching the outside of the mask as this part may be covered with germs.
- After taking off the mask, fold the mask outwards (i.e. the outside of the mask facing inwards), then put the mask into a plastic or paper bag before putting it into a rubbish bin with a lid.
- A surgical mask should be discarded after use and under no circumstances should it be used for longer than a day. Replace the mask immediately if it is damaged or soiled.



預防嚴重急性呼吸系統綜合症 - 佩戴口罩

為甚麼要佩戴口罩？

嚴重急性呼吸系統綜合症一般可在近距離透過飛沫傳播，直接接觸患者的分泌物也會受感染。佩戴口罩可預防嚴重急性呼吸系統綜合症。呼吸道若受感染，戴口罩有助防止疾病傳播。一般供外科手術使用的口罩，只要佩戴得宜，都有預防飛沫傳染的功效。

佩戴口罩只是預防呼吸道傳染病的方法之一。最重要的是保持良好的個人衛生習慣。應經常用肥皂液洗手。打噴嚏、咳嗽、清潔鼻子和如廁後必須洗手。觸摸眼睛、口鼻和處理食物前也必須洗手。另外，亦應培養良好的生活習慣，注意均衡飲食、定時運動、有足夠休息和不要吸煙，有助增強身體抵抗力。

甚麼人應當佩戴口罩？

- 有呼吸道受感染症狀的人士；
- 照顧呼吸道有受感染症狀的病者的人士；
- 曾與嚴重急性呼吸系統綜合症患者或懷疑染病人士有過密切接觸的人士，由最後接觸之日起計算，最少十天連續戴上口罩；
- 進入醫院或診所的人士；
- 在醫院或診所工作的醫護人員；
- 處理食物的工作人員；
- 公共交通操作人員；
- 身處人多或空氣不流通的地方之人士；
- 在學校上課或工作的人士。在上體育課時、在空氣流通及寬敞的環境而學生沒有近距離面對面的動作等情況下除外。

由於各種情況不能盡錄，一般市民宜根據以上指引，判斷是否需要佩戴口罩。一般而言，任何人士認為有需要時，亦可佩戴口罩。

市民應常備口罩，以便有需要時佩戴。

佩戴口罩要注意的事項

- 佩戴口罩前，以及脫下口罩前後都必須洗手。
- 依照供應商的指示佩戴口罩。

佩戴外科手術專用口罩，一般應注意以下事項

- 要讓口罩緊貼面部：
 - 口罩有顏色的一面向外，有金屬片的一邊向上；
 - 繫緊固定口罩的繩子，或把口罩的橡筋繞在耳朵上，使口罩緊貼面部；
 - 口罩應完全覆蓋口鼻和下巴；
 - 把口罩上的金屬片沿鼻樑兩側按緊，使口罩緊貼面部。
- 佩戴口罩後，避免觸摸口罩，以防減低保護作用。若必須觸摸口罩，在觸摸前、後都要徹底洗手。
- 脫下口罩時，應盡量避免觸摸口罩向外部份，因為這部份可能已沾染病菌。
- 脫下口罩後，可將口罩向外對摺（口罩外向部份會向內），才放入膠袋或紙袋內包好，再放入有蓋的垃圾桶內棄置。
- 外科手術口罩應每天更換。使用過的外科手術口罩應該適當棄置。口罩如有破損或弄污，應立即更換。



Prevent Severe Acute Respiratory Syndrome (SARS)
- Wearing Mask

Annex J

On 23 June 2003, the World Health Organisation removed Hong Kong from the list of areas with recent local transmission of SARS. To sustain this achievement, we must remain vigilant and take necessary measures as required.

Why wear a mask?

Severe Acute Respiratory Syndrome (SARS) can be transmitted by respiratory droplets over a short distance or through direct contact with a patient's secretions. Wearing a mask offers protection against SARS. If you have a respiratory tract infection, it also helps prevent the spread of the illness. Surgical masks, if properly worn, are effective in preventing the spread of droplet infections.

Wearing a mask is just one way to help prevent respiratory tract infections. Most important is to observe good personal hygiene. Wash hands frequently with liquid soap. Always wash hands after sneezing, coughing, cleaning the nose; going to the toilet; and before touching the eyes, nose and mouth, or preparing food. You can also build up body immunity by developing a healthy lifestyle - eat well, get plenty of rest, exercise, don't smoke.

Who should wear a mask?

- People with respiratory infection symptoms.
- People who care for patients with respiratory infection symptoms.
- People who have been in close contact with confirmed or suspected SARS patients should wear a mask for at least 10 days from the last contact.
- People visiting clinics or hospitals.
- Health care workers in clinical settings.

As this list cannot be exhaustive, members of the public are reminded to exercise judgment in accordance with guidance given above. In general, anyone who feels the need to wear a mask is advised to do so.

Points to note about wearing a mask:

- Wash hands before putting on a mask, before and after taking one off.
- Follow the instructions given by the supplier.

When wearing a surgical mask, ensure that:

- The mask fits snugly over the face.
 - The coloured side of the mask faces outwards, with the metallic strip uppermost.
 - The strings or elastic bands are positioned properly to keep the mask firmly in place.
 - The mask covers the nose, mouth and chin.
 - The metallic strip moulds to the bridge of the nose.
- Try not to touch the mask once it is secured on your face as frequent handling may reduce its protection. If you must do so, wash your hands before and after touching the mask.
- When taking off the mask, avoid touching the outside of the mask as this part may be covered with germs.
- After taking off the mask, fold the mask outwards (i.e. the outside of the mask facing inwards), then put the mask into a plastic or paper bag before putting it into a rubbish bin with a lid.
- A surgical mask should be discarded after use and under no circumstances should it be used for longer than a day. Replace the mask immediately if it is damaged or soiled.



預防嚴重急性呼吸系統綜合症 - 佩戴口罩

香港於 2003 年 5 月 23 日獲世界衛生組織撤除疫區之名。雖然如此，我們仍要保持警覺，絕不鬆懈，使健康繼續得以保障。

為甚麼要佩戴口罩？

嚴重急性呼吸系統綜合症一般可在近距離透過飛沫傳播，直接接觸患者的分泌物也會受感染。佩戴口罩可預防嚴重急性呼吸系統綜合症。呼吸道若受感染，戴口罩有助防止疾病傳播。一般供外科手術使用的口罩，只要佩戴得宜，都有預防飛沫傳染的功效。

佩戴口罩只是預防呼吸道傳染病的方法之一。最重要的是保持良好的個人衛生習慣。應經常用肥皂液洗手。打噴嚏、咳嗽、清潔鼻子和如廁後必須洗手。觸摸眼睛、口鼻和處理食物前也必須洗手。另外，亦應培養良好的生活習慣，注意均衡飲食、定時運動、有足夠休息和不要吸煙，有助增強身體抵抗力。

甚麼人應當佩戴口罩？

- 有呼吸道受感染症狀的人士；
- 照顧呼吸道有受感染症狀的病者的人士；
- 曾與嚴重急性呼吸系統綜合症患者或懷疑染病人士有過密切接觸的人士，由最後接觸之日起計算，最少十天連續戴上口罩；
- 進入醫院或診所的人士；
- 在醫院或診所工作的醫護人員。

由於各種情況不能盡錄，一般市民宜根據以上指引，判斷是否需要佩戴口罩。一般而言，任何人士認為有需要時，亦可佩戴口罩。

佩戴口罩要注意的事項

- 佩戴口罩前，以及脫下口罩前後都必須洗手。
- 依照供應商的指示佩戴口罩。

佩戴外科手術專用口罩，一般應注意以下事項

- 要讓口罩緊貼面部：
 - 口罩有顏色的一面向外，有金屬片的一邊向上；
 - 繫緊固定口罩的繩子，或把口罩的橡筋繞在耳朵上，使口罩緊貼面部；
 - 口罩應完全覆蓋口鼻和下巴；
 - 把口罩上的金屬片沿鼻樑兩側按緊，使口罩緊貼面部。
- 佩戴口罩後，避免觸摸口罩，以防減低保護作用。若必須觸摸口罩，在觸摸前、後都要徹底洗手。
- 脫下口罩時，應盡量避免觸摸口罩向外部份，因為這部份可能已沾染病菌。
- 脫下口罩後，可將口罩向外對摺（口罩外向部份會向內），才放入膠袋或紙袋內包好，再放入有蓋的垃圾桶內棄置。
- 外科手術口罩應每天更換。使用過的外科手術口罩應該適當棄置。口罩如有破損或弄污，應立即更換。

Extracts of Press Releases in March 2003 Related to Use of Facemasks

Date	Title	Extract
13.3.2003	Surveillance and infection control measures to tackle viral infection cases	These included the requirement of all medical staff to adopt droplet precaution, i.e., put on masks, gowns and gloves when in close contact with patients with respiratory diseases.
18.3.2003	Hotline on prevention of respiratory tract infections	As for those who need to take care of sick family members with respiratory tract infections, they are advised to observe the following advice: * Patients should put on masks to reduce the chance of spread of infection to caretakers. * Caretakers may also put on masks to reduce the chance of acquiring infection through the airways.
20.3.2003	Transcript of Secretary for Health, Welfare and Food on atypical pneumonia	For individuals who have coughs and colds, it's always good practice to wear masks so you don't transmit to others.
20.3.2003	Students' health under close watch	Dr Tse reiterated that child care centres, kindergartens and schools should take the following precautionary measures to prevent respiratory tract infections: * Put on a mask if you develop symptoms of respiratory tract infection, or when you are taking care of a sick person who has respiratory symptoms.
20.3.2003	Virus contact traced, says Health Secretary	Dr Yeoh said the general advice for defence against the disease still held: wear a mask, if you are coughing or have a sick family member who has respiratory symptoms; avoid crowds; wash hands before eating and after using the lavatory; eat a balanced diet; get adequate ventilation and don't go to work or school if you are coughing.
21.3.2003	Health Secretary outlines preventive measures for unique atypical pneumonia	The Secretary for Health, Welfare and Food, Dr Yeoh Eng-kiong today (March 21) urged doctors to wear masks when seeing patients, particularly those with respiratory symptoms.
24.3.2003	Transcript of SHWF on severe acute respiratory syndrome	And if you have a cough, you should always either use a mask, or use a handkerchief or a paper towel to cough into. Wearing your mask is also something that you can do, but I am reminded by my experts that even if you wear a mask and if it is contaminated, when you touch the mask and you touch your eyes, you still get contaminated.
24.3.2003	Health Secretary lists four points to tackle virus	We should also avoid touching the eyes, nose or mouth, to wear masks if coughing and to stay home if suffering from fever or a cough.

Date	Title	Extract
25.3.2003	SHWF calls upon partnership with health care professionals	The guideline is that all health care workers must wear mask when attending patients.
26.3.2003	Welfare sector takes precautionary measures against atypical pneumonia	The SWD has also provided face masks for frontline staff and advised all service units to clean their work places and take other precautionary measures in accordance with DH advice.
26.3.2003	Police response to reports on suspected atypical pneumonia	Police have required all Police officers working at high-risk areas, such as hospitals, and those who may be in frequent contact with suspected patients to wear appropriate masks and gloves.
26.3.2003	Chief Executive's Office issues statement	As for employees, they should pay attention to personal hygiene, wash hands frequently, wear masks whenever necessary and see a doctor promptly when feeling unwell.
27.3.2003	The Hong Kong Central Library to suspend services for one day	All LCSD frontline staff have also been provided with sufficient face masks and gloves while on duty.
27.3.2003	Hong Kong Central Library resumes services tomorrow	The Library will step up its cleansing and display more notices at all public areas to request readers with upper respiratory infection symptoms to wear face masks inside the libraries or to refrain from using library facilities.
27.3.2003	Additional precautionary measures at LCSD facilities and functions	All frontline staff have also been equipped with masks and gloves. To step up the precautionary measures, LCSD appeals to members of the public to bring their own masks when using the Department's facilities or attending its programmes and functions, such as concerts and sports fun days.
27.3.2003	Employers and employees urged to take exceptional measures against atypical pneumonia	"Everyone should pay attention to personal hygiene, wash their hands frequently, wear masks whenever necessary and consult a doctor promptly when feeling unwell," the spokesman added.
29.3.2003	New measures implemented to combat infectious disease	"They (close contacts of SARS patients on daily reporting to Designated Medical Centres) are advised to wear face masks at all time. If they have developed signs and symptoms of the disease, they will be admitted to hospital for treatment," the spokesman said.

Date	Title	Extract
30.3.2003	Taxi trade joins hands to combat atypical pneumonia	To effectively prevent AP infections, taxi drivers are advised to take the following precautionary measures: *Wear masks
30.3.2003	Designated medical clinics ready for daily check of patients' close contacts	"We have notified the close contacts of the measure and of the location of the clinic they should attend. Advice on how to keep their living environment hygienic and precautionary measures they should take including the wearing of masks is also given."
31.3.2003	LD issued guidelines to employers and employees	*We appeal to employers to provide, where appropriate, face masks to their employees.