

本署檔號 Our Ref. : (13) in DH SEB CD/8/22/1 IV
電話 Tel. :
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致各位校長/幼兒中心負責人：

提高警覺預防手足口病和急性腸胃炎

我們現特函告知手足口病和急性腸胃炎的活躍程度有所上升，並懇請閣下提高警覺，預防貴 學校／機構爆發手足口病和急性腸胃炎。

手足口病

根據衛生署衛生防護中心最新監測數據，定點私家醫生及普通科門診在過去兩周錄得的手足口病活躍程度有所上升。私家醫生呈報的手足口病每周求診比率（每 1 000 個診症）由截至九月十五日的一周錄得的 0 宗上升至隨後兩周的 2.3 及 1.2 宗，而普通科門診呈報的手足口病每周求診比率則由截至九月十五日的一周錄得的 0.4 宗上升至隨後一周的 1.1 宗。

院舍／學校爆發手足口病個案方面，過去兩周分別錄得 11 宗（涉及 32 人）及八宗（涉及 24 人）。截至十月二日，本周首三天已錄得五宗（涉及 22 人）。過去四星期，爆發個案主要發生在幼稚園及幼兒中心（43%）。腸病毒 71 型感染方面，個案數目由截至九月十五日的一周錄得的一宗個案，上升至隨後兩周的兩及三宗。截至十月二日，今年共錄得 42 宗。

手足口病為幼兒常見的傳染病，個案在香港全年都會發生，但較常見於夏季月份（五月至七月）。十月至十二月亦可能出現一個較小型的高峰期。主要病徵包括發燒、喉嚨痛及於手足處長出皮疹。雖然大部份病者都會自行痊癒，但部份手足口病患者（尤其是腸病毒 71 型引致的個案）可出現心肌炎、腦炎和類小兒麻痺癱瘓等併發症。

急性腸胃炎

衛生防護中心最新監測數據亦顯示院舍／學校爆發急性腸胃炎個案有所增加，由截至九月二十二日一周的兩宗（涉及 11 人）升至上星期的五宗（涉及 38 人）。過去四星期，爆發個案主要發生在小學（44%）。此外，定點幼兒中心／幼稚園及安老院舍的腹瀉活躍程度亦錄得相應上升。



諾如病毒及輪狀病毒是最常引致急性腸胃炎的病原體。感染的徵狀包括惡心、嘔吐、腹瀉、腹痛、發燒及疲倦。病毒可透過進食受污染的食物、直接接觸患者的嘔吐物或排泄物、接觸受污染的物品或經嘔吐時產生的帶病毒噴沫傳播。病毒具高傳染性，有可能導致難以控制的疾病爆發。急性腸胃炎爆發全年都有機會發生，但較常見於冬季月份。

為防止傳染病爆發，學生/兒童如出現皮疹、發燒、腹瀉或嘔吐等，應避免上學及向醫生求診。此外，幼兒中心、幼稚園及學校應採取適當措施，以預防傳染病的傳播，例如提醒學生/兒童/教職員注意個人、食物及環境衛生、避免學生/兒童共用衣服及拖鞋等，詳情請參閱上載於衛生防護中心網站的「學校/幼稚園/幼稚園暨幼兒中心/幼兒中心預防傳染病指引」：http://www.chp.gov.hk/files/pdf/guidelines_on_prevention_of_communicable_diseases_in_schools_kindergartens_kindergartens_cum_child_care-centres_child_are_centres_chi.pdf。

如閣下懷疑貴校有傳染病爆發，請儘快與本中心中央呈報辦公室聯絡(電話號碼：2477 2772，傳真號碼：2477 2770)，以便我們立即進行流行病學調查及建議實施控制措施。

如欲獲取傳染病的最新資訊，請瀏覽衛生防護中心以下專題網頁：

- 手足口病及腸病毒 71 型感染 (www.chp.gov.hk/tc/view_content/16354.html)；
- 急性腸道傳染病 (<http://www.chp.gov.hk/tc/content/9/24/10.html>)

請提醒貴院舍的醫護人員和職員注意以上資訊。感謝閣下對預防和控制傳染病的支持。

衛生署衛生防護中心總監



(張竹君 醫生代行)

二零一八年十月三日

本署檔號 Our Ref. : (12) in DH SEB CD/8/22/1 IV
電話 Tel. :
傳真 Fax No. :

3 October 2018

Dear Principal / Person-in-charge,

Vigilance against Hand, Foot and Mouth Disease and Acute Gastroenteritis

I would like to draw your attention to the recent increases in activities of hand, foot and mouth disease (HFMD) and acute gastroenteritis (AGE) and urge schools and institutions to be vigilant against the diseases.

HFMD

According to the latest surveillance data of the Centre for Health Protection (CHP) of the Department of Health, sentinel private medical practitioners and General Out-patient Clinics (GOPC) recorded an increase of HFMD activity in the past two weeks. The weekly consultation rate of HFMD at private medical practitioners has increased from 0 per 1,000 consultations in the week ending 15 September to 2.3 and 1.2 in the subsequent two weeks. The rate at GOPC has increased from 0.4 in the week ending 15 September to 1.1 in the subsequent week.

The number of institutional HFMD outbreaks in the past two weeks were 11 (affecting 32 persons) and eight (affecting 24 persons) respectively. As of 2 October, five outbreaks (affecting 22 persons) have already been recorded in the first three days this week. In the past four weeks, kindergartens and child care centres (CCC/KG) reported most outbreaks (43 per cent). As for enterovirus (EV) 71 infection, the weekly number of cases recorded has increased from one case in the week ending 15 September to two and three cases in the subsequent two weeks respectively. As of 2 October, 42 cases have been recorded this year.



HFMD is a viral infection commonly seen in children. The infection can occur throughout the year in Hong Kong but the disease activity usually peaks from May to July. A smaller peak may also occur from October to December. Common

symptoms include fever, sore throat and skin rash over the hands and feet. Although the illness is self-limiting in most cases, some cases especially those caused by EV71 may be associated with complications like myocarditis, encephalitis or poliomyelitis-like paralysis.

AGE

CHP's latest surveillance data also showed an increase in the number of institutional AGE outbreaks, from two (affecting 11 persons) in the week ending September 22 to five (affecting 38 persons) last week. In the last four weeks, most outbreaks occurred in primary schools (44 per cent). Sentinel CCC/KG and residential care homes for the elderly also recorded a corresponding increase of the activity of diarrhoea.

AGE is usually caused by norovirus or rotavirus infection. Symptoms include nausea, vomiting, diarrhoea, abdominal pain, fever and malaise. These viruses can be transmitted by consumption of contaminated food, contact with the vomitus or excreta of the infected persons, contaminated objects and aerosol spread with contaminated droplets of splashed vomitus. They are highly infectious and may result in outbreaks that are difficult to control. AGE outbreaks may occur throughout the year but are known to occur more frequently in winter months.

To prevent outbreaks of communicable diseases, students/children who develop skin rash, fever, diarrhea or vomiting are strongly advised not to attend school and should seek medical advice. Besides, CCC/KG and schools should take measures to prevent the spread of communicable diseases, e.g., remind students/children and staff members to observe good personal, food and environmental hygiene, avoid sharing clothing and slippers among students/children, etc. For details, please refer to the **“Guidelines on Prevention of Communicable Diseases in Schools /Kindergartens /Kindergartens-cum-Child Care Centres /Child Care Centres”**, which is accessible on the website of CHP at: http://www.chp.gov.hk/files/pdf/guidelines_on_prevention_of_communicable_diseases_in_schools_kindergartens_kindergartens_cum_child_care-centres_child_care_centres.pdf

If you suspect any outbreaks occurring in your institution, please report to the Central Notification Office of CHP as early as possible at Fax: 2477 2770 or Tel: 2477 2772 for prompt epidemiological investigations and outbreak control.

For the latest information on communicable diseases, please visit CHP's webpages below:

- HFMD and EV71 infection (http://www.chp.gov.hk/en/view_content/16354.html)
- Acute diarrhoeal diseases (<http://www.chp.gov.hk/en/content/9/24/10.html>)

Please draw the attention of the healthcare professionals and supporting staff in your institution/ working with you to the above. Thank you for your unfailing support in prevention and control of communicable diseases.

Yours faithfully,



(Dr SK CHUANG)

for Controller, Centre for Health Protection
Department of Health