

本署檔號 Our Ref. : (5) in DH SEB CD/8/27/1 Pt.18

30 January 2009

Dear Doctor,

Arrival of the Winter Influenza Season in Hong Kong

I would like to update you on the latest situation of influenza activity in the community.

Most recent data show an increasing number of influenza isolates, which signal the arrival of the winter influenza season.

The Public Health Laboratory Centre (PHLC) of the Centre for Health Protection (CHP) recorded a steady increase in number of influenza virus detections, from 69 in the week from January 12 to 17 to 105 in the week from January 18 to 24. Genetic and antigenic analysis showed most were H1N1 A/Brisbane/59/2007-like virus while some were H3N2 A/Brisbane/10/2007-like virus. CHP also recorded 10 influenza-like-illness outbreaks in institutions affecting 59 persons last week, among them 2 were confirmed to be caused by influenza.

The consultation rates for influenza-like-illness in private doctors and general out-patients clinics (GOPC) have not yet showed obvious signs of increase. During the week ending January 24, consultation rates for influenza-like illness in private doctors and GOPC were 27.7 and 4.9 per 1000 consultations respectively while the corresponding figures for the week before were 38.5 and 5.2 respectively. CHP will monitor these consultation rates in anticipation of their rise over the next few weeks as the flu season progresses.

Members of the public are reminded to take the following measures to prevent influenza and other respiratory illnesses:

- To build up good body immunity by having a proper diet, regular exercise and adequate rest, reducing stress and avoiding smoking;
- To maintain good personal and environmental hygiene;
- To wash hands after sneezing, coughing or cleaning the nose;
- To maintain good ventilation; and
- To avoid visiting crowded places with poor ventilation.
- Children with acute febrile illness should not attend school till 48 hours post-defervescence.



You may wish to refer to the daily update on the influenza situation at the CHP website <http://www.chp.gov.hk/>. You are also reminded to report respiratory illnesses occurring in institutional settings for prompt outbreak control.

Yours faithfully,



(Dr SK CHUANG)

Consultant Community Medicine (Communicable Disease)
Centre for Health Protection
Department of Health



衛生防護中心乃衛生署
轄下執行疾病預防
及控制的專業架構
*The Centre for Health
Protection is a
professional arm of the
Department of Health for
disease prevention and
control*

香港九龍亞皆老街 147C 號 3 樓
3/F, 147C Argyle Street, Kowloon, Hong Kong