

預防 中東呼吸綜合症

Guard against

Middle East Respiratory Syndrome

傳播途徑

- 可能透過接觸動物(例如駱駝)、環境或確診病人(例如在醫院內)而受感染；傳播途徑跟其他呼吸道感染(例如流感)相似

病徵

- 可出現發燒、咳嗽、呼吸急促和困難
- 多數患者患有肺炎；還有腸胃方面的症狀，包括腹瀉、或出現腎臟衰竭
- 免疫力較弱的患者，可能有其他病徵

預防方法

個人衛生

- 保持雙手清潔，勤洗手
- 觸摸眼睛、口鼻前，應先洗手
- 打噴嚏或咳嗽時應用紙巾掩著口鼻，將染污的紙巾妥善棄置並徹底清潔雙手
- 保持健康生活模式，以建立良好身體抵抗力
- 如出現呼吸道感染病徵，應佩戴口罩，並盡快求診

環境衛生

- 保持空氣流通及家居清潔
- 避免前往人多擠迫、空氣欠流通的地方

旅遊健康建議

- 注意個人、食物及環境衛生
- 避免到訪農場、農莊或有駱駝的市場
- 旅程中避免接觸動物(特別是駱駝)、雀鳥、家禽或病人
- 不應飲用或食用未經處理或未經煮熟的動物產品，包括奶類和肉類，或可能被動物分泌物、排泄物(例如尿液)或產品染污的食物，除非經已煮熟、洗淨或妥為去皮
- 如在返港後出現呼吸道感染病徵，應佩戴口罩，盡快求醫，並告知醫生近期的旅遊紀錄

Transmission

- People may be infected upon exposure to animals (such as camel), environment or other confirmed patients (such as in a hospital setting); mode of transmission is similar to other respiratory infections such as influenza

Clinical features

- People may present with fever, cough, shortness of breath and breathing difficulties
- Most patients developed pneumonia; and also gastrointestinal symptoms, including diarrhoea, or kidney failure
- In people with weakened immune system, the disease may have atypical presentation

Preventive measures

Personal hygiene

- Keep hands clean. Always wash your hands
- Clean your hands before touching your eyes, nose and mouth
- Cover nose and mouth with tissue paper when sneezing or coughing and dispose of soiled tissue paper in a lidded rubbish bin and wash hands thoroughly
- Build up good body immunity by having a healthy lifestyle
- Wear surgical mask and seek medical advice promptly if respiratory symptoms develop

Environmental hygiene

- Maintain good ventilation and keep our home clean
- Avoid visiting crowded places with poor ventilation

Travel health advice

- Take heed of personal, food and environmental hygiene
- Avoid going to farms, barns or markets with camels
- Avoid contact with animals (especially camels), birds, poultry or sick people during travel
- Do not consume raw or undercooked animal products, including milk and meat, or foods which may be contaminated by animal secretions, excretions (such as urine) or products, unless they have been properly cooked, washed or peeled
- Wear surgical masks, seek medical advice if develop respiratory symptoms after return, and inform doctor of recent travel history