



預防武漢相關呼吸道感染 - 給公眾的建議

Prevent Wuhan-related Respiratory Tract Infection – Recommendations for the General Public

Regarding the recent reports of “pneumonia cases of unknown origin” from some medical institutions in the mainland city of Wuhan, current data suggests a suspected association between the outbreak and a local seafood market “Huanan Seafood City”. At present, more than 20 cases have been identified, of which a quarter are in severe condition and the remaining are steadily improving. All of the cases are isolated and receiving treatment. Contact tracing and medical surveillance of close contacts are ongoing, while the local health authorities revealed that the cases were compatible with viral pneumonia.

In view of this, the Centre for Disease Control and Prevention of the Health Bureau calls on members of the public to heighten vigilance and step up prevention.

Current information on Wuhan-related respiratory tract infection

1. According to the available information, the specific strain of pathogen and source of infection are yet to be identified, but are suspected to be related to the “Huanan Seafood City” of Wuhan city. The causative pathogen and cause of infection are still under investigation.
2. There is still uncertainty regarding the route of transmission and the incubation period; however, respiratory droplets are considered a probable mode of transmission. For the time being, no obvious human-to-human transmission has been observed and no healthcare workers have been infected.
3. Clinical features are mainly fever, respiratory symptoms, abnormal findings in both lungs on chest X-ray, while a few patients have presented with shortness of breath.
4. About one fourth of the cases are in serious condition, while the remaining are stable with controllable symptoms.

Prevention

In order to prevent the aforementioned respiratory tract infection, members of the public are reminded to heighten vigilance and adopt the following measures:

1. Personal hygiene

- Wash hands properly to keep hands clean, or use alcohol-based handrub, especially before touching the eyes, nose and mouth;



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- Cover the mouth and nose with a tissue paper, an elbow or a piece of clothing when coughing or sneezing;
 - Do not share towel with others;
 - Wear gloves before handling objects or areas contaminated by secretions or excretions;
 - Exercise regularly, maintain adequate rest and a balanced diet;
 - Avoid visiting crowded places and hospitals; wear a mask if necessary;
 - Avoid close contact with patients with fever or symptoms of respiratory infection;
 - If developing symptoms such as fever or respiratory symptoms, put on a mask and consult a doctor immediately. Let the doctor know if you have travelled to major affected areas* before disease onset; suspend work and stay at home for rest if recommended by doctors.
- 2. Precautionary measures to be adopted when travelling to affected areas* :**
- Observe personal, environmental and food hygiene;
 - Avoid close contact with people with fever and respiratory symptoms;
 - Avoid visit to hospitals or contact with patients;
 - Avoid contact with animals, especially poultry, as far as possible;
 - Have a surgical mask handy and put on it when necessary;
 - If developing fever and respiratory symptoms during or after a trip, promptly seek medical attention and inform doctor of your travel history.

* Affected areas: Please visit the Health Bureau website for details – [List of major infectious diseases affected areas](#)

Centre for Disease Control and Prevention
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