

2019 冠狀病毒病 感染預防及控制

加強監測
抵港人士病毒測試
(衛生署樣本採集中心)

25. 3. 2020

衛生防護中心
感染控制處



內容

預防及控制措施

- 手部衛生
- 基本個人防護裝備的使用
- 環境清潔及消毒
- 廢物處理





- 手部衛生



手部衛生- 最簡單、最有效 防止傳染病傳播的方法

- 梘液和清水
當手部沾有明顯污垢時或如廁後，以梘液和清水洗手
- 酒精搓手液
如手部沒有明顯污垢時，宜用70-80%酒精搓手液潔手



搓手最少20 秒



如何潔手



• 基本個人防護裝備的使用



世界衛生組織防護裝備的建議 (2019冠狀病毒病)



COVID-19 v4

Operational Support & Logistics
Disease Commodity Packages

Agent's Biosafety Level: (to be confirmed): BSL2, Virus culture BSL3

Related links: COVID-19 [\[LINK\]](#)

Epidemic Potential: Under investigation

Last Update: 06 March 2020

Managing Epidemics Handbook [\[LINK\]](#)

SURVEILLANCE	Sample Collection	Diagnosis		
Laboratory confirmation of a COVID-19 case will trigger an thorough investigation. Because there currently is not a PCR test available testing may take several days or longer, WHO's recommended strategy is to begin an investigation immediately, thus requiring immediate operational support and supplies.	Upper and lower respiratory samples (nasopharyngeal and sputum samples)	Polymerase Chain Reaction (PCR)	Immunoassay	Culture
		No commercial rRT-PCR kits yet available; See interim nCoV laboratory guidance below	Not yet available	Viral transport medium

Note: Many diagnostics supplies are also used for **Case Management** purposes, but have been included only in **Surveillance**.

Laboratory testing for COVID-19 is in development

PREVENTION & CONTROL	Travel & Trade	Vaccine	Triage / Screening (PPE)
Based on current information it is assumed that COVID-19 is a zoonotic disease with human-to-human transmission occurring through droplets or contact. This human-to-human transmission may occur due to breaches in IPC practices. Thus, a central focus of any prevention/control strategy is protecting health care workers with appropriate IPC supplies and ensuring basic health logistics at responding facilities.	Animal source has not yet been identified	Several vaccine candidates for MERS-CoV are in development.	Standard precautions with an emphasis on hand and respiratory hygiene, plus additional precautions - specifically droplet and contact precautions. Airborne-related precautions are only required for aerosol-generating procedures. Personal protective equipment (PPE) for screening and for at-risk healthcare workers at healthcare facilities

Please see WHO technical guidance on IPC for COVID-19 [\[LINK\]](#)

R&D Blueprint [\[LINK\]](#)


CASE MANAGEMENT	Treatment		Personal Protective Equipment (PPE)
There is no specific treatment or vaccine for COVID-19; however, R&D efforts for MERS-CoV are ongoing. See current WHO guidance on case management for MERS-CoV.	Aetiological	Supportive	
	Several candidates are under consideration for evaluation. On outbreak-specific basis, the Monitored Emergency Use of	Oxygen Therapy with use of pulse oximeter highly recommended. Mechanical ventilation of severe	Antibiotics.



世界衛生組織防護裝備的建議 (2019冠狀病毒病)



The COVID-19 Risk Communication Package For Healthcare Facilities



This package provides healthcare facility management and healthcare workers with an overview of the key actions required to keep safe and healthy in the workplace.

Updated March 10, 2020.

This toolkit is designed to be easily edited, printed and shared. The layout is suitable for any ISO-sized paper (A4, A3, A2).

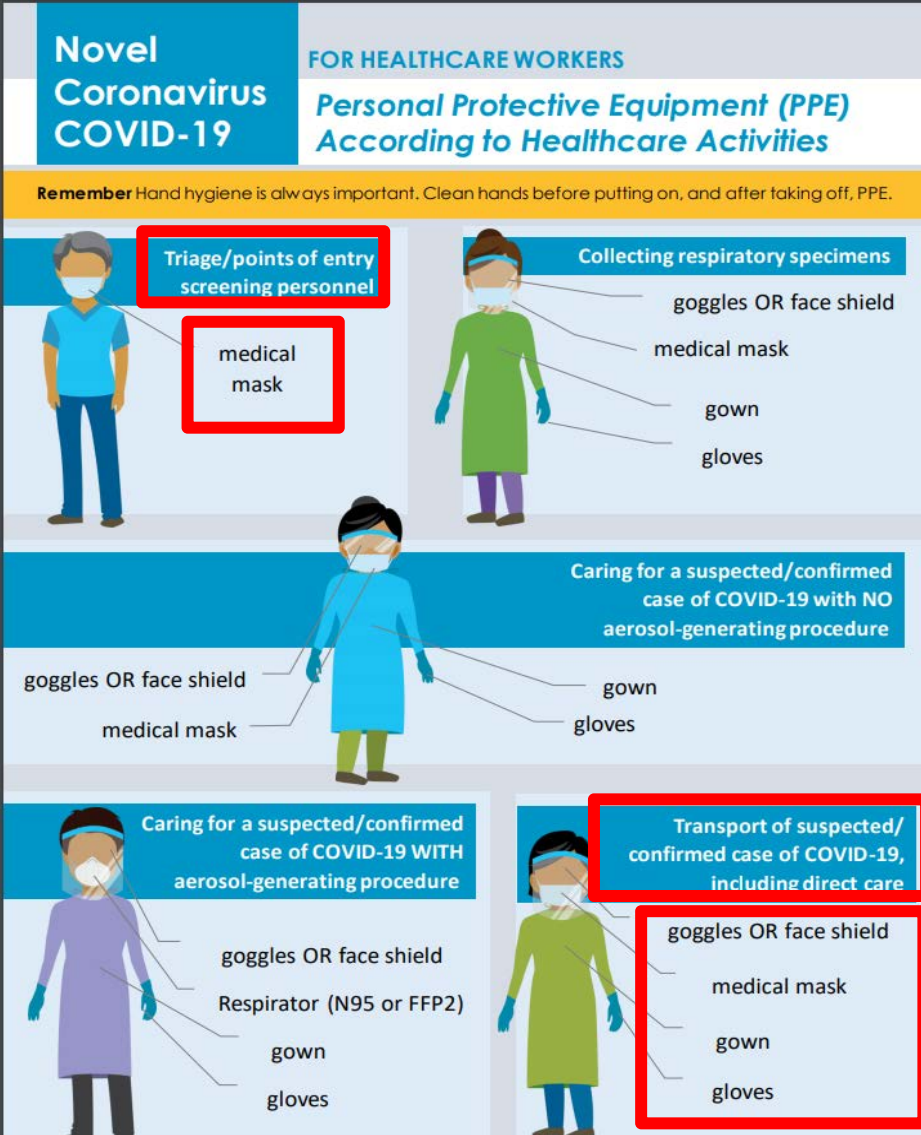
Images and text have been separated so the layout can be adjusted depending on the requirements.

To print, export the files as PDF or PNG and send to the printer. For borderless printing, the image may be scaled to fit the printable area and trimmed along the edges.

Novel Coronavirus COVID-19 FOR HEALTHCARE WORKERS

Personal Protective Equipment (PPE) According to Healthcare Activities

Remember Hand hygiene is always important. Clean hands before putting on, and after taking off, PPE.



- Triage/points of entry screening personnel**
 - medical mask
- Collecting respiratory specimens**
 - goggles OR face shield
 - medical mask
 - gown
 - gloves
- Caring for a suspected/confirmed case of COVID-19 with NO aerosol-generating procedure**
 - goggles OR face shield
 - medical mask
 - gown
 - gloves
- Caring for a suspected/confirmed case of COVID-19 WITH aerosol-generating procedure**
 - goggles OR face shield
 - Respirator (N95 or FFP2)
 - gown
 - gloves
- Transport of suspected/confirmed case of COVID-19, including direct care**
 - goggles OR face shield
 - medical mask
 - gown
 - gloves

港口衛生員工

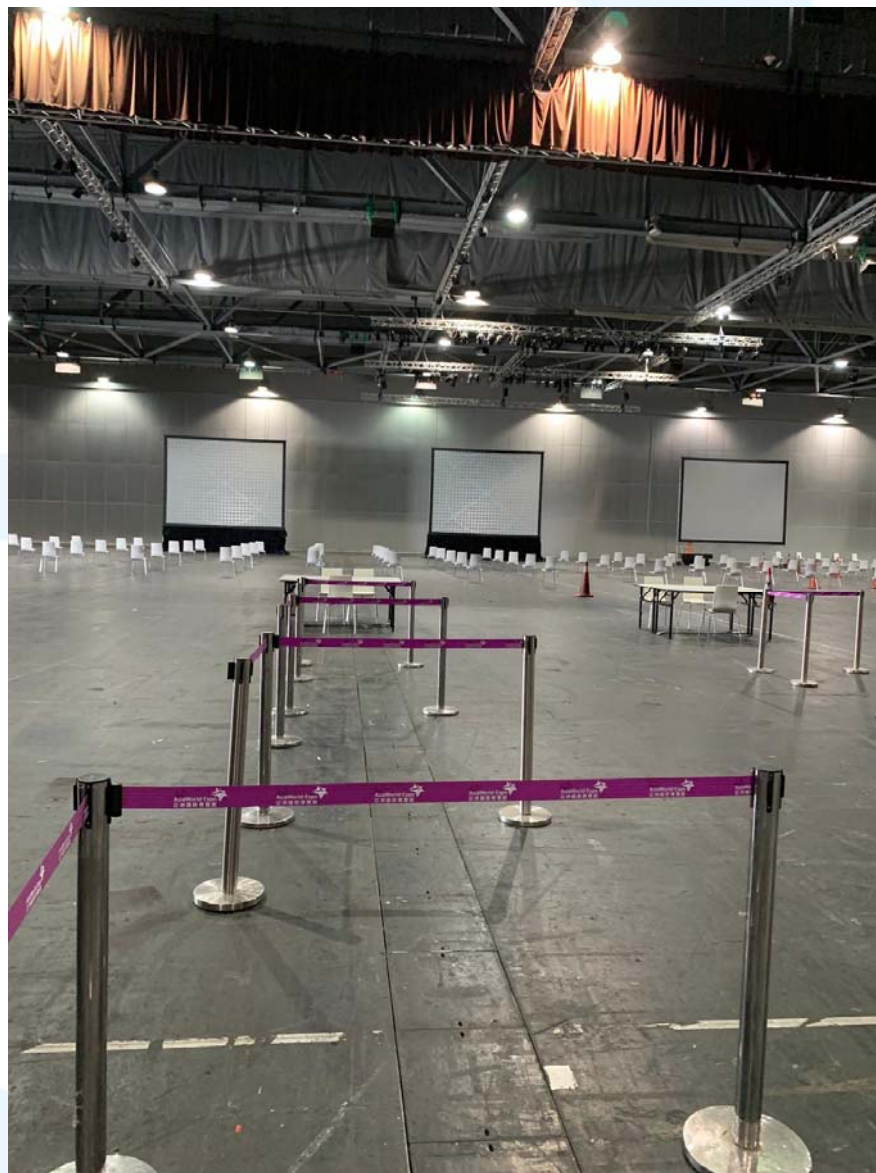
Action 行動	Respiratory Protection 呼吸防護		Gloves# 手套	Eye Protection 眼部防護 (Goggles / Face shield) (眼罩 / 面罩)	Gown# 保護袍
	Surgical Mask 外科口罩	N95 Respirator N95呼吸器			
(1) Port-Health 港口衛生					
Border / Boundary controls counters 邊境/口岸 監控監測站 Body temperature check 量度體溫	✓	-	-	Used when physical environment does not provide adequate barrier between staff and returnee 當工作環境內員工與回港人士間沒有適當的分隔時	-
Collection of Health Declaration Forms 收回健康申報表	✓	-	-	Used when physical environment does not provide adequate barrier between staff and returnee 當工作環境內員工與回港人士間沒有適當的分隔時	-
Medical Post 醫療檢查站 General medical enquires 一般醫療查詢	✓	-	-	Used when physical environment does not provide adequate barrier between staff and returnee 當工作環境內員工與回港人士間沒有適當的分隔時	-
Contact with suspected cases 接觸疑似個案	✓	-	✓	✓	✓
Special Operations 特別行動 Contact with suspected cases when on board of vessels / flights* 需要登上船隻 / 飛機接觸疑似個案*	✓	-	✓	✓	✓
Special Operations 特別行動 Assist asymptomatic inbound travelers to collect deep throat saliva specimen at the AsiaWorld-Expo* 協助無病徵的抵港人士，在亞洲國際博覽館採集深喉唾液樣本*	✓	-	✓	✓	✓

* Wearing of cap is required 需要佩戴保護帽

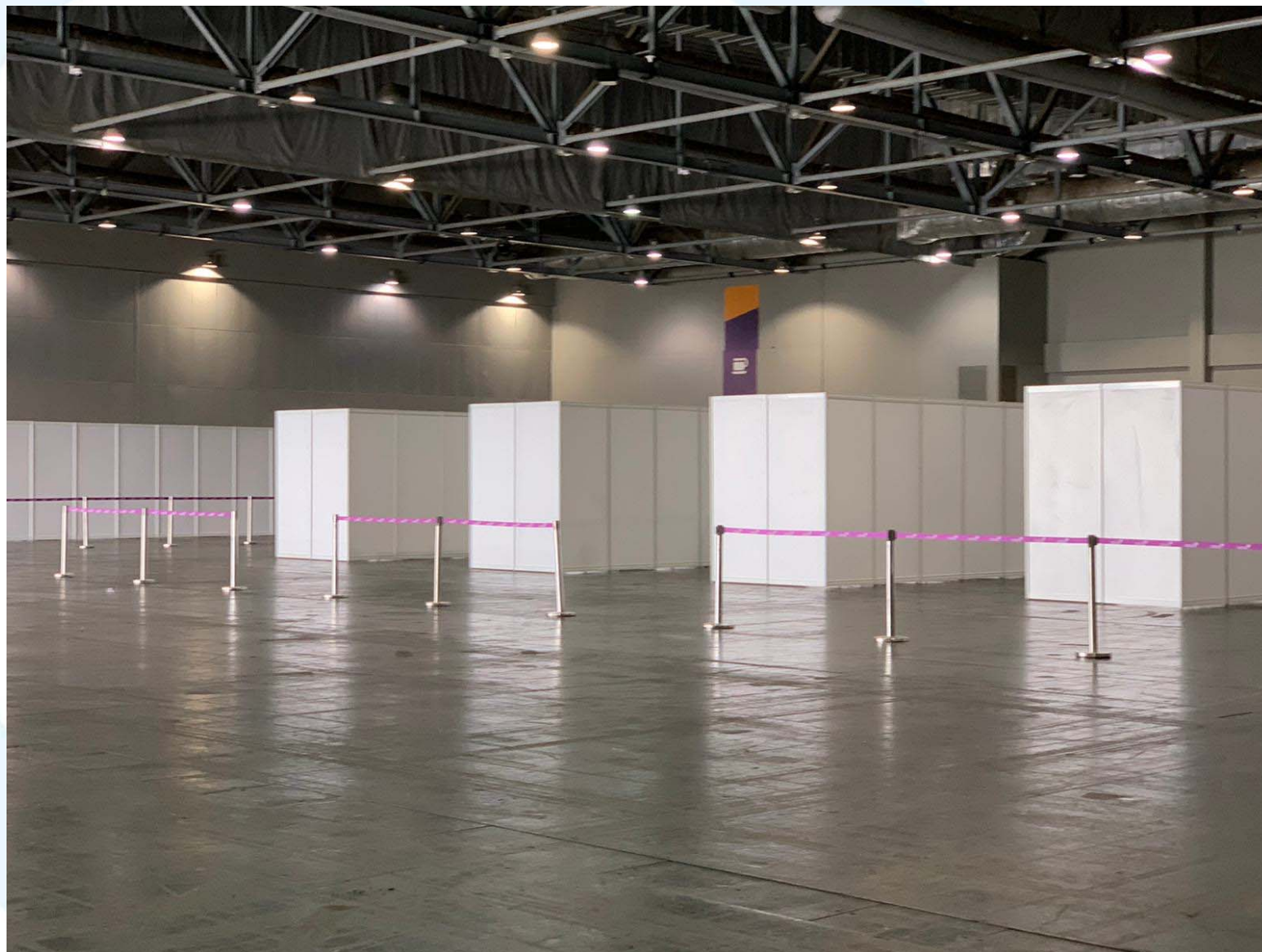
Gown and gloves should be considered in addition to surgical mask and eye protection in situations where contact of the work clothes and hands with potentially contaminated environment or respiratory secretions from travellers cannot be ruled out 在不能排除工作服和手部可能受污染的環境或旅行者的呼吸道分泌物接觸的情況下，除了外科口罩和眼部防護外，還應考慮保護袍和手套



現場環境



現場環境



基本個人防護裝備的使用要點

- 應根據**風險評估**(工序、環境)而選擇合適的個人防護裝備
- 參與行動前應穿著工作服及工作鞋
- **所有職員須佩戴外科口罩**
- **清潔/消毒工作**

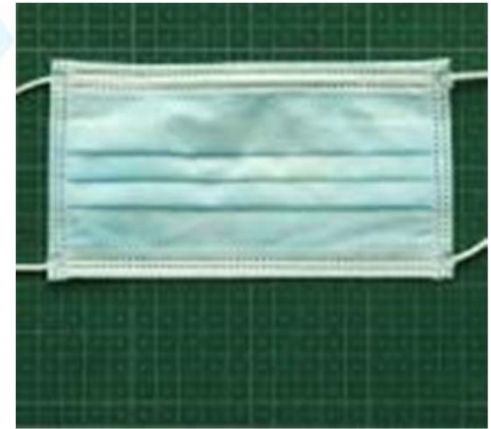
個人防護裝備

- 外科口罩
- 乳膠手套
- 即棄保護衣
- 眼部防護裝備 (護眼罩/面罩)
- 保護帽 (可選用)

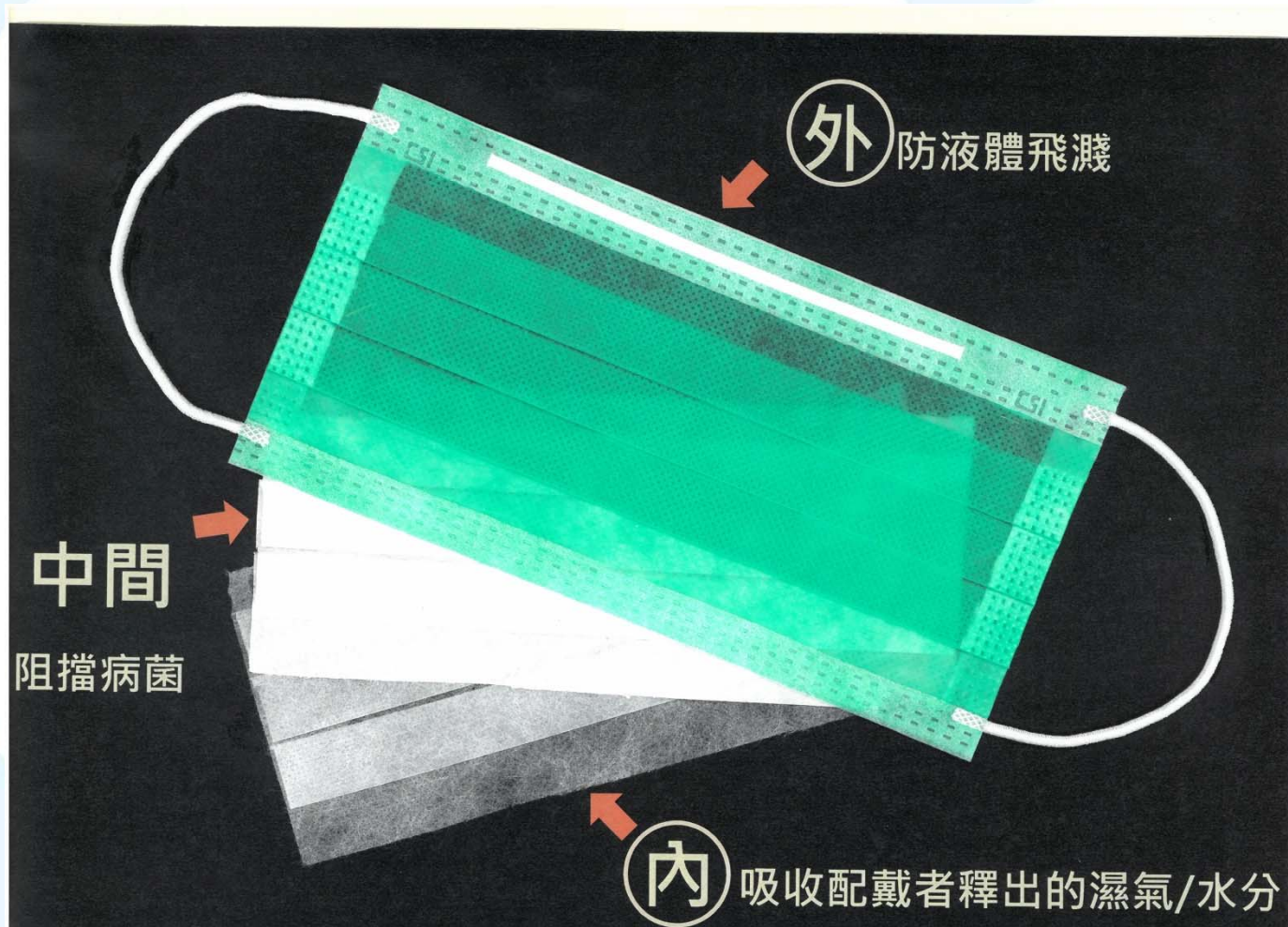


個人防護裝備

- 為減低受感染或散播病原體的风险
- 適當的使用個人防護裝備可保障自己及別人的安全



外科口罩



佩戴外科口罩的注意事項

- 選擇合適尺碼的口罩
- 口罩應妥善覆蓋口、鼻和下巴
- 戴口罩後，應避免再觸摸口罩表面
- 口罩如有破損或弄污，應立即更換
- 用過的口罩應棄置於有蓋垃圾桶內，不可重複使用
- 除口罩後，必須潔手



眼罩/面罩

當進行有機會被血液、體液、分泌物或排泄物飛濺的程序時，減少黏膜受污染的機會

- 眼鏡並不能代替眼罩
- 沾污的眼罩/面罩，應盡快除下，然後潔手



保護帽

防止頭髮在護理程序時被血液、體液、分泌物、排泄物污染



即棄保護衣

進行有機會被血液、體液、分泌物或排泄物等飛濺的程序時，穿上合適的保護衣，保護皮膚和衣服

- 程序完成後或保護衣被污染時，應立刻脫除，然後潔手
- 除保護衣時要小心，以免皮膚或工作服受污染



手套

當接觸血液、體液、分泌物、排泄物、傷口、黏膜及各污染物品時，均需戴上手套

- 戴上手套後，便不應用手摸臉、眼睛、口鼻和周圍環境
- 手套如有破損或嚴重污染，應立即更換
- 完成程序後應立即脫掉手套及潔手
- 即棄乳膠手套不應重覆使用

戴手套並不能代替潔手



• 佩戴及卸除個人防護裝備之步驟



- 穿衣區需備鏡子

入 IN 穿防護裝備 請跟次序
Donning PPE Step by Step

- 1** 潔手
Perform Hand Hygiene
- 2** 戴口罩/
N95口罩
Put on Mask / N95 Respirator *
* 緊記密合性檢查
Remember to Perform Seal Check
- 3** 戴護眼罩/
全面罩及帽
Put on Eye Protection and Disposable Cap
- 4** 穿隔離衣
Put on Gown
- 5** 戴手套
Put on Gloves

注意：需視乎風險評估而選擇適當的防護裝備
N.B.: Selection of PPE should be based on risk assessment

HOSPITAL AUTHORITY 衛生防護中心
Centre for Health Protection

出 OUT 除防護裝備 請跟次序
Removing PPE Step by Step

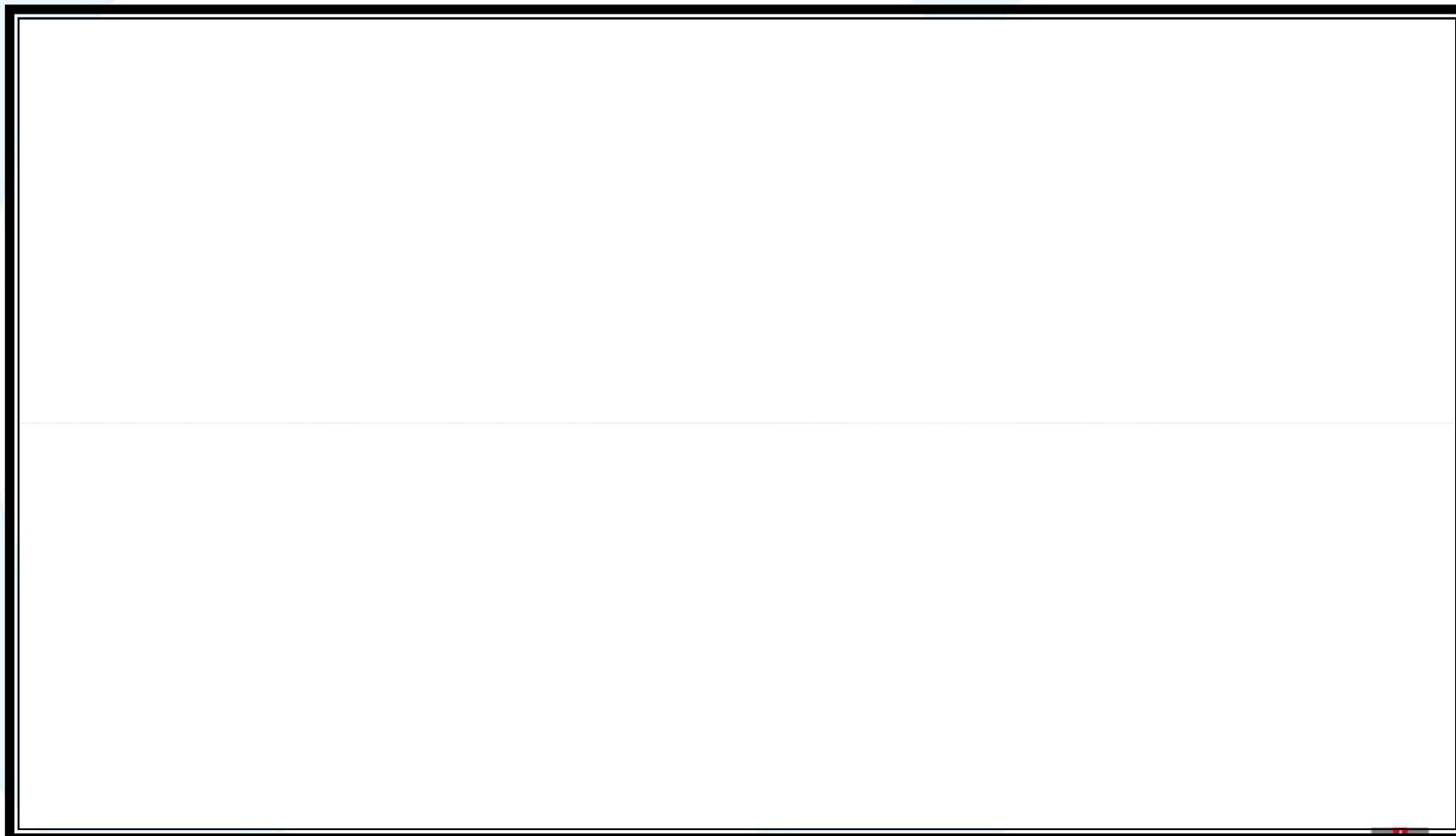
- 1** 除手套
Remove Gloves
- 2** 潔手
Perform Hand Hygiene
- 3** 除隔離衣
Remove Gown
由內向外捲起
Folding Inside Out
- 4** 潔手
Perform Hand Hygiene
- 5** 除帽及護眼罩/
全面罩
Remove Disposable Cap and Eye Protection
- 6** 潔手 (視乎情況)
Perform Hand Hygiene (Optional)
- 7** 除口罩/
N95口罩
Remove Mask / N95 Respirator
- 8** 再潔手
Perform Hand Hygiene AGAIN

注意：請將卸除防護裝備棄置於有蓋廢物箱
N.B.: Disposable PPE should be properly discarded in dustbin with lid

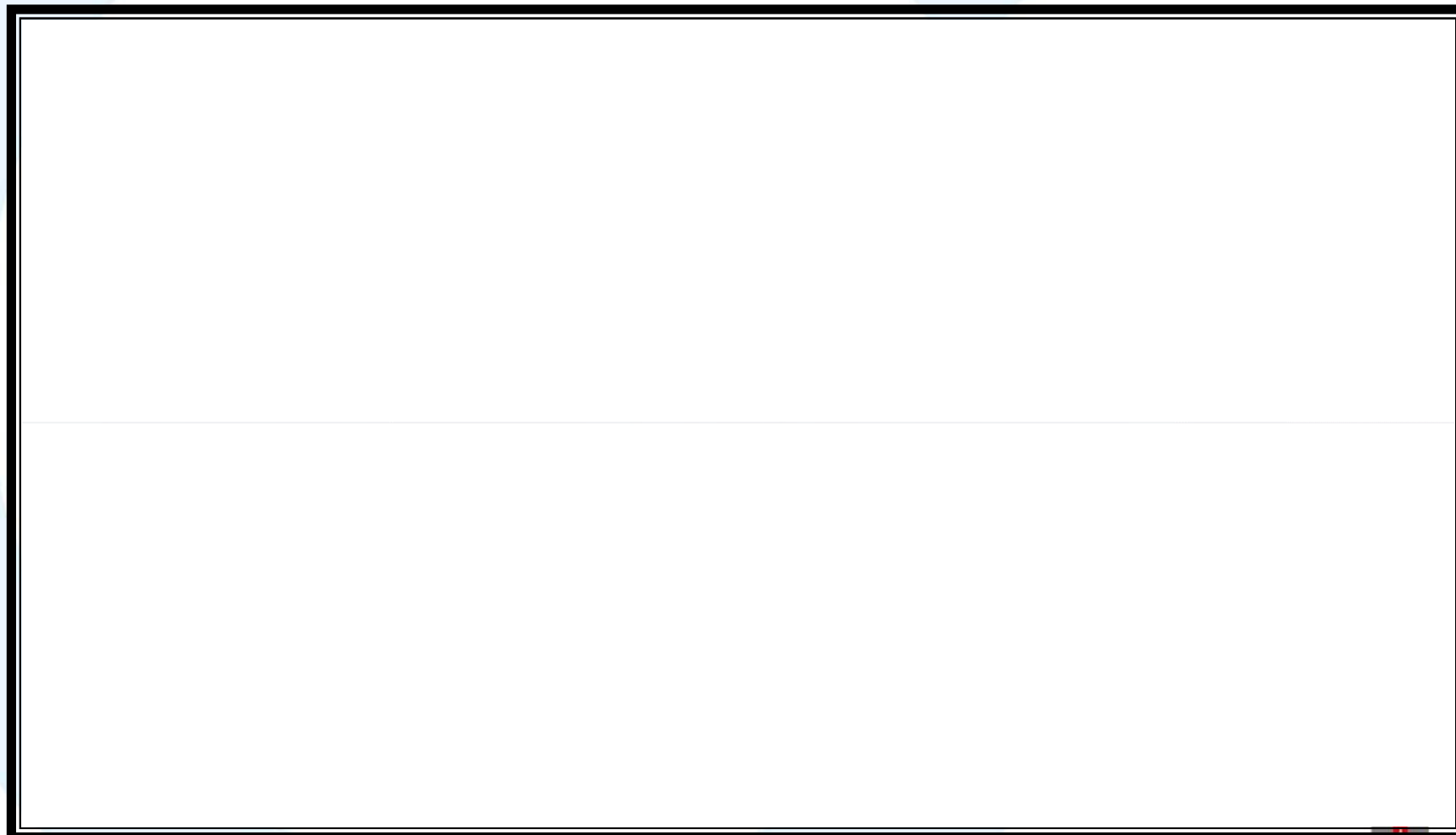
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- 動作勿太大，以免污染其他人或物品
- 卸除裝備後，須徹底清潔雙手

佩戴個人防護裝備示範片段



卸除個人防護裝備示範片段





- 環境清潔及消毒



環境清潔及消毒

稀釋比例	家用漂白水(5.25%) 調校方法	用途
1 比 4	用1份漂白水與 <u>4份</u> 水混和	消毒被嘔吐物、排泄物、分泌物 或血液污染的表面、設施(應先 用吸水力強的即棄抹巾清理污物)
1 比 49	用1份漂白水與 <u>49份</u> 水混和	每日環境/常接觸物件表面的清 潔、消毒

70% 酒精：用作消毒金屬表面

***稀釋後必須在24小時內使用或棄置

**由較乾淨的地方開始清潔，最後才到骯髒的地方

環境清潔及消毒

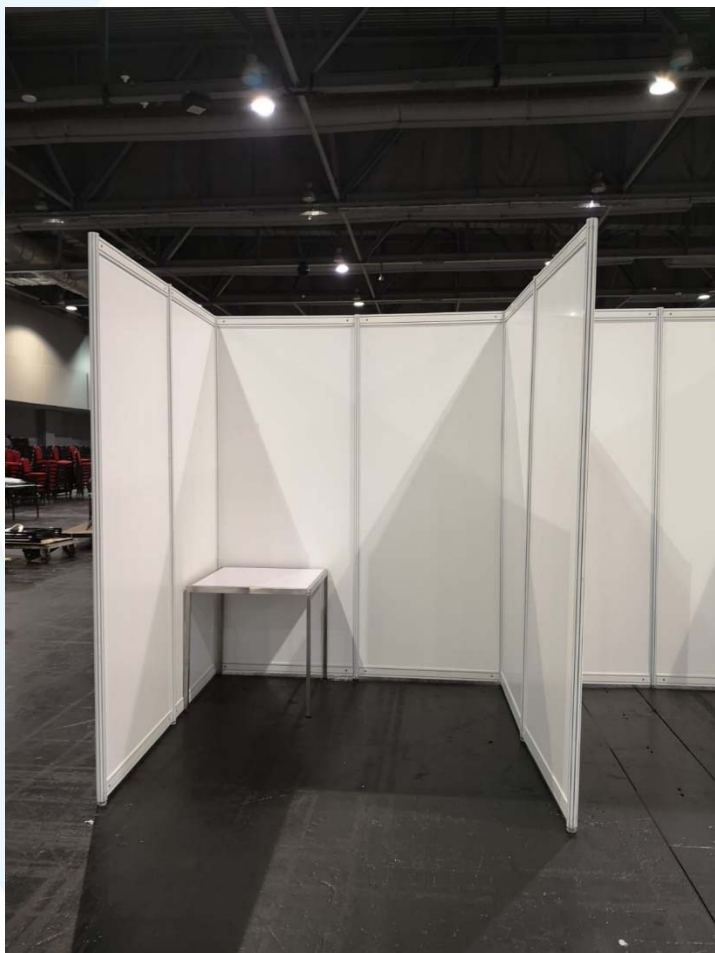
病菌可在環境中生存一段時間，所以注意環境衛生非常重要

- 消毒清潔劑的選擇

- 含5.25%次氯酸鈉的家用漂白水是方便有效的消毒清潔劑
- 1比49 稀釋家用漂白水 (5.25%)
- 消毒金屬表面，可使用70%火酒



深喉唾液樣本採集位置



- 用 1 比 49 稀釋家用漂白水（即把 1 份 5.25% 漂白水與 49 份清水混和）清潔及消毒



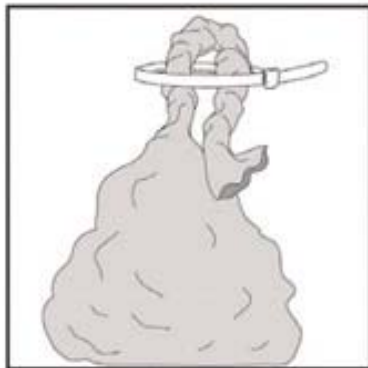
處理廢物



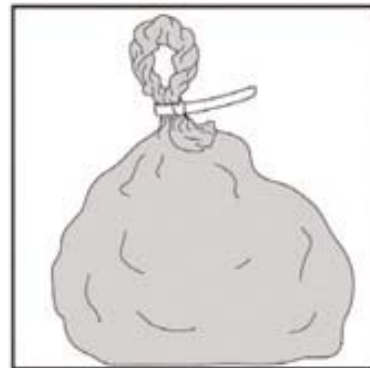
在達到警戒線時
把袋口封妥

牢固扭曲後對摺

緊握已扭曲的部分



把封口膠帶套著袋的頸部



將封口膠帶拉緊形成有效的密封

- 完成清洗/消毒程序後，將所有廢物棄置於廢物袋裡
- 小心除下個人防護裝備並將之棄置於廢物袋，隨即潔手
- 妥善包紮廢物袋
(使用「鵝頸結」及塑膠繩密封膠袋)
- 小心除下手套，並清潔雙手
- 存放廢物的地方不應讓未經授權的人進入，並盡快將廢物收取



總結

使用個人防護裝備的注意點

- 參與行動前應穿著制服/工作服及工作鞋
- 在執行有關行動時必須根據風險評估，選擇合適的個人防護裝備
- 必須於指定地點佩戴和卸除個人防護裝備
- 如個人防護裝備在施行程序中被明顯/大量污染，應當儘快更換
- 員工在卸除個人防護裝備，不能集體同時進行，以防止卸除過程中出現交叉污染發生
- 卸除防護裝備時必須額外小心以避免受污染
- 保護不足或使用過多的保護裝備均對工作人員造成危險
- 手部衛生是最有效防止感染傳播的方法



總結

減低日常生活中受感染的機會

✓ 加強個人衛生（時刻保持警覺）

- 經常和正確地保持手部衛生
- 在接觸眼、鼻及口前應先潔手
- 遵守咳嗽禮儀
- 減少非必要的社交活動，及避免集會及到人多擠逼的地方
- 外出時應佩戴外科口罩
- 人與人之間保持有適當距離，進餐時盡量單向



謝謝



佩戴及卸除 個人防護裝備練習

