

預防及控制急性腸胃炎感染在校園傳播

# Prevention & Control spread of Acute Gastroenteritis

衛生署衛生防護中心感染控制處  
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Department of Health

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# 傳播 Transmission

急性腸胃炎多數由病毒引致，最常見的為：

Acute gastroenteritis (AGE) are usually caused by viruses, most commonly

- 諾如病毒 norovirus
- 輪狀病毒 rotavirus
- 腺病毒 adenovirus



# 傳播 Transmission

感染途徑包括：

The modes of transmission include:

- 接觸患者的嘔吐物或糞便  
contact with vomitus or faeces from infected persons
- 接觸受污染的環境或物品  
contact with contaminated environments or objects
- 經嘔吐時產生的帶病毒噴沫傳播  
aerosol spread with contaminated droplets of splashed vomitus
- 食用或飲用受病毒污染的食物或水  
eat/drink food or water contaminated with the viruses



# 預防及控制

## Prevention and Control

- 加緊注重個人、食物及環境衛生

Strict personal, food and environmental hygiene.

- 特別要小心處理嘔吐物及排泄物

Particular attention to handling of vomitus and faecal matter.

- 由於酒精未能有效殺死一些經常引起急性腸胃炎的病毒（例如：諾如病毒），酒精搓手液並不能代替使用梘液和清水潔手

Alcohol-based handrub should not substitute hand hygiene with liquid soap and water, as alcohol does not effectively kill some viruses frequently causing AGE, for example, norovirus.

# 手部衛生 Hand hygiene

- 保持良好的個人衛生  
Ensure proper personal hygiene.
- 處理食物或進食前、如廁後或更換尿片後  
須徹底洗淨雙手

Wash hands thoroughly before handling food and eating, after using the toilet or after changing diapers.

使用梘液及清水洗手：

<https://www.youtube.com/watch/bfHoBihQNks>

Hand hygiene with liquid soap and water:

[https://www.youtube.com/watch/pN2C6AJ2\\_EA](https://www.youtube.com/watch/pN2C6AJ2_EA)



# 手部衛生日 Hand Hygiene Day

<https://www.youtube.com/watch/UivhwVZ38RY>





# 嘔吐物或糞便的環境清潔

## Environmental cleaning for vomitus or faeces

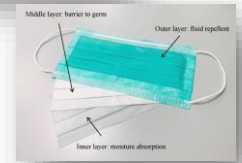
- 清潔和消毒應立即進行

Cleaning and disinfection should be carried out immediately.



- 在清潔過程中，讓兒童/學生遠離該區域

Keep children/students away from the area during the cleaning process.



- 清理嘔吐物及排泄物時須戴上手套及外科口罩，事後須徹底洗手

Wear gloves and a surgical mask while disposing of or handling vomitus and faeces, and wash hands thoroughly afterwards.

嘔吐物的處理:

[https://www.youtube.com/watch/vb\\_M-UQmo48](https://www.youtube.com/watch/vb_M-UQmo48)

Handling vomitus:

<https://www.youtube.com/watch/H-LtYj6OnqM>



# 嘔吐物或糞便的環境清潔

## Environmental cleaning for vomitus or faeces

- 以稀釋的1比49家用漂白水（以一份含5.25%次氯酸鈉的漂白水加49份水）徹底清洗和消毒染污的地方及物件，事後並須徹底以規液和清水洗手

Clean and disinfect contaminated areas or items thoroughly with diluted household bleach (by adding one part of bleach containing 5.25 per cent sodium hypochlorite to 49 parts of water). Wash hands **with liquid soap and water** thoroughly afterwards.

調校和使用稀釋漂白水的步驟：

<https://www.youtube.com/watch/EOoJVmvS3O4>

Procedures of preparing and using diluted bleach:

<https://www.youtube.com/watch/Aw3uotLLnNs>





# 正確使用漂白水

## Proper use of bleach

- 確保家用漂白水在有效限期前使用。未使用的稀釋漂白水的效能會隨時間減退。為確保有效消毒，漂白水應於稀釋後24小時內使用

Ensure the household bleach used has not expired. For effective disinfection, diluted bleach should be used within 24 hours after preparation as effectiveness would decrease with time if left unused.

- 存放漂白水於學生接觸不到的陰涼處

Store bleach out of reach of students in a shaded area.

漂白水的使用：

[https://www.chp.gov.hk/files/pdf/the\\_use\\_of\\_bleach\\_chi.pdf](https://www.chp.gov.hk/files/pdf/the_use_of_bleach_chi.pdf)

The Use of Bleach:

[https://www.chp.gov.hk/files/pdf/the\\_use\\_of\\_bleach.pdf](https://www.chp.gov.hk/files/pdf/the_use_of_bleach.pdf)



# Proper function of sanitary facilities and drainage system

- 保持衛生設施和排水系統的正常功能

Maintain proper function of sanitary facilities and drainage system.

- 定期以及當感染者使用後，廁所均需進行清潔和消毒

Clean and disinfect toilets regularly and after use by infected persons.



# 良好室內通風

## Good indoor ventilation

- 保持室內空氣流通

Maintain good indoor ventilation.



[https://www.chp.gov.hk/files/pdf/supplement\\_on\\_school\\_ventilation\\_chi.pdf](https://www.chp.gov.hk/files/pdf/supplement_on_school_ventilation_chi.pdf)



[https://www.chp.gov.hk/files/pdf/supplement\\_on\\_school\\_ventilation\\_eng.pdf](https://www.chp.gov.hk/files/pdf/supplement_on_school_ventilation_eng.pdf)

# 飲食衛生及安全

## Food hygiene and safety

- 注意飲食衛生

Pay attention to food hygiene.



- 使用不同的用具處理生及熟的食物

Use separate utensils to handle raw and cooked food.



- 避免進食未經徹底煮熟的食物

Avoid food that is not thoroughly cooked

- 飲用經煮沸的水

Drink boiled water.



# 妥善處理患者

## Proper management for sick persons

- 如出現嘔吐或腹瀉的症狀，不應上班或上學及應向醫生求診

Refrain from work or attending school, and seek medical advice if suffering from vomiting or diarrhea.

- 受影響的兒童和職員不應返回學校/中心，直至腹瀉或嘔吐消退至少48小時或按照醫生的建議

Keep affected children and staff away from schools/centres until their diarrhoea or vomiting has subsided for at least 48 hours or as advised by the doctor.





# 健康生活模式 Healthy lifestyle 衛生防護中心 Centre for Health Protection

健康的身體能有更好的免疫力來抵禦傳染病

A healthy body will have better immunity against infectious disease.

- 不要吸煙和避免飲酒

Do not smoke and avoid drinking alcohol



- 恆常運動，並注意均衡飲食

Perform regular daily exercise and maintain a balanced diet

- 作息定時，生活有序

Keep regular daily routines and regimes

- 保持心理健康

Maintain mental health

- 按照指示接種疫苗

Receive vaccinations as indicated



# 學校／幼稚園／幼稚園暨幼兒中心／ 幼兒中心預防傳染病指引



衛生防護中心  
Centre for Health Protection



衛生署  
Department of Health

# Guidelines on Prevention of Communicable Diseases in Schools / Kindergartens /Kindergartens-cum-Child Care Centres / Child Care Centres



衛生防護中心  
Centre for Health Protection



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Department of Health

[https://www.chp.gov.hk/files/pdf/guidelines\\_on\\_prevention\\_of\\_communicable\\_diseases\\_in\\_schools\\_kindergartens\\_kindergartens\\_cum\\_child\\_care-centres\\_child\\_care\\_centres\\_chi.pdf](https://www.chp.gov.hk/files/pdf/guidelines_on_prevention_of_communicable_diseases_in_schools_kindergartens_kindergartens_cum_child_care-centres_child_care_centres_chi.pdf)

[https://www.chp.gov.hk/files/pdf/guidelines\\_on\\_prevention\\_of\\_communicable\\_diseases\\_in\\_schools\\_kindergartens\\_kindergartens\\_cum\\_child\\_care-centres\\_child\\_care\\_centres.pdf](https://www.chp.gov.hk/files/pdf/guidelines_on_prevention_of_communicable_diseases_in_schools_kindergartens_kindergartens_cum_child_care-centres_child_care_centres.pdf)



謝謝

Thank you

