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各位校長/ 主任:

提防猩紅熱

我們特函通知各位本港猩紅熱的最新情況。衛生防護中心於二零一二年一月十九日錄得兩宗感染猩紅熱併發中毒性休克綜合症徵狀個案，當中涉及一宗死亡個案，而另一宗個案現時則在兒童深切治療部留醫。該宗死亡個案為一名十四歲女中學生。作為預防措施，衛生防護中心建議該校於一月二十日停課，以進行徹底清潔及消毒。第二宗個案涉及一名十一歲男小學生。他現時在兒童深切治療部留醫，情況穩定。衛生防護中心現正就該兩宗呈報個案作進一步調查，包括進一步的實驗室分析。而我們亦請各位注意，雖然猩紅熱患者通常為2至8歲的兒童，不過，正如上述兩宗個案，較年長的兒童及成年人亦可能受到感染。

自去年七月起，猩紅熱活躍程度已有所下降，不過，有迹象顯示最近兩個月的猩紅熱活躍程度再次上升。在本港，猩紅熱通常在十二月至五月期間會出現較多個案，唯這種季節性現象並不一定每年出現。我們預計未來數月的猩紅熱個案會有所增加。

猩紅熱是一種傳染性高的疾病，主要由細菌引致。患者通常透過呼吸或直接觸受感染的呼吸系統分泌物而傳播。猩紅熱的症狀為發燒、咽喉痛及出疹。皮疹會在發病首天或翌日在軀幹或頸部出現，接着蔓延至四肢，特別是腋窩、肘部及腹股溝。典型的猩紅熱疹並不包括面部。該種皮疹的特點是患處皮膚粗糙。皮疹會在一星期後消退，手掌和腳底繼而會脫皮。隨猩紅熱併發的病症，有時還包括中耳感染和腎病。服用合適的抗生素可有效治療猩紅熱。如懷疑患上猩紅熱，應立即向醫生求診。



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- 要預防猩紅熱，請注意以下措施：
- 維持良好的個人及環境衛生;
 - 保持雙手清潔，並用正確方法洗手;
 - 雙手被呼吸系統分泌物弄污後(如打噴嚏後)應立即洗手;
 - 打噴嚏或咳嗽時應掩着口鼻，並妥善清理口鼻排出的分泌物;
 - 保持空氣流通;

- 患上猩紅熱的病人，不應上學或返回學校/幼兒中心，直至完全康復為止。

如察覺學生及職員出現猩紅熱增加，請盡早通知衛生防護中心(傳真號碼：2477 2770，電話號碼：2477 2772)。我們會就如何處理這些個案提供指引，並採取適當控制措施。在有需要的情況下，我們亦會考慮建議受影響的學校停課。如欲取得更多資料，可瀏覽衛生防護中心網站 (網址為<http://www.chp.gov.hk>)。

衛生署衛生防護中心總監

(張竹君



醫生代行)

二零一二年一月二十日



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衛生防護中心
Centre for Health Protection

保衛市民健康
Protecting Hong Kong's Health

Surveillance
And
Epidemiology
Branch

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20 January 2012

Dear Principal / Person-in-charge,

Be Vigilant Against Scarlet Fever

We would like to provide an update on scarlet fever (SF) in Hong Kong. Two SF cases complicated with toxic shock syndrome (TSS) were recorded on 19 January 2012, involving one which was fatal while the other is currently in paediatric intensive care unit (PICU). The fatal case was a 14-year-old girl who was a secondary school student. As a precautionary measure, the school is advised to suspend class on 20 January for thorough cleansing and disinfection. The second case involves an 11-year-old boy who was a primary school student. He is now in PICU and is in stable condition. While further investigations including further laboratory analysis are being carried out for these two reported cases, we would like to draw your attention to that although SF mainly affects children between 2 to 8 years of age but children of older age group and adults may also be affected as in the above two cases.

While the SF activity had decreased from the upsurge since July last year, there are recent signs of increased activity again in the recent two months. In Hong Kong, relatively more cases occurred from December to May though this seasonal pattern might not be seen every year. We are expecting more SF cases in the coming few months.

SF is a contagious disease caused by bacteria. Patients usually acquire the infection through either respiratory route or direct contact with infected respiratory secretions. It usually presents as fever, sore throat and rash. The rash appears on the first or second day of illness over trunk and neck. Then it spreads to the limbs especially on axilla, elbow and groin. Typically SF rash does not involve the face. The rash is characterized by a "sandpaper" texture. It subsides after one week and is followed by skin peeling over palms and soles. SF is sometimes complicated with middle ear infection and kidney disease. SF can effectively be treated by appropriate antibiotics. People suspected to have SF should consult doctors immediately.



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For the prevention of SF, the following measures are recommended:

- Maintain good personal and environmental hygiene;
- Keep hands clean and wash hands properly;
- Wash hands when they are dirtied by respiratory secretions, e.g., after sneezing;
- Cover nose and mouth while sneezing or coughing and dispose of nasal and mouth discharge properly;
- Keep good ventilation;
- Patients suffering from SF should not go to the school/child care centre until they fully recover.

If you notice an increase in the number of your students and staff with symptoms of SF, please inform the Central Notification Office of CHP as early as possible at Fax: 2477 2770 or Tel: 2477 2772. CHP will give advice on the management of such cases and take appropriate control measures. When situation warrants, we may consider to advise schools affected to suspend classes. For more information, please visit the website of CHP at <http://www.chp.gov.hk>.

Yours faithfully,



(Dr. S K CHUANG)

For Controller, Centre for Health Protection
Department of Health