Precautionary Measures for Influenza

1. Maintain good personal and environmental hygiene.
2. Keep hands clean and wash hands properly.
3. Cover nose and mouth while sneezing or coughing and dispose of nasal and mouth discharge properly.
4. Wash hands when they are dirtied by respiratory secretions e.g. after sneezing.
5. Good body resistance helps to prevent influenza infection. This can be achieved through a balanced diet, regular exercise, adequate rest, avoid too much stress and smoking.
6. During the "flu" season, it is better to avoid crowded public places where the ventilation is not good.

Reference: Centre for Health Protection, Department of Health, HKSAR 8 June 2005

流行性感冒預防方法

1. 維持良好的個人及環境衛生。
2. 保持雙手清潔，並用正確方法洗手。
3. 打噴嚏或咳嗽時應掩著口鼻，並妥善清理口鼻排出的分泌物。
4. 雙手被呼吸系統分泌物弄污後(如打噴嚏後)應立即洗手。
5. 增強抵抗力有助預防感染流感。均衡飲食、適量運動、充足休息，避免過度緊張和避免吸煙，都是增強抵抗力的方法。
6. 在流感高峰期，最好避免前往人多擠迫、空氣流通情況欠佳的公眾地方。

資料來源: 香港特別行政區衛生署衛生防護中心 2005 年 6 月 8 日
Guidelines for Good Handwashing
Handwashing, when done correctly, is an important personal hygiene practice to prevent contracting and spreading communicable diseases.

When should we wash our hands?
1. Before touching the eyes, nose and mouth
2. Before eating or handling food
3. After using the toilet
4. When hands are contaminated by respiratory secretions, e.g. after coughing or sneezing
5. After touching public installations or equipment, such as escalator handrails, elevator control panels or door knobs
6. After changing diapers or handling soiled articles when looking after young children or the sick

Steps for good handwashing
1. Wet hands under running water.
2. Apply liquid soap and rub hands together to make a soapy lather.
3. Away from the running water, rub the palms, backs of hands, between fingers, backs of fingers, thumbs, finger tips and wrists. Do this for at least 20 seconds.
4. Rinse hands thoroughly under running water.
5. Dry hands thoroughly with either a clean cotton towel, a paper towel, or a hand dryer.
6. The cleaned hands should not touch the water tap directly again.
   • The tap may be turned off by using the towel wrapping the faucet; or
   • after splashing water to clean the faucet; or
   • by another person.

Please note:
• Towels should never be shared.
• Used paper towel should be properly disposed of.
• Personal towels to be reused must be stored properly and washed at least once daily. It is even better to have more than one towel for frequent replacement.
• When hands are not visibly soiled, application of 70-80% alcohol-based handrub is equally effective for disinfection.
正確洗手方法

用正確的方法洗手是保持個人衛生的良好習慣，能有效地防止感染及傳播傳染病。

甚麼時候應洗手？

● 在接觸眼、鼻及口前
● 進食及處理食物前
● 如廁後
● 當手被呼吸道分泌物染污時，如打噴嚏及咳嗽後
● 觸摸過公共物件，例如電梯扶手、升降機按鈕及門柄後

● 為幼童或病人更換尿片後，及處理被染污的物件後

正確洗手步驟：

1. 開水喉洗灌雙手。
2. 加入梔液，用手擦出泡沫。
3. 最少用二十秒時間揉擦手掌、手背、指隙、指背、拇指、指尖及手腕，揉擦時切勿沖水。
4. 洗乾後才用清水將雙手徹底沖洗乾淨。
5. 用乾淨毛巾或抹手紙徹底抹乾雙手，或用乾手機將雙手吹乾。
6. 雙手洗乾淨後，不要再直接觸摸水龍頭
   ● 先用抹手巾包裹著水龍頭；或
   ● 潑水將水龍頭沖洗乾淨；或
   ● 由他人代勞。

注意：

● 絕對不要與別人共用毛巾或紙巾
● 抹手紙用後應妥為棄置
● 抹手毛巾應放置妥當，並應每日至少徹底清洗一次，如能預備多條毛巾供替換，則更為理想
● 在雙手並無可見污漬的情況下，可用含 70-80%酒精搓手液消毒雙手

資料來源: (香港特別行政區衛生署衛生防護中心) 2007 年 8 月(修訂本)
According to the WHO *Hospital Infection Control Guidance*, all hospital visitors and staff who come into contact with Severe Acute Respiratory Syndrome (SARS) or influenza A (H5N1) patients should wear masks with N95 standards, while ordinary 3-ply surgical masks are useful in preventing the spreading of SARS or H5N1. “N95” is a standard certified by the US National Institute for Occupational Safety and Health (NIOSH) regarding filtering efficiency, indicating 95% efficiency in filtering suspended particles of 1 micrometer or above.

When masks are incorrectly chosen or worn, they will not protect the wearer properly. Both 3-ply surgical masks and N95 masks are quite effective in minimising the chance of contracting SARS or H5N1, though surgical masks may not be suitable in high risk environments such as hospital.

Under no circumstances should masks be shared. Please make appropriate marking on them for identification.

**CORRECT WAY TO WEAR A MASK**

**SURGICAL MASK**

1. Put the mask on, with the metal strip on top.

2. Press the strip inward to make it stick to your nose.

3. Make sure that the mask should cover your nose and chin and is kept close to your face.

**N95 MASK**

1. Pull and loosen the elastic bands.

2. Put the mask in your hand, with the metal strip near your fingertips. Let the bands fall down.

3. Put on the mask with the metal strip on top and over the bridge of your nose. Pull the upper band around your head, and then pull the lower one around your neck.

4. Press the metal strip with your index fingers so that it is kept close to your nose to prevent leakage.
An incorrectly worn mask (such as the ones shown on the right) would not protect you properly. After putting it on, if you should feel some wind on your face while breathing, or when your glasses are covered with moisture, chances are that there is leakage, and you should adjust the mask.

Whenever the mask is cracked or damaged, it must be replaced. Normally, they can be used up to a few days, unless

- they are contaminated by blood or other dirty material,
- you cannot breath comfortably,
- they emit saliva or perspiration smell, or
- they are broken.

Under normal circumstances, all surgical masks should be used once only. If they have to be used a second time due to supply shortage, they must be stored properly. As long as they are not broken and are stored in clean containers (such as unused envelops), they can be safely used up to a few days.

Used masks must be sealed in plaster bags and disposed in bins to prevent cross contamination.

Anyone with the following conditions should not wear N95 masks and are advised to seek medical help:

- people suffering from respiratory diseases, such as asthma or pulmonary congestion,
- pregnant women, and
- people who feel very uncomfortable after wearing it, such as difficult breathing and dizziness.
# General Information on the Use of Face Masks

## Comparison of surgical masks and N95 masks

<table>
<thead>
<tr>
<th></th>
<th>3-Ply Surgical Masks</th>
<th>N95 Masks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Standard</strong></td>
<td>None. These masks must be waterproof and always kept dry. It is preferable that they should be adjustable to fit the face shape. Choose ones made with waterproof and non-allergic fabrics. 2-ply and cloth ones are not recommended.</td>
<td>“N95” is a standard certified by the US NIOSH regarding filtering efficiency, indicating the ability to separate 95% of suspended particles of 1 micrometer or above.</td>
</tr>
<tr>
<td><strong>Design</strong></td>
<td>Rectangular and flat. As human faces are curved, leakages are common and so these masks are less effective. They are, however, more comfortable for breathing.</td>
<td>Cup-shaped. With the metal strip to stabilize itself, they provide better protection. Breathing is less comfortable.</td>
</tr>
<tr>
<td><strong>Protection</strong></td>
<td>Prevents germs from spreading out to others. Protection for the wearer is less effective than N95 masks.</td>
<td>Protects both the wearer and people around him.</td>
</tr>
<tr>
<td><strong>Who should use it</strong></td>
<td>Suitable for all in relatively low risk environments.</td>
<td>According to the WHO, all medical staff in contact with SARS or H5N1 patients ought to wear N95 masks.</td>
</tr>
</tbody>
</table>
| **Duration**        | Must be replaced when it is torn or damaged. | Up to a few days unless  
- they are contaminated by blood or other dirty material,  
- you cannot breathe comfortably,  
- they emit saliva or perspiration smell, or they are broken. |

Environmental Health and Safety Unit, HKBU  
October 2005

**References:**

World Health Organisation  
Department of Health, HKSAR  
Hospital Authority, HKSAR  
3M™
有關使用口罩一般資料

根據世界衛生組織的「控制醫院感染指引」，接觸嚴重急性呼吸系統綜合症或禽流感的探病人士及醫護人員，皆要戴上符合「N95」標準的口罩，而一般外科手術用的口罩也有助預防嚴重急性呼吸系統綜合症或禽流感的傳播。「N95」是「美國國家職業安全及健康局」(National Institute for Occupational Safety and Health, 簡稱 NIOSH) 發出的過濾能力標準，指能將約一微米以上的懸浮粒子，如細菌及飛沫隔走。

如選用不正確的口罩種類或佩戴方法錯誤，即使戴著口罩也未必能發揮過濾病菌作用及減少遭受感染的機會。一般外科手術用的口罩(在較低風險的地方)及「N95」口罩同樣有效預防感染非典型肺炎。

在任何情況下，口罩都不應與他人共用。為了易於識別，請於口罩上適當的位置劃上記號。

正確佩戴口罩的方法

<table>
<thead>
<tr>
<th>外科專用手術口罩</th>
<th>「N95」標準口罩</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐☐ 將口罩戴上，金屬軟條應該向上。</td>
<td>☐☐ 佩戴前先用雙手將橡皮筋頭帶扯鬆</td>
</tr>
<tr>
<td>☐☐ 將金屬軟條向內按壓至該部份壓成鼻樑形狀。</td>
<td>☐☐ 把口罩放置手中，使金屬鼻夾位於指尖方向，讓頭帶自然垂下。</td>
</tr>
<tr>
<td>☐☐ 完成時，口罩必須覆蓋鼻至下巴，緊貼面部。</td>
<td>☐☐ 戴上口罩，使金屬鼻夾在上，緊貼面部。先將上端帶拉上放於頭後上方，然後將下端帶拉過頭頂置於額上。</td>
</tr>
<tr>
<td>☐☐ 將雙手食指指尖放於金屬鼻夾的頂端，然後向內按壓，直至將該部份壓成鼻樑形狀為止。</td>
<td></td>
</tr>
</tbody>
</table>
有關使用口罩一般資料

若口罩佩戴不當（如右圖所示），將會嚴重影響防護效果。當佩戴口罩時，如感到呼吸時臉頰有風吹拂的感覺，或是因戴口罩而使眼鏡起霧，就可能有洩漏，便需要進一步調整佩戴方式。

如發現口罩有裂縫或損毀須即時更換。「N95」型口罩浸水或有異味並不代表其功能失效，除非出現以下問題，否則最長可使用數天：

■ 被血液或其他穢物弄污
■ 用者呼吸不暢順
■ 出現口水或汗的異味
■ 破爛

在正常情況下，大部份外科專用手術口罩都應該用完即棄。但由於市場上貨源短缺，口罩務必保存妥當以增加其使用期限。只要口罩上並沒有破爛或使用後存放於潔淨的容器（如未使用過的信封）內，口罩的使用期是可以達至數天不等。

用完的口罩應以膠袋密封後棄置於有蓋的垃圾桶內，以減低病毒散播之可能性。

以下情況並不適宜佩戴「N95」口罩，或需於使用前向醫護人員尋求諮詢及協助。

■ 如患上呼吸系統疾病，例如哮喘、肺氣腫等；
■ 懷孕；
■ 如佩戴後身體感到不適，例如呼吸困難、頭暈等。
### 外科手術用的口罩與「NN9955」口罩比較

<table>
<thead>
<tr>
<th></th>
<th>一般外科手術用的口罩</th>
<th>「NN9955」口罩</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>標準</strong></td>
<td>並沒有標準，此類口罩須能防水和保持乾爽，最好可按面形調校。應選擇使用防水和抗過敏物質製造的外科手術用口罩，普通布料製的口罩則不宜使用，因布料疏孔難起阻隔作用。</td>
<td>「NN9955」是「美國國家職業安全及健康局」（簡稱 NNIIOSSS）發出的過濾能力標準，指能將一微米以上的懸浮粒子，如細菌及飛沫隔走。</td>
</tr>
<tr>
<td><strong>設計</strong></td>
<td>呈長方形及以平面設計，但人面有弧度，所以較易出現縫隙，防護程度較低，但呼吸阻力較少。</td>
<td>以杯形設計，加上鼻樑部份有金屬條固定位置，設計較貼面，防護程度亦相對提高，但呼吸阻力較高。</td>
</tr>
<tr>
<td><strong>保護性</strong></td>
<td>可預防細菌由配戴者傳播開去，但個人防護效能不及「NN9955」口罩佳。</td>
<td>可保護配戴者及其接觸人仕。</td>
</tr>
<tr>
<td><strong>使用人仕</strong></td>
<td>適合一般人仕在較低風險的地方使用</td>
<td>根據世界衛生組織指引，接觸過嚴重呼吸系統綜合症或禽流感的人仕及醫護人員，皆要戴上符合「NN9955」標準的口罩。</td>
</tr>
<tr>
<td><strong>使用多久</strong></td>
<td>如發現口罩有裂縫或損毀須即時更換。</td>
<td>除非出現以下問題，否則最長可使用數天： ■ 被血液或其他穢物弄污 ■ 用者呼吸不暢順 ■ 出現口水或汗的異味 ■ 破爛</td>
</tr>
</tbody>
</table>

香港浸會大學
環境健康及安全組
二零零五年十月

資料來源：

世界衛生組織
衛生署
醫院管理局

3M TM