

MARINE DEPARTMENT NOTICE NO. 174 OF 2005

(Miscellaneous Information)

Measures for Preventing the Avian Influenza (H5N1)

An outbreak of Avian Influenza (H5N1) has occurred in Asia and Europe. Avian influenza is caused by a type of influenza A virus that mainly infects birds but occasionally affects human. It can be transmitted from infected birds to humans. Up to this moment, transmission between humans is very inefficient.

Health advice for ship masters, person-in-charge of vessels and crew according to the Department of Health are:

- (a) Avoid direct contact with birds and poultry;
- (b) Wash hands thoroughly with liquid soap and water immediately after contact with live poultry, birds or their droppings;
- (c) Cook poultry and eggs thoroughly before eating;
- (d) Cover nose and mouth while sneezing or coughing. Dispose sputum or secretion wrapped in tissue paper into rubbish bin with lid. Wash hands with liquid soap and water afterwards;
- (e) Build up good body resistance and have a healthy lifestyle;
- (f) Maintain good environmental hygiene and good ventilation;
- (g) If having symptoms of respiratory infection, wear a face mask and consult a doctor promptly.

The initial symptoms of avian flu are similar to those of other influenza viruses, which include fever, generalized muscle pain, cough and sore throat. However, it is more likely to result in high fever, chest infection, respiratory failure, multi-organ failure and death.

For more health information, please visit the website of the Centre for Health Protection (www.chp.gov.hk) or the Travel Health Website (www.travelhealth.gov.hk) of the Department of Health or call the 24-Hour pre-recorded Health Education hotline on tel. no. (852) 2833 0111.

(S Y TSUI)

Director of Marine

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Government of HKSAR

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