



香港兒科醫學會、澳門兒科專科醫學會、香港中華醫學會有限公司、香港兒童免疫過敏及傳染病學會、香港感染及傳染病醫學會、立法會（醫療衛生）議員林哲玄醫生、香港婦產科學會、香港兒童及青少年皮膚科學會、香港護理學院、香港兒科護理學院、香港兒科護士學會、亞洲醫療專科學院、香港助產士會和香港學校護士學會致家長及照顧者「**兒童及青少年流行性感冒、新冠和呼吸道病毒感染的留家照顧處理及預防方法**」

流行性感冒、新冠和常見呼吸道病毒感染傳播途徑和潛伏期：

流行性感冒、新冠和呼吸道病毒感染可以透過飛沫和接觸傳播。新冠病毒感染後潛伏期平均約六天、流行性感冒和呼吸道病毒病徵可於接觸和呼吸道病毒後二至四天出現。

感染流行性感冒、新冠和呼吸道病毒病徵：



流行性感冒、新冠和呼吸道病毒感染，主要病徵是發燒、咳嗽、流鼻涕、喉嚨痛、發熱發冷、作悶、嘔吐、腹瀉、四肢乏力及頭痛。一部份新冠病毒感染患者有失去味覺和嗅覺的現象。

「**嘶哮症**」，是指患者因病毒感染後而導致喉頭（聲帶位置）和氣管腫脹，令呼吸道變窄，引致病童在吸氣時會產生粗糙、嘈雜、高音調聲音（喘鳴），如情況嚴重，患者還會出現呼吸困難。嘶哮症如不慎延醫診治，會令到患者腦部脫氧，導致永久傷殘或死亡。

病毒有機會引致嚴重呼吸系統感染，如入侵肺部會引致「**急性肺炎**」。患者會有呼吸困難如嘴唇發紫、氣促等的徵狀。如病毒入侵腦部會引致「**急性壞死性腦炎**」，病童會有持續抽搐、神智模糊，病情非常嚴重。



綜合現時科學文獻公佈顯示，病情嚴重者多屬幼童、年長，免疫力低或患有長期病患的人士，亦有死亡個案發生在以上所列群组。

兒童和青少年確診感染流行性感冒、新冠和呼吸道病毒，病童和家長及照顧者留家照顧需要注意的事項：

一. 發病日期：

- 家長及照顧者請記錄病童病徵開始的日期和時間，容讓評估病情。

二. 定時觀察：



- 留意及記錄病童的體溫。
- 注意病童的飲水、進食量，大、小便次數和量。
- 每天觀察及記錄病童有沒有增加症狀如：咳嗽，流鼻涕、喉嚨痛、嘔吐情況等。
- 最重要觀察有沒有病情惡化的情況、例如：面色變蒼白、心跳過速、呼吸急促、神智轉差等。
- 以下圖表列出正常靜息時不同年齡心跳和呼吸之平均值：

年齡	心跳/ 每分鐘 	年齡	呼吸 / 每分鐘 
新生嬰兒至一個月	100-190	新生嬰兒	30-60
一至十一個月	90-160	一至十二個月	30-60
一歲至兩歲	80-130	一歲至兩歲	24-40
三歲至四歲	80-120	三歲至五歲	22-35
五歲至六歲	75-115	六歲至十二歲	18-30
七歲至九歲	70-110	十三歲至十七歲	12-16
十歲或以上	60-100		



三. 量度及記錄病童體溫 (正常體溫為 36.5 - 37.5°C)：



- 如果懷疑小朋友發燒，應每天相隔四小時以耳探式溫度計幫病童量度體溫。並將體溫記錄下來。
- 用觸摸前額來感覺體溫是極為不準確及不可靠的。
- 如病童有微燒、頭痛、喉嚨痛，可以服用適量退燒藥。例如撲熱息痛。

四. 進食、飲食和休息：

- 保持病童健康的生活習慣：多進食新鮮蔬菜生果，保持適量活動。
- 病童記謹要有充足休息和睡眠，這是提升身體免疫力和對抗流行性感冒、新冠和呼吸道病毒最好的方法。

五. 兒童個人衛生：

- 病童應**留在家中**，照顧者和病童儘量不要與其他家人接觸。
- 照顧者須戴上合適的外科口罩。亦應幫病童戴上合適大小的兒童口罩，以減少交叉感染的可能性。



- ✧ 根據美國疾病控制中心建議，**2 歲及以上的兒童**可以戴上口罩來保護自己和其他人免受呼吸道病毒的侵害；
- ✧ 口罩須覆蓋口和鼻；
- ✧ 所有外科口罩全屬即棄式，用後應對摺並棄置於有蓋垃圾桶內，棄置後緊記洗手；
- ✧ 對於某些患有長期病患和殘疾的人士，其照護者應評估他們是否適合戴上口罩，考慮要點包括該人士的：
 - 自理能力；
 - 戴口罩會否限制其呼吸、吸吮；
 - 會否因流口水而令到口罩上有過多唾液影響呼吸；
 - 予緊急情況下，可不可以毋需協助下即時摘下口罩或會否有照顧者即時協助移除口罩等。
- 教導病童注意**個人衛生**，勤洗手。進食前後、如廁後或接觸不潔物後，必須用洗手液和清水洗手。記得要清潔手指罅和手腕位置。洗手最少 20 秒。
 - ✧ 如果環境不許可用水洗手，而雙手沒有明顯的污垢時，可選擇用 70-80%酒精成份的搓手液潔手。
 - ✧ 未徹底潔手前，避免接觸眼睛、鼻和口部。
- 病童使用的洗手間需要定時用 1:49 稀釋家用漂白水清潔。
- 教導病童咳嗽或打噴嚏時用紙巾覆蓋口鼻、然後小心掉棄紙巾到有蓋垃圾桶。再徹底清潔雙手。

六. 家居衛生：

- **家中應保持空氣流通**。多打開窗戶，因為室內空氣流通能有效稀釋病毒或讓病毒隨氣流帶走。如果家裡裝有 HEPA 過濾器就應該使用。
- 病童應有個人的餐具，水杯，漱口杯，牙刷和毛巾。病童不應和其他小童或成人共用個人物品。



- 每天以 1:99 稀釋家用漂白水清潔家居。
- 每天以 1:49 稀釋家用漂白水清潔病童玩具，並必須要徹底過清。附有病童分泌（例如噴嚏、咳嗽、排泄物）也要用 1:49 家用漂白水消毒。
- 確保廁所去水渠 U 型隔氣長期儲水，防止病毒散播，每日倒清水入地渠去水位已經可以。

七. 一般感染流行性感冒、新冠和呼吸道病毒的臨床狀況：

- 家長及照顧者毋須過份憂慮，因為感染流行性感冒、新冠和呼吸道病毒患者大多數會慢慢康復。發燒會大約維持二至三天。
- 需要遵照醫生處方指示服用抗病毒藥。
- 如病情持續和發燒不退，便要請教家庭醫生下一步的處理方案。

八. 何時召緊急救護車送院？



- 一旦發現病童**呼吸困難、嘴唇發紫、心口痛、心跳加速、神智突然轉變或模糊、持續發高燒、進食困難或有持續抽搐跡象**等徵狀出現，**就馬上召緊急救護車送院**。



九. 接種流行性感冒疫苗和完成接種新冠疫苗*：接種流行性感冒疫苗和新冠疫苗是最有效預防流行性感冒和新型冠狀病毒感染的最有效方法。另外市民亦要保持良好個人和環境衛生習慣。香港兒科醫學會、澳門兒科專科醫學會、香港中華醫學會有限公司、香港兒童免疫過敏及傳染病學會、香港感染及傳染病醫學會、香港婦產科學會、香港兒童及青少年皮膚科學會、香港護理學院、香港兒科護理學院、香港兒科護士學會、亞洲醫療專科學院、香港助產士會和香港學校護士學會已經於**二零二三年十二月十八日**發出聯合聲明，「懇切呼籲各嬰幼童、孕婦、餵哺母乳的婦女、高齡或患有長期病患人士在聖誕佳節前儘快接種 2023/24 年季節性流感疫苗，亦應同時完成接種新冠疫苗*和保持良好個人和環境衛生習慣：以預防「肺炎支原體」和多種呼吸道病毒感染「多重夾擊」所導致的重症、急性併發症、入院、死亡和中、長期後遺症」。可於以下超連結下載聯合聲明：



http://www.medicine.org.hk/hkps/download/statements/20231218_Statements.pdf



十. 最新 XBB 新冠疫苗接種安排: 現時，以下合資格市民可選擇免費接種 XBB 新冠疫苗:

- 50 歲或以上人士 (包括居於院舍的長者) ;
- 18 至 49 歲有長期病患的成年人 ;
- 六個月大或以上免疫力弱的人士 ;
- 孕婦 ;
- 及醫護人員。

可於以下超連結下載資訊：<https://www.chp.gov.hk/tc/features/106934.html>

*完成接種新冠疫苗 = 接受香港特別行政區政府衛生署衛生防護中心疫苗可預防疾病科學委員會建議接種的新冠疫苗劑量。

二零二四年一月三十一日



“Caring for Children and Adolescents with Seasonal Influenza, COVID-19 and Respiratory Viruses Infections at Home and Their Prevention” by The Hong Kong Paediatric Society, The Macau Pediatric Society, The Hong Kong Chinese Medical Association Ltd., The Hong Kong Society for Paediatric Immunology Allergy and Infectious Diseases, The Hong Kong Society for Infectious Diseases, Dr Hon David LAM Tzit-yuen, Member of the Legislative Council (Healthcare), The Obstetrical and Gynaecological Society of Hong Kong, The Hong Kong Paediatric and Adolescent Dermatology Society, The College of Nursing Hong Kong, The Hong Kong College of Paediatric Nursing, The Hong Kong Paediatric Nurses Association, Asian Medical Expert Academy, The Hong Kong Midwives Association and The Hong Kong School Nurse Association Ltd.

Route of transmission and the incubation period of seasonal influenza, COVID-19 and respiratory viruses:

Seasonal influenza and respiratory viral infections can be spread through **droplets** and **contact**. The average incubation period for **COVID-19** is about **six days**. Symptoms of **seasonal influenza** and **respiratory viruses** can appear **two to four days** after exposure to the viruses.

Symptoms of seasonal influenza, COVID-19 and respiratory viruses infection:



The main symptoms of seasonal influenza, COVID-19 and other respiratory viruses infection are **fever, cough, runny nose, sore throat, chills and rigors, nausea, vomiting, diarrhea, malaise, and headache**. A loss of taste and / or smell was reported in some patients infected with COVID-19.

"Croup" refers to the inflammation and swelling of patient's larynx (the location of the vocal cords) and trachea due to viral infection, which narrows the respiratory tract, causing the sick child to produce coarse, noisy, high-pitched sounds (stridor) during inhalation, in severe cases, patients may also have difficulty breathing. If croup is not promptly diagnosed and treated, the patients may suffer from anoxia, resulting in permanent disability or death.

The viruses may cause severe respiratory infection. If it invades the lungs, it may cause **"acute pneumonia"**. Patients will have **difficulty in breathing** leading to **cyanosis** and **shortness of breath**. If the virus invades the brain, it will cause **"Acute Necrotizing Encephalitis"**. The sick child will have **persistent convulsion** and **change in sensorium**, the condition is very serious.



Based on the current scientific literature, the susceptible groups are the young children, elderly, people suffering from chronic disease and people with congenital or acquired immunodeficiency. There have been fatal cases reported in the above at-risk groups infected with seasonal influenza, COVID-19 and respiratory viruses.

Recommendations on Caring for Children and Adolescents with seasonal influenza, COVID-19 and respiratory viruses infection at home:

1. Onset of the symptom(s) of infection:

- Parent / carer needs to record the date and time when the child starts to have symptom(s) of infection, allow for assessment of the condition.

2. Regular observation:

- **Measure and record** the child's **body temperature**.
- Record the amount of **oral fluid and food intake** and the **frequency of urination and bowel opening**.
- Be aware of **any new symptoms** such as: cough, runny nose, sore throat and vomiting, etc.
- Be highly alert to **any symptoms indicating deterioration** in the child's condition, such as: pallor, difficulty in breathing and /or confusion.
- The chart below lists the **average resting heartbeat and respiration** for different ages.



Age	Heart rate / minute 	Age	Respiratory rate / minute 
Newborns 0 to 1 month old	100-190	Newborns	30-60
Infants 1 to 11 months old	90-160	Infants 1 to 11 months old	30-60
Children 1 to 2 years old	80-130	Children 1 to 2 years old	24-40
Children 3 to 4 years old	80-120	Children 3 to 5 years old	22-35
Children 5 to 6 years old	75-115	Children 6 to 12 years old	18-30
Children 7 to 9 years old	70-110	Children 13 to 17 years old	12-16
Children 10 years and older	60-100		



3. Measure and record body temperature (Normal body temperature is 36.5 - 37.5°C).

- Use an ear (tympanic) thermometer and **record the child's temperature every four hours**.
- Feeling the forehead as a form of temperature measurement is extremely inaccurate and unreliable.
- Parent / carer may use **appropriate dose** of paracetamol to relieve fever, headache, and sore throat in the child.



4. Food, fluid intake and rest:

- Maintain a **healthy lifestyle** by eating more fresh vegetables and fruits, drinking more water, and maintaining regular exercise.
- Remember to have **adequate rest and sleep**. All these can enhance the body's immunity to fight against the seasonal influenza and respiratory viruses.

5. Children's Personal Hygiene:

- Parent / carer and the child should **stay at home** and should stay away from other family members.
- **Parent / Carer must wear a surgical mask and help the child to wear an appropriate-sized mask** to reduce the possibility of cross-infection.



- ✧ According to recommendations by the Centres for Diseases and Prevention, **children 2 years and older** can wear surgical masks to protect themselves and others from respiratory viruses infection,
- ✧ The mask must cover both the mouth and nose,
- ✧ After use, the surgical masks should be folded and disposed of in a covered rubbish bin. Remember to clean both hands thoroughly after disposal,
- ✧ Carers of individuals with chronic illnesses and disabilities should assess their suitability for wearing a surgical mask, taking into account the person's:

- Self-care ability;
- Will wearing a surgical mask restrict their breathing and sucking ability;
- Will there be too much drooling of saliva on the surgical mask which affect breathing;
- In an emergency, can an individual remove the surgical mask immediately without assistance or will a caregiver be available to assist in removing the surgical mask immediately?

- **Teach the child to observe personal hygiene** and wash his / her hands frequently. Wash both hands with soap and water for at least 20 seconds before and after eating, after using the toilet, or after touching soiled objects. Remember to clean the fingers and wrists as well.
- ✧ If the environment does not allow hand washing and the hands are not visibly dirty, parent / carer and child should clean the hands using a 70-80% alcohol-based hand sanitizer.
- ✧ Avoid touching the eyes, nose and mouth before thorough hand washing.
- Toilets used by the child should be regularly cleaned with 1:49 diluted household bleach.
- Teach the child to cover his / her mouth and nose with tissue paper when coughing or sneezing, and then carefully dispose the tissue in a covered rubbish bin, followed by cleaning his / her hands thoroughly.

6. Home hygiene:

- **Maintain good ventilation at home.** Open more windows because good ventilation can effectively allow the virus to be carried away with the airflow. A HEPA filter is useful to filter off the virus.
- The child should have personal cutlery, drinking glasses, mouthwash cups, toothbrushes, and towels. Children with seasonal influenza and respiratory viruses infection should not share personal items with other children or adults.
- Clean your home daily with 1:99 diluted household bleach.



- Use 1:49 diluted household bleach to clean the child's toys thoroughly every day. Objects contaminated with the child's secretions while sneezing or coughing should be disinfected with 1:49 diluted household bleach.
- Ensure that the U-shaped drain is filled with water regularly to prevent the spread of the virus.

7. Natural course of seasonal influenza, COVID-19 and other respiratory viruses infections:

- **Parent / carer should stay calm** as most children infected with seasonal influenza and respiratory viruses infections will eventually recover. The fever will last for about 2 to 3 days and other symptoms will usually subside within a week.
- Please follow the doctor's advice in taking anti-viral medications.
- If the fever and other symptoms persists, consult your family doctor for further advice.

8. What are the **warning signs** requiring immediate medical attention?



- **Call an ambulance to the hospital at once** if the child develops **breathing difficulty, blue lips, chest pain, fast heartbeat, sudden change of sensorium or confusion, persistent high fever, poor oral intake or convulsion.**



9. Vaccination against Seasonal Influenza and COVID-19: Getting vaccinated against influenza and COVID-19 is the most effective way to prevent influenza and COVID-19 infection. In addition, the public should also maintain good personal and environmental hygiene habits. The Hong Kong Paediatric Society, The Macau Pediatric Society, The Hong Kong Chinese Medical Association Ltd., The Hong Kong Society for Paediatric Immunology Allergy and Infectious Diseases, The Hong Kong Society for Infectious Diseases, The Obstetrical and Gynaecological Society of Hong Kong, The Hong Kong Paediatric and Adolescent Dermatology Society, The College of Nursing Hong Kong, The Hong Kong College of Paediatric Nursing, The Hong Kong Paediatric Nurses Association, Asian Medical Expert Academy, The Hong Kong Midwives Association and The Hong Kong School Nurse Association Ltd jointly issued on **18th December 2023** – **<Sincere Appeal to Infants, Children, Pregnant and Breastfeeding Women, The Elderly and Those with Chronic Diseases to Receive The 2023/24 Seasonal Influenza Vaccine Before Christmas. They Should Also Complete / Update Their COVID-19 Vaccination* And Maintain Good Personal and Environmental Hygiene to Prevent Severe Diseases, Acute Complications, Hospitalization, Death, and Medium and Long-term Sequelae Caused by the Simultaneous Attack of “Mycoplasma Pneumoniae” and “Respiratory Viruses”>.**



The Joint Statement is available at:

http://www.medicine.org.hk/hkps/download/statements/20231218_Statements.pdf

10. **Latest XBB COVID-19 Vaccination Arrangements:** Currently, eligible citizens below may choose to receive the XBB COVID-19 vaccine for free:

- Persons aged 50 or above (including elderly living in residential care homes);
- Adults aged 18 to 49 with underlying comorbidities;
- Persons aged 6 months or above with immunocompromising conditions;
- Pregnant women; and
- Healthcare workers.

Information can be downloaded at the following hyperlink:

<https://www.chp.gov.hk/en/features/106934.html>

- *Complete COVID-19 vaccination = To receive the number of doses of COVID-19 vaccination as recommended by the Scientific Committee on Vaccine Preventable Diseases, Centre for Health Protection, Department of Health, Hong Kong SAR Government.

31st January 2024



香港儿科医学会、澳门儿科专科医学会、香港中华医学会有限公司、香港儿童免疫过敏及传染病学会、香港感染及传染病医学会、立法会（医疗卫生）议员林哲玄医生、香港妇产科学会、香港儿童及青少年皮肤科学会、香港护理学院、香港儿科护理学院、香港儿科护士学会、亚洲医疗专科学院、香港助产士会和香港学校护士学会致家长及照顾者「儿童及青少年流行性感冒、新冠和呼吸道病毒感染

感染的留家照顾处理及预防方法」

流行性感冒、新冠和呼吸道病毒感染传播途径和潜伏期：

流行性感冒、新冠和呼吸道病毒感染可以透过飞沫和接触传播。新冠病毒感染后潜伏期平均约六天、流行性感冒和呼吸道病毒病征可于接触和呼吸道病毒后二至四天出现。

感染流行性感冒、新冠和呼吸道病毒病征：



流行性感冒、新冠和呼吸道病毒感染，主要病征是发烧、咳嗽、流鼻涕、喉咙痛、发热发冷、作闷、呕吐、腹泻、四肢乏力及头痛。一部份新冠病毒感染患者有失去味觉和嗅觉的现象。

「**嘶哮症**」，是指患者因病毒感染后而导致喉头（声带位置）和气管肿胀，令呼吸道变窄，引致病童在吸气时会产生粗糙、嘈杂、高音调声音(喘鸣)，如情况严重，患者还会出现呼吸困难。嘶哮症如不慎延医诊治，会令到患者脑部缺氧，导致永久伤残或死亡。

病毒有机会引致严重呼吸系统感染，如入侵肺部会引致「**急性肺炎**」。患者会有呼吸困难如嘴唇发紫、气促等的征状。如病毒入侵脑部会引致「**急性坏死性脑炎**」，病童会有持续抽搐、神智模糊，病情非常严重。



综合现时科学文献公布显示，病情严重者多属幼童、年长，免疫力低或患有长期病患的人士，亦有死亡个案发生在以上所列群组。

儿童和青少年确诊感染流行性感冒、新冠和呼吸道病毒，病童和家长及照顾者留家照顾需要注意的事项：

一. 发病日期：

- 家长及照顾者请记录病童病征开始的日期和时间，容让评估病情。

二. 定时观察：



- 留意及记录病童的体温。
- 注意病童的饮水、进食量、大、小便次数和量。
- 每天观察及记录病童有没有增加症状如：咳嗽，流鼻涕、喉咙痛、呕吐情况等。
- 最重要观察有没有病情恶化的情况、例如：面色变苍白、心跳过速、呼吸急促、神智转差等。
- 以下图表列出正常静息时不同年龄心跳和呼吸之平均值：

年龄	心跳/每分钟 	年龄	呼吸 / 每分钟 
新生婴儿至一个月	100-190	新生婴儿	30-60
一至十一个月	90-160	一至十二个月	30-60
一岁至两岁	80-130	一岁至两岁	24-40
三岁至四岁	80-120	三岁至五岁	22-35
五岁至六岁	75-115	六岁至十二岁	18-30
七岁至九岁	70-110	十三岁至十七岁	12-16
十岁或以上	60-100		



三. 量度及记录病童体温 (正常体温为 36.5 - 37.5°C)：



- 如果怀疑小朋友发烧，应每天相隔四小时以耳探式温度计帮病童量度体温。并将体温记录下来。
- 用触摸前额来感觉体温是极为不准确及不可靠的。
- 如病童有微烧、头痛、喉咙痛，可以服用适量退烧药。例如扑热息痛。

四. 进食、饮食和休息：

- 保持病童健康的生活习惯：多进食新鲜蔬菜生果，保持适量活动。
- 病童记谨要有充足休息和睡眠，这是提升身体免疫力和对抗流行性感冒、新冠和呼吸道病毒最好的方法。

五. 儿童个人卫生：

- 病童应**留在家中**，照顾者和病童尽量不要与其他家人接触。
- 照顾者须戴上合适的外科口罩。亦应帮病童戴上合适大小的儿童口罩，以减少交叉感染的可能性。



✧ 根據美國疾病控制中心建議，**2岁及以上的儿童**可以戴上口罩來保護自己和他人免受 COVID-19 的侵害

✧ 口罩须覆盖口和鼻。

✧ 所有外科口罩全属即弃式，用后应对折并弃置于有盖垃圾桶内，弃置后紧记洁手。

✧ 对于某些患有长期病患和残疾的人士，其照护者应评估他们是否适合戴上口罩，考虑要点包括该人士的：

- 自理能力；
- 戴口罩会否限制其呼吸、吸吮；
- 会否因流口水而令到口罩上有过多唾液影响呼吸；
- 予紧急情况下，可不可以毋需协助下即时摘下口罩或会否有照顾者即时协助移除口罩等。

- 教导病童注意**个人卫生**，勤洗手。进食前后、如厕后或接触不洁物后，必须用洗手液和清水洗手。记得要清洁手指罅和手腕位置。洗手最少 20 秒。

✧ 如果环境不许可用水洗手，而双手没有明显的污垢时，可选择用 70-80%酒精成份的搓手液洁手。

✧ 未彻底洁手前，避免接触眼睛、鼻和口部。

- 病童使用的洗手间需要定时用 1:49 稀释家用漂白水清洁。
- 教导病童咳嗽或打喷嚏时用纸巾覆盖口鼻、然后小心掉弃纸巾到有盖垃圾桶。再彻底清洁双手。

六. 家居卫生：

- **家中应保持空气流通**。多打开窗户，因为室内空气流通能有效稀释病毒或让病毒随气流带走。如果家里装有 HEPA 过滤器就应该使用。

- 病童应有个人的餐具，水杯，漱口杯，牙刷和毛巾。病童不应和其他小童或成人共用个人物品。

- 每天以 1:99 稀释家用漂白水清洁家居。



- 每天以 1:49 稀释家用漂白水清洁病童玩具，并必须要彻底过清。附有病童分泌（例如喷嚏、咳嗽、排泄物）也要用 1:49 家用漂白水消毒。
- 确保厕所去水渠 U 型隔气长期储水，防止病毒散播，每日倒清水入地渠去水位已经可以。

七. 一般感染流行性感冒、新冠和呼吸道病毒的临床状况：

- **家长及照顾者毋须过份忧虑**，因为感染流行性感冒、新冠和呼吸道病毒患者大多数会慢慢康复。发烧会大约维持二至三天。
- 需要遵照医生处方指示服用抗病毒药。
- 如病情持续和发烧不退，便要请教家庭医生下一步的处理方案。

八. 何时召紧急救护车送院？



- 一旦发现病童**呼吸困难、嘴唇发紫、心口痛、心跳加速、神智突然转变或模糊、持续发高烧、进食困难或有持续抽搐迹象**等征状出现，**就马上召紧急救护车送院**



九. 接种流行性感冒疫苗和完成接种新冠疫苗*：接种流行性感冒疫苗和新新冠疫苗是最有效预防流行性感冒和新型冠状病毒感染的最有效方法。另外市民亦要保持良好个人和环境卫生习惯。香港儿科医学会、澳门儿科专科医学会、香港中华医学会有限公司、香港儿童免疫过敏及传染病学会、香港感染及传染病医学会、香港妇产科学会、香港儿童及青少年皮肤科学会、香港护理学院、香港儿科护理学院、香港儿科护士学会、亚洲医疗专科学院、香港助产士会和香港学校护士学会已经于**二零二三年十二月十八日**发出联合声明，「**恳切呼吁各婴幼儿童、孕妇、喂哺母乳的妇女、高龄或患有长期病患人士在圣诞佳节前尽快接种 2023/24 年季节性流感疫苗，亦应同时完成接种新冠疫苗*和保持良好个人和环境卫生习惯：以预防「肺炎支原体」和多种呼吸道病毒感染「多重夹击」所导致的重症、急性并发症、入院、死亡和中、长期后遗症**」。可于以下超连结下载联合声明：



打疫苗

http://www.medicine.org.hk/hkps/download/statements/20231218_Statements.pdf



十. 最新 XBB 新冠疫苗接种安排: 现时，以下合资格市民可选择免费接种 XBB 新冠疫苗:

- 50 岁或以上人士 (包括居于院舍的长者);
- 18 至 49 岁有长期病患的成年人 ;
- 六个月大或以上免疫力弱的人士 ;
- 孕妇 ;
- 及医护人员。

可于以下超连结下载资讯 : <https://www.chp.gov.hk/sc/features/106934.html>

- *完成接种新冠疫苗 = 接受香港特别行政区政府卫生署卫生防护中心疫苗可预防疾病科学委员会建议接种的新冠疫苗剂量

二零二四年一月三十一日

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