

Influenza

Influenza or “flu” is a respiratory infection causing a cluster of symptoms such as fever, muscle ache, sore eyes, headache, cough, cold and tiredness; some may also have vomiting and diarrhoea. Patients may have these symptoms for a few or up to 10 days but will eventually fully recover. This is, however, different for children or adults who have already suffered from other ailments that affect their immunity system or general health.

Influenza is more common in periods from January to March and from July to August in Hong Kong.



When to see a doctor?

- Children who are unwell with fever or any child whose health you are concerned about
- If fever persists after three days or after travelling abroad
- Adults and children with underlying ailments
- When other symptoms occur in association with flu such as breathing problems, vomiting, severe headache or rashes

What can you do yourself?

- Treat fever with Paracetamol, Ibuprofen or other fever medications, though remember do not give Aspirin to children
- Ensure rest and adequate fluid intake
- Take extra Vitamin C

What can the doctor do?

- Take a nose swab to confirm an infection; Rapid test result is readily available in about 15 minutes
- Ensure that there are no other medical problems and advise you to continue treatment at home if applicable
- Prescribe antiviral medications if appropriate

Compiled by:
Dr Hans Schrader

Checked by:
Dr Linda Hui

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Influenza Vaccination

The vaccination is safe and effective. For adults, a single yearly vaccination is recommended. Children younger than 9 years old who have never received any seasonal influenza vaccine are recommended to receive a booster dose 4 weeks after the initial one.

The vaccination contains the predicted influenza strains for each year and is valid for one year.

It is advisable to get vaccinated before the influenza season. Sufficient time should also be allowed for the body to boost up the immunity system against influenza viruses, usually taking 2 weeks after vaccination.

Who should receive the vaccination?

People at high risk of complications from influenza:

- Children aged 6 months to 11 years
- Women who will be pregnant during the influenza season
- People aged 50 years or over
- People of any age with certain chronic medical conditions such as asthma, heart disease, obesity (BMI 30 or above) or immune insufficiency.
- People who have household contact with persons at high risk of complications from influenza
- People who have household contact with or care for children aged less than 6 months as these children are too young to be vaccinated
- People living in nursing homes and other long term care facilities
- All healthcare workers

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流行性感冒

流行性感冒，或稱流感，是一種呼吸道感染，引起的症狀包括發燒、肌肉疼痛、眼部不適、頭痛、咳嗽、傷風和疲勞感等，部分患者或會出現嘔吐和肚瀉的情況。這些症狀可能持續數天、甚至十天，但最終應可完全康復。然而，對於已患有其他疾病的兒童或成人而言，其健康狀況及免疫力已受影響，故此康復情況會有所不同。

本港的季節性流感一般於一至三月和七、八月較為流行。



應何時求醫？

- 當兒童出現發燒而感到不適、或兒童的健康狀況受到關注
- 持續三天發燒或外遊後持續發燒
- 同時患有其他疾病
- 同時出現流感及其他病徵，如呼吸問題、嘔吐、嚴重頭痛或出疹

自己可以做什麼？

- 如有發燒，可服用撲熱息痛、布洛芬或其他退燒藥物，但切勿讓兒童服用阿士匹靈
- 確保休息充足，補充足夠的水分
- 攝取額外的維他命C

醫生可以如何幫助病人？

- 為病人作鼻腔擦拭測試，確認是否感染流感；大概需要十五分鐘便可得知快速測試的結果
- 確保沒有其他健康問題，並建議您在家中繼續治療（如適用）
- 處方抗病毒藥物（如有需要）

流感疫苗

接種流感疫苗既安全又有效。我們建議成年人每年接種一次。9歲以下從未接種過流感疫苗的兒童，建議應接種兩劑流感疫苗；他們需在接種第一針的四星期後，才接種第二劑加強劑。

疫苗包含每年預測將會出現的流感病毒品種，有效期為一年。

一般建議安排在流感季節前接種；原因是要讓身體有充分時間提升免疫力，對抗流感病毒；一般需待接種後約兩星期的時間。

什麼人應接種疫苗？

流感併發症高風險人士包括：

- 六個月大的嬰兒至十一歲的青少年
- 計劃在流感季節期間懷孕的婦女
- 五十歲或以上人士
- 患有慢性疾病，如哮喘和心臟病的任何年齡人士，體重指數（BMI）數值30以上，或免疫功能不足者
- 與流感併發症高風險人士有緊密接觸的人士
- 要照顧六個月以下幼兒或與他們有緊密接觸的人士（因未滿六個月的嬰幼兒不能接種疫苗。）
- 居住在護養院或其他長期護理院舍的人士
- 所有從事醫療護理工作的人士

撰寫：

史威達醫生

檢閱：

許敬怡醫生

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