

ADVISORY TO FILIPINO NATIONALS

The Philippine Consulate General in Hong Kong SAR informs the Filipino Community and visiting Filipino nationals in Hong Kong SAR of the widespread influenza (flu) epidemic.

As of 05 February 2015, the Centre for Health Protection (CHP) of Hong Kong SAR disclosed that the death toll reached 118 and the number of severe cases this year reached 187.

Influenza (flu) is an acute illness of the respiratory tract caused by influenza viruses. It is usually more common in periods from January to March and from July to August in Hong Kong. It is an infection caused by various strains of influenza viruses. There are three types of influenza viruses that were recognized, namely: A, B and C. Influenza A (H1N1)pdm09 virus has now become one of the seasonal influenza strains in Hong Kong. The winter's dominant virus strain is a mutated variant of H3N2.

The Consulate continues to monitor developments and will resume advisories accordingly.

For more health information, please visit the web page of CHP for influenza at <http://www.chp.gov.hk> or call CHP hotline no. 2125-1111.

PAALALA SA MGA FILIPINO NATIONALS

Ipinagbibigay-alam ng Konsulado ng Pilipinas sa mga Filipinong naninirahan at bumibisita sa teritoryo ng Hong Kong SAR ang paglaganap ng trangkaso.

Sa kasalukuyan, ayon sa Centre for Health Protection (CHP) ng Hong Kong SAR na nasa ilalim ng Department of Health, umabot na sa 118 katao ang namamatay at 187 ang bilang ng taong malubha ang karamdaman ngayong taon.

Ang trangkaso ay isang impeksyon sa respiratory tract na dulot ng iba't-ibang uri ng virus. Ito ay laganap sa buwan ng Enero hanggang Marso at magmula Hulyo hanggang Agosto. Mayroong tatlong klase ng mga virus, ang A, B at C. Ang Influenza A (H1N1)pdm09 virus ay isa sa mga seasonal influenza strains sa Hong Kong. Sa panahon ng taglamig, ang virus strain na dumadapo ay ang mutated variant na H3N2.

Patuloy na nagmamatyag ang Konsulado sa mga kasulukuyang kaganapan at magpapalabas ng mga paalala kung kinakailangan.

Para sa karagdagang impormasyon, bisitahin and web page ng CHP para sa avian influenza sa <http://www.chp.gov.hk> o tumawag sa CHP hotline telepono bilang 2125-1111.



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Philippine Consulate General In Hong Kong SAR

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ADVISORY TO FILIPINO NATIONALS

The Philippine Consulate General in Hong Kong SAR informs the Filipino Community and visiting Filipino nationals in Hong Kong SAR that the Hong Kong government has agreed to hold a dialogue with student leaders on Tuesday, 21 October 2014.

The Consulate reiterates its advice to all Filipinos in Hong Kong SAR to take extra caution and continue to avoid areas of protest actions, specifically in the areas of Harcourt Road in Admiralty and Mong Kok. Violent confrontations have occurred in Mong Kok in the past three days and it is becoming a high risk area.

The Consulate continues to monitor developments and will issue advisories accordingly.

20 October 2014

PAALALA SA MGA FILIPINO

Ipinagbibigay-alam ng Konsulado Panlahat ng Pilipinas sa mga Filipino naninirahan at bumibisita sa Hong Kong SAR na pumayag ang Pamahalaan ng Hong Kong SAR na makipag-usap sa mga namumunong mag-aaral sa Martes, Ika-21 ng Oktubre 2014.

Inuulit ng Konsulado ang mungkahi sa lahat ng mga Filipino na nasa Hong Kong SAR na dagdagan ang pag-ingat at ipagpaluloy ang pag-iwas sa pagpunta sa mga lugar kung saan mayroong kilos protesta, lalo na sa Harcourt Road sa Admiralty at sa Mongkok. Nagkaroon sa Mongkok ng mga paghaharap na mayroong karahasan nitong nakaraang tatlong araw, at tumataas ang panganib sa lugar na ito.

Patuloy na nagmamamtyag ang Konsulado sa mga kasalukuyang kaganapan at magpapalabas ng mga paalala kung kinakailangan.

Ika-20 ng Oktubre 2014



Philippine Consulate General In Hong Kong SAR
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Working in Canada
 The Philippine Consulate General in Hong Kong SAR is pleased to announce the release of the new Guide to Working in Canada. This guide provides information on the rights and responsibilities of Filipino workers in Canada, including information on labor laws, workplace safety, and dispute resolution. The guide is available in both English and Filipino. For more information, please contact the Consulate at (852) 2522-1234.

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Philippine Consulate General in Hong Kong SAR
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Influenza

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What is influenza?

Influenza is an infection caused by various strains of influenza viruses including influenza A (H1N1) 2009 virus (i.e. human swine influenza virus).

How does it present?

Patients with influenza usually experience fever, a sore throat and coughing. They may also have headache, muscle pain, runny nose, tiredness, loose stool and vomiting. The disease usually improves in 2 – 7 days, but it may cause serious complications such as infection of the lungs or inflammation of the airways.

How to treat influenza?

Patients should take adequate rest and drink lots of water. They should put on a mask if they develop respiratory symptoms such as fever, runny nose, sore throat and cough. If symptoms persist, they should see a doctor.

How to prevent it?

Influenza vaccination is one of the effective means of preventing influenza and its complications. High risk groups (such as young children aged between 6 months and 6 years, persons aged 50 years or above, persons with chronic medical problems and pregnant women) should get vaccinated. Consult a doctor for more information about vaccination.

Influenza mainly spreads through droplets and contact with the respiratory tract secretions of patients. Good personal hygiene prevents spread of the disease:

- Keep hands clean
- Maintain cough manners:
 - no spitting
 - cover nose and mouth with tissue paper when sneezing or coughing
 - wrap nasal and mouth secretions with tissue paper and dispose of the tissue paper properly in a rubbish bin with a lid
 - wash hands with liquid soap promptly if they are dirtied with respiratory tract secretions

Maintain good ventilation and avoid visiting crowded places when influenza is spreading. For more health information, please visit website of the Centre for Health Protection: www.chp.gov.hk

Trangkaso

Ano ang trangkaso?

Ang trangkaso ay isang impeksyon na dulot ng iba't-ibang uri ng virus, kasama na ang influenza A (H1N1) 2009 virus (kilala din bilang trangkasang nakaaapekto sa tao at baboy o "human swine influenza virus").

Ano ang mga sintomas nito?

Ang mga pasyenteng may trangkaso ay kadalasang nakararanas ng lagnat, sakit sa lalamunan at pag-ubo. Sila rin ay maaring makararanas ng sakit ng ulo, pananakit ng katawan, sipon, kapaguran, pagdudumi at pagsusuka. Ang sakit ay kadalasang gumagaling sa loob ng dalawa hanggang pitong araw, ngunit maari rin itong magdulot ng malalang kumplikasyon tulad ng impeksyon sa baga o pamamaga ng daanan ng hangin.

Paano gamutin ang trangkaso?

Kailangan ng pasyente ng sapat na pahinga at pag-inom ng maraming tubig. Sila ay dapat magsuot ng maskara kung kakikitaan ng mga sintomas tulad ng lagnat, sipon, sakit ng lalamunan at pag-ubo. Kapag ayaw gumaling ng sintomas ay dapat na silang kumunsulta sa doktor.

Paano ito maiiwasan?

Ang bakuna para sa trangkaso ay isang mabuting paraan upang maiwasan ang trangkaso at kumplikasyon nito. Ang mga grupong may malaking potensyal na mataman ng sakit (tulad ng mga batang edad anim na buwan hanggang anim na taon, mga tao edad 50 at pataas, mga taong may talamak na medical na problema at mga buntis na kababaihan) ay dapat magpabakuna. Kumunsulta sa doktor para sa karagdagang impormasyon ukol sa bakuna.

Ang trangkaso ay kumakalat sa pamamagitan ng mga maliliit na patak ng mga likido mula sa ilong, lalamunan at baga ng pasyente. Maaring mapigilan ng kalinisan sa pangangatawan ang pagkalat ng sakit:

- Panatilihin ang mga kamay
- Siguraduhin ang tamang asal ukol sa pag-ubo:
 - huwag dumura
 - takpan ng tissue ang bibig at ilong kapag umuubo o bumabahing
 - ibalot ang mga likido mula sa bibig at ilong ng tissue at saka itapon ng maayos sa basurahang may takip at hugasan ang kamay ng sabon na likido kaagad kung ito ay madumihan ng mga likido mula sa bibig, ilong at baga

Panatilihin ang mabuting bentilasyon at huwag tumungo sa ^{mga} mataong lugar kapag kumakalat ang trangkaso. Para sa karagdagang impormasyon, tumungo sa website ng Centre for Health Protection (Sentro para sa Proteksyon ng Kalusugan): www.chp.gov.hk

Department of Health



ANNEX B

6/6

15 February 2015

Latest update of surveillance data in winter influenza season

The Centre for Health Protection (CHP) of the Department of Health today (February 15) reported the latest surveillance data on the winter influenza season, and again urges the public to heighten vigilance and get vaccinated early against seasonal influenza.

Regarding severe cases, from noon yesterday (February 14) to noon today, nine additional cases of influenza-associated admission to intensive care units or death (eight deaths) among adults aged 18 or above have been recorded under the enhanced surveillance in collaboration with public and private hospitals reactivated since January 2. This brings the total number to 291 (204 deaths) so far. Among all cases, 279 were A(H3N2), six were B and six were A pending subtype. In the last winter season in early 2014, 266 (133 deaths) were filed.

Meanwhile, no additional case of severe paediatric influenza-associated complication or death among children aged under 18 has been reported since yesterday via the ongoing reporting system. The total number of cases this year remains at 14 (no deaths). Among these cases, 13 were A(H3N2) and one was A pending subtype. In 2014, 27 (four deaths) were filed.

The public should maintain good personal and environmental hygiene against influenza and other respiratory illnesses:

- * Receive seasonal influenza vaccination for personal protection;
- * Wash hands with liquid soap and water properly whenever possibly contaminated;
- * When hands are not visibly soiled, clean them with 70 to 80 per cent alcohol-based handrub;
- * Wash or clean hands frequently, especially before touching the mouth, nose or eyes, or after touching public installations such as handrails or door knobs;
- * Cover the nose and mouth when sneezing or coughing, and wash hands thoroughly afterwards;
- * Dispose of soiled tissue paper properly in a lidded rubbish bin;
- * Put on a surgical mask when respiratory symptoms develop;
- * Maintain good indoor ventilation;
- * When influenza is prevalent, avoid going to crowded or poorly ventilated public places; high-risk individuals may consider putting on surgical masks when staying in such places; and
- * Maintain a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

The public may visit the CHP's pages below for more information:

- * The influenza page (www.chp.gov.hk/en/view_content/14843.html);
- * The weekly Flu Express report (www.chp.gov.hk/en/view_content/2108.html);
- * The update on severe seasonal influenza cases (www.chp.gov.hk/files/pdf/flu_update_en.pdf);
- * The vaccination schemes page (www.chp.gov.hk/en/view_content/17980.html);
- * The list of participating doctors (www.chp.gov.hk/en/view_content/34664.html);
- * The Facebook Page (fb.com/CentreforHealthProtection); and
- * The YouTube Channel (youtube.com/c/ChpGovHkChannel).