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淺談禽流感

An overview of the Bird Flu pandemic

北部地區巡防局岸巡第二三大隊因應總局要求，為使單位內岸巡人員與領導幹部了解如何防治最近人人談之色變的禽流感，特於 94 年 11 月 3 日下午 14 時假第二三大隊會議室舉辦禽流感防疫講習，參與人員包括大隊所屬勤務中隊及各安檢所士官級以上之幹部，此次講習由本大隊衛生組少尉醫官劉士豪主講，演講主題為「禽流感防疫暨人員防護訓練」，在劉醫官活潑生動、有趣和實用的精闢講解下，相信我們海巡弟兄在查緝走私及實施安檢時對於禽流感的防疫有更進一步的了解。

陽明大學畢業的劉士豪醫官首先為我們簡介禽流感的由來，引起禽流感的病原是正黏液病毒，可分為 A、B、C 三型（其中以 A 型會造成全球性大流行），另外根據病毒表面蛋白質可分為亞型--血凝素 (Hemagglutinin, H1~H16) 和神經氨酸 (Neuraminidases, N1~N9)。而依據其毒性可分為高病原性病毒（如 H5N1）及低病原性病毒（如 H5N2），這種病毒的特性為不耐熱（以 56°C×3 小時、60°C×30 分鐘或 100°C×1 分鐘均可殺滅）及不耐酸（人的胃酸對於禽流感病毒具有抑制作用）。

禽流感的傳染途徑主要經由接觸到被感染的禽畜或其糞便，另亦可能因接觸或吸入帶有禽流感病毒之塵土而被感染。目前已知的傳染方式為禽傳人，尚未有人傳人的病例出現，不過這種情況未來是有可能發生的。

Coast Patrol Corps 2-3 of Northern Regional coastal Patrol Bureau, responding to the headquarter of Director General Coastal Patrol Agency's demand for getting the subordinated units Coast Guard personnel and officers understand how best to prevent and respond to the Bird Flu that scares everyone recently, had staged a Bird Flu lecture at the conference room of Coast Patrol Corps 2-3 at 14:00 on the afternoon of Nov 3, 2005, attended by corps subordinated duty service company and security inspection Petty officers. The lecture was presented by lieutenant Liu Shih-hao, medical officer of health section of Corps 2-3, featuring the topic of "Bird Flu pandemic prevention and personnel protection training". Through medical officer Liu's interactive, engaging and practical insightful lecture, it is believed that all Coast Guard associates have further understanding about how to prevent the Bird Flu while conduct the duties of smuggling interdiction and security inspection.

Medical officer Liu Shih-hao, a graduate of Yang Ming University, first introduced us to the origin of Bird Flu, and vector that trigger Bird Flu being the positive mucus virus, which could be divided into subtypes A, B and C; among them, subtypes A would cause widespread illness in people. In addition, by viral surface proteins, it could be divided into the subtype of influenza A - Hemagglutinin, H1 ~ H16 and Neuraminidases, N1 ~ N9. And by toxicity, it could be divided into highly pathogenic avian influenza A (such as H5N1) and low pathogenic avian influenza A (such as H5N2), which are characterized by weak resistance against heat (disinfection can usually be achieved through boiling at 56°C for three hours, or 60°C for 30 minutes or 100°C for 1 minute), and against acidity (being that the human's stomach acid suppresses Bird Flu virus).

Most cases of avian influenza infection in humans are thought to have resulted from direct contact with infected poultry and their stools or contaminated surface, and also can be infected through contact or inhaling of dust carrying the Bird Flu virus. Presently the known transmission medium has been from poultry to the human, but not human-to-human; however, the scenario might occur in the future. The report-

感染禽流感的症狀除了典型的流感樣症狀（發燒、咳嗽、喉嚨痛和肌肉疼痛）之外，尚有眼睛感染、肺炎、急性呼吸困難、病毒性肺炎和其他嚴重危及生命的併發症不等。

我國因應流感大流行之防疫作為包括三大策略（傳染阻絕手段、流感抗病毒藥劑、新行流感疫苗）及四大防線（阻絕境外、邊際檢疫、社區防治、醫療體系之保全），此外，衛生署也提出「十不五要」的口號，教育民衆如何防治禽流感。針對我們海巡弟兄，劉醫官也特別提醒各安檢所的弟兄們在執行保家衛國的勤務時不忘保護自身的安全。在查緝走私時應該做好自身的防護措施，如勤洗手、戴口罩、穿防護衣、戴手套、事後洗手及沐浴、以75%酒精或含氯漂白水稀釋十倍消毒。

會後，大家對於禽流感等各項問題也勇於提問，充分了解往後在安檢時應該注意到的種種細節，也免於對禽流感的恐懼威脅害怕。

（本文作者任職於第二三岸巡大隊）

ed symptoms of Bird Flu in humans have ranged from typical influenza-like symptoms (e.g., fever, cough, sore throat and muscle aches) to eye infections (conjunctivitis), pneumonia, acute respiratory distress, viral pneumonia, and other severe and life-threatening complications.

Three strategies have been sought by Taiwan in curtailing the widespread of Bird Flu, which are curtailing the means of infection, antivirus drugs, new influenza vaccine, together with four defend lines, which are curtailing the disease abroad, border quarantine, community prevention and remedy, and secured medical system. In addition, the Department of Health has also campaigned a "10 NO 5 YES" slogan that aim to educate the public how best to defend against Bird Flu. For Coast Guard associates, medical officer Liu also reminded all security inspection office personnel to take safeguard for protecting their own safety while executing the duty of safeguarding the country and society. In carrying out smuggling interdiction, it is imperative to secure self protective measures, such as washing hands frequently, wearing masks, wearing the protective suit, wearing gloves, bathing, and disinfecting with 75% alcohol or chloride bleach diluted 10 times water.

Following the lecture, everyone was interested in raising questions to discern cautionary measures needed in later security inspection, which would help ease everyone's panic, fear and threat at bay toward the Bird Flu.

(The author is currently with the Coast Patrol Corps 2-3)



● 少尉醫官劉士豪帶領同仁認識禽流感
Lieutenant medical officer Liu Shih-hao led the associates to know more about the Bird Flu pandemic



● 幹部及同仁專心聆聽禽流感防疫講習情形
A snapshot of the officers and associates listening intently to the Bird Flu prevention lecture



● 禽流感簡報播放及解說
The airing and explanation of a Bird Flu briefing



● 幹部及同仁經由簡報解說充分了解禽流感相關常識訊息
Officers and associates gained further insight to common knowledge on the spread of Bird Flu