

第五波疫情下確診兒童個案情況

Paediatric COVID-19 Infection in the fifth wave of the Pandemic

瑪嘉烈醫院兒童傳染病科顧問醫生

Consultant Paediatric Infectious Diseases, Princess Margaret Hospital

關日華醫生

Dr. Mike Yat Wah KWAN



香港兒童醫院模擬培訓中心
ChildSim



香港兒科護理學院
Hong Kong College of
Paediatric Nursing



香港兒科醫學會
The Hong Kong
Paediatric Society



香港兒童免疫過敏及
傳染病學會
The Hong Kong Society for
Paediatric Immunology, Allergy
and Infectious Diseases

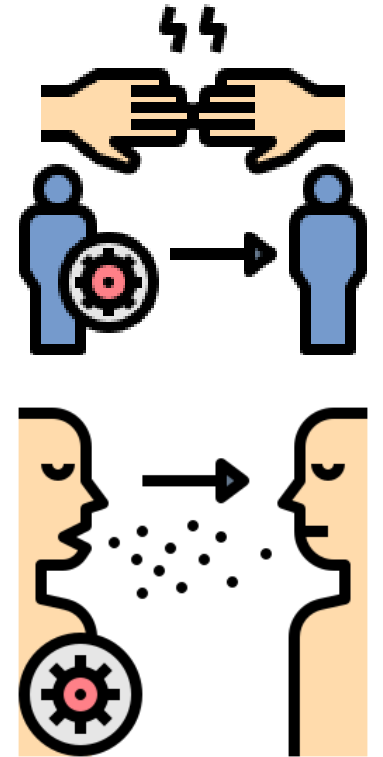


香港兒科護士學會
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新型冠狀病毒傳播途徑和潛伏期

Route of transmission and the incubation period of COVID-19

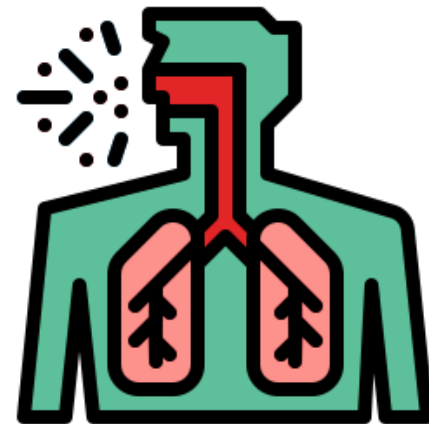
- 新型冠狀病毒可以透過飛沫和接觸傳播。
- The novel coronavirus can spread through droplets and contact.
- Omicron 變異病毒株的傳播力非常高。
- The transmissibility of the Omicron variant strain of SARS-CoV2 is very high.
- 病徵可於接觸新型冠狀病毒後二至十四天出現。
- Symptoms appear 2 to 14 days after exposure to the novel coronavirus.



感染新型冠狀病毒病徵

Symptoms of COVID-19

- 主要病徵：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。
- The main symptoms of novel coronavirus infection are: fever, cough, runny nose, sore throat, chills and rigors, nausea, vomiting, diarrhea, malaise and headache.
- 部分患者有呼吸困難如氣促的徵狀, 有部份引致肺炎或嚴重呼吸系統感染。
- The virus can cause severe respiratory infection resulting in shortness of breath.



感染新型冠狀病毒病徵

Symptoms of COVID-19

Omicron 變異病毒株

- 有科學證據顯示會在某些環境經空氣傳播。
- Scientific evidence has shown that Omicron can be transmitted by airborne route in certain physical environments.
- 感染 Omicron 變異病毒株的患者則會比較多有流鼻涕、打噴嚏、喉嚨痛、頭痛和四肢乏力等病徵。
- Runny nose, sneezing, sore throat, headache and malaise are reported to be more prevalent in patients infected with Omicron.
- 根據科學文獻，病情嚴重者多屬年長，免疫力低或患有長期病患的人士。
- Based on the current scientific literature, the vulnerable groups to have severe illness once infected with the coronavirus are the elderly, people suffering from chronic disease and people with congenital or acquired immunodeficiency.
- 感染Omicron 變異病毒株亦有死亡個案發生在兒童和青少年群组。
- There have been fatal cases reported in children and adolescents infected with Omicron.

兒童及青少年在新型冠狀病毒第五波疫情感染數字 (截至2022年二月二十八日) Paediatric COVID-19 Infection in the fifth wave (up to 28 Feb 2022)

| | 入院人數 Number hospitalized | 入住深切治療人數 Number admitted to PICU | 入住深切治療百分比 Percentage admitted to PICU |
|--|-----------------------------|-------------------------------------|--|
| 兩歲或以下 ≤ Two year-old | 781 | 30 | 3.84% |
| 三至四歲 Three to four year-old | 247 | 3 | 1.21% |
| 五至十一歲 Five to eleven year-old | 545 | 11 | 2.02% |
| 十二至十七歲 Eleven to seventeen year-old | 366 | 5 | 1.36% |
| 總數 Total | 1 939 | 49 | 2.52% |

*資料來源二零二二年三月二日，醫院管理局舉辦「醫療服務全接觸」講座 - 第五波疫情下確診兒童個案情況
*Information from media workshop organized by the Hong Kong Hospital Authority on 2nd March 2022

分析兒童感染新型冠狀病毒個案

Review of Paed COVID-19 infected cases

- 兒童感染新型冠狀病毒個案檢討發現絕大多數兒童患者病情較為輕微。
- The Paediatric COVID-19 Mortality Review Group has reviewed the Paediatric COVID-19 infected cases and found out that **most of them were mild in severity.**
- 大多數病童在 **7-10 天**內康復。
- Most Paediatric COVID-19 cases will be recovered **within 7-10 days.**
- 家長及照顧者應根據香港兒科醫學會、香港兒童免疫過敏及傳染病學會、香港兒科護理學院、香港兒科護士學會訂下的指引對病童進行監測 (<https://bit.ly/3GPUkkw>)。
- Parents and carers should be monitored the infected children with respect to the guidelines (<https://bit.ly/36kQ6Vu>) as suggested jointly by The Hong Kong Paediatric Society, The Hong Kong Society for Paediatric Immunology Allergy and Infectious Diseases, Hong Kong College of Paediatric Nursing and Hong Kong Paediatric Nurses Association.
- 嚴重兒科 COVID-19 感染病例病徵為：
 - i) 抽搐超過 30 分鐘和失去知覺或 ii) 嚴重呼吸困難。
- Severe Paediatric COVID-19 infected cases presented either with
 - i) **Convulsion more than 30 minutes with altered conscious level or ii) severe respiratory distress.**
- 一旦發現病童呼吸急促、嘈雜的呼吸、嘴唇發紫、心口痛、心跳加速、神智突然變差或模糊、有抽筋跡象、持續發高燒、嘔吐或進食困難等徵狀出現，就建議馬上送院。
- Parents / carers should be aware of the following warning signs which require immediate medical attention: **breathing fast, noisy breathing, blue lips, chest pain, fast heartbeat, decrease conscious level, confusion, convulsion, persistent high fever, vomiting, or poor oral intake.**



繁體中文



English

確診病童和家長及照顧者留家注意事項

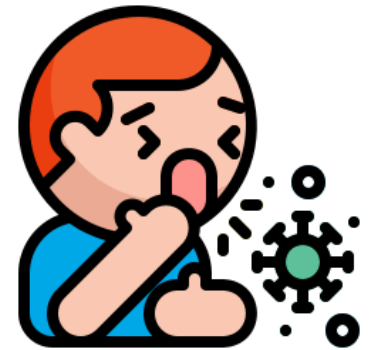
Recommendations on Caring for Children and Adolescents with COVID-19 at Home

一. 發病日期 / 1. Onset of the symptom(s) of infection:

- 記錄病童病徵開始的日期和時間。
- Parent / carer needs to record the **date and time** when the child starts to have symptom(s) of infection.

二. 定時觀察 / 2. Regular observation:

- 病童的體溫。
- Monitor the **body temperature** of the child.
- 病童的進食量，大、小便次數和量。
- Record the **amount of oral intake and the frequency of urination and bowel opening**.
- 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。
- Be aware of **any new symptoms** such as: cough, runny nose, sore throat and vomiting.
- 病情有否惡化，如：面色變蒼白、呼吸急促等。
- **Be highly alert to any symptoms indicating deterioration in the child' s condition**, such as: confusion, pallor or difficulty in breathing.



確診病童和家長及照顧者留家注意事項

Recommendations on Caring for Children and Adolescents with COVID-19 at Home

三. 量度及記錄體溫 (正常體溫為 36.5 - 37.5oC) / 3. Measure and record body temperature (Normal body temperature is 36.5 - 37.5oC)

- 如果懷疑小朋友發燒，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。
- Use an ear (tympanic) thermometer and record the child' s temperature **every four hours**.
- **觸摸前額**感覺體溫是極為不準確及不可靠。
- Feeling the forehead as a form of temperature measurement is extremely inaccurate and unreliable.
- 微燒、頭痛、喉嚨痛可以服用**止痛退燒藥**，例如撲熱息痛。
- Parent / carer may use **paracetamol** to relieve fever, headache, and sore throat in the child.



四. 進食和飲食 / 4. Food and fluid intake

- 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、要有充足休息和睡眠。
- **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 coronavirus.

正常靜息時不同年齡心跳和呼吸之平均值

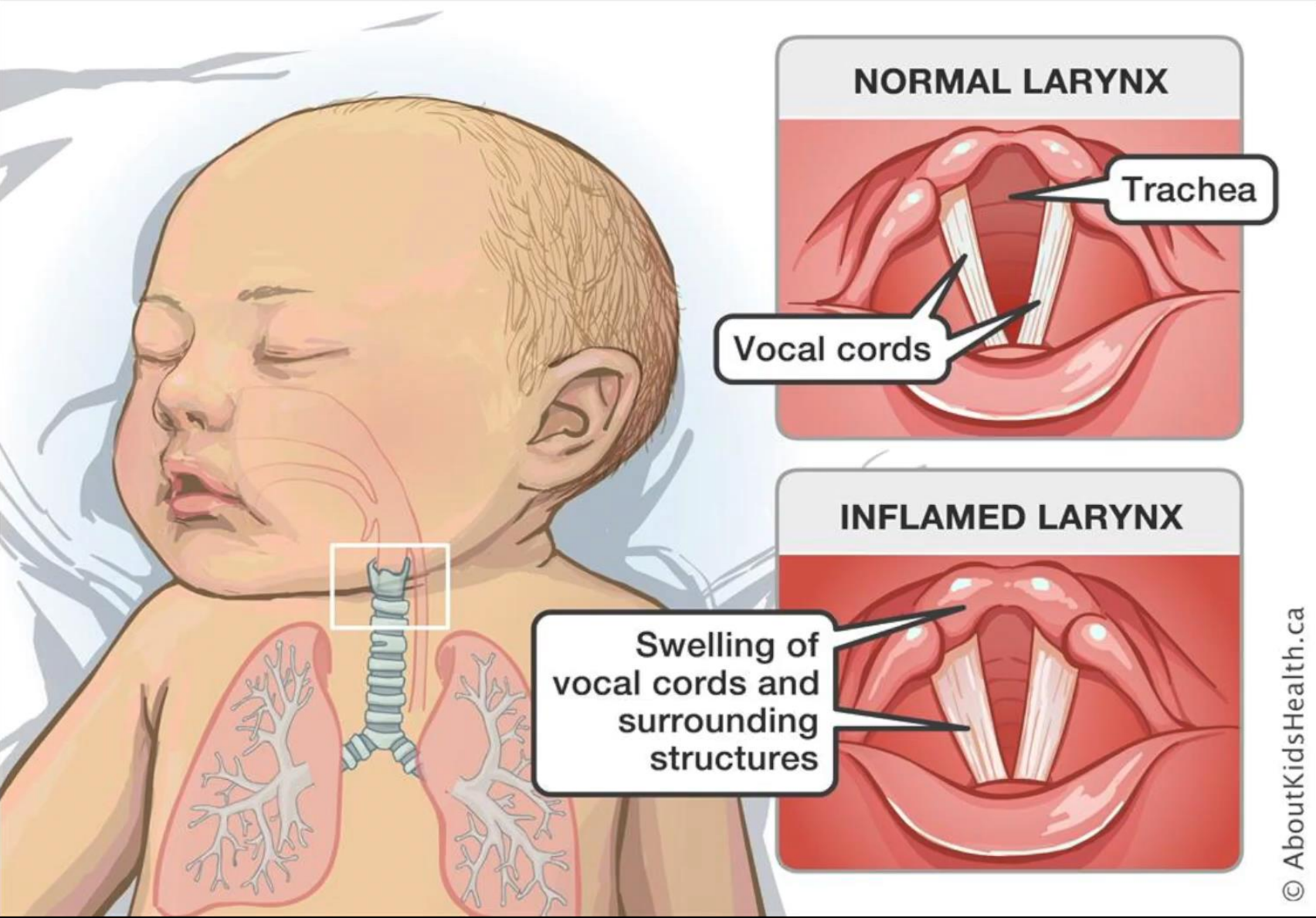
Healthy resting heart and respiratory rate for a child

| | 心跳 / 每分鐘 Heart rate / minute | | 呼吸 / 每分鐘 Respiratory rate / minute |
|----------|---------------------------------|--------|---------------------------------------|
| 新生嬰兒至一個月 | 70 - 190 | 新生嬰兒 | 30 - 60 |
| 一至十一個月 | 80 - 160 | 一至十二個月 | 30 - 60 |
| 一至兩歲 | 80 - 130 | 一至兩歲 | 24 - 40 |
| 三歲至四歲 | 80 - 120 | 三至五歲 | 22 - 24 |
| 五歲至六歲 | 75 - 115 | 六至十二歲 | 18 - 30 |
| 七歲至九歲 | 70 - 110 | 十三至十七歲 | 12 - 16 |
| 十歲或以上 | 60 - 100 | | |

1. Herbert A, Pearn J, Wilson S. Normal percentiles for respiratory rate in children-Reference ranges determined from an optical sensor. *Children (Basel)*. 2020;7(10):160. Published 2020 Oct 2. doi:10.3390/children7100160

2. Is your child's heart rate healthy? Children's Medical Center Dallas. <https://www.childrens.com/health-wellness/is-your-childs-heart-rate-healthy>

Croup - 獅吼症



確診病童和家長及照顧者留家注意事項

Recommendations on Caring for Children and Adolescents with COVID-19 at Home

五. 兒童個人衛生 / 5. Children's Personal Hygiene

• 留在家中

- 照顧者和病童盡可能留在一個房間，並且關上門，盡量不要與家人接觸，也不要離家。
- Follow the Centre for Health Protection's instructions to stay at home. Parent / carer and the child should stay away from other family members. Whenever possible, the parent / carer and the child should stay and eat in the same room and avoid having contact with other family members.

• 戴上口罩

- 照顧者須戴上外科口罩，病童戴上**合適大小的兒童口罩**，以減少交叉感染。
- Parent / Carer must wear a surgical mask and help the child to wear an appropriate-sized mask to reduce the possibility of cross-infection.
- 口罩須**覆蓋口和鼻**，使用即棄式外科口罩，用後對摺並棄置於有蓋垃圾桶內，棄置後緊記潔手。
- 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.

確診病童和家長及照顧者留家注意事項

Recommendations on Caring for Children and Adolescents with COVID-19 at Home

五. 兒童個人衛生 / 5. Children's Personal Hygiene

• 勤洗手 / Hand hygiene

- 教導病童注意個人衛生，勤洗手，清潔手指罅和手腕位置，洗手最少20秒。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。
- 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.
- 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。
- 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**.
- 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。
- Teach the child **to cover his / her mouth and nose with tissue paper when coughing or sneezing**, and then carefully dispose of the tissue in a covered rubbish bin, followed by cleaning his / her hands thoroughly.
- 未徹底潔手前，**避免接觸眼睛、鼻和口部**。
- **Avoid touching the eyes, nose and mouth** before thorough hand washing.

確診病童和家長及照顧者留家注意事項

Recommendations on Caring for Children and Adolescents with COVID-19 at Home

五. 兒童個人衛生 / 5. Children's Personal Hygiene

• 使用洗手間 / Usage of restroom

- 如果家居環境容許，安排**病童專用洗手間**。如未能安排，各家人的毛巾、個人衛生用品不用時不要放在洗手間內。
- Arrange a **dedicated toilet / bathroom for the child if possible**. If there is no designated toilet / bathroom for the child, other family member should not place their towels and personal hygiene items in the bathroom when not in use.
- 應教導病童**如廁後要先蓋上廁所板再沖廁**，然後徹底清潔雙手。
- The child should also be taught to cover the toilet before flushing and wash their hands thoroughly after using the toilet.
- 病童使用的洗手間需要定時用 **1:49 稀釋家用漂白水**清潔。
- Toilets used by the child should be regularly cleaned with 1:49 diluted household bleach.

確診病童和家長及照顧者留家注意事項

Recommendations on Caring for Children and Adolescents with COVID-19 at Home

六. 家居衛生 / 6. Home hygiene

- 保持室內空氣流通，多打開窗戶，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。
- **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.
- 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**。
- The child should have personal cutlery, drinking glasses, mouthwash cups, toothbrushes and towels. Children with COVID-19 infection **should not share personal items** with other children or adults.
- 每天以 **1:99** 稀釋家用漂白水清潔家居。
- **Clean your home** daily with **1:99** diluted household bleach.
- 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。
- 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.
- 確保廁所去水渠 **U 型隔氣長期儲水**，防止病毒散播，也可每日倒清水至地渠去水位。
- Ensure that the U-shaped drain is filled with water regularly to prevent the spread of the virus.

確診病童和家長及照顧者留家注意事項

Recommendations on Caring for Children and Adolescents with COVID-19 at Home

如病毒快速抗原測試呈陽性

If your child's COVID-19 rapid antigen test is positive

- 需要按照衛生防護中心的指示呈報和留家觀察。
- Please follow instructions from CHP and **stay home for observation.**
- 使用病毒快速抗原測試套裝，應遵照測試套裝內指示完成所有步驟。妥善處理用完之測試套件，掉棄到有蓋的垃圾桶。
- Parent / carer needs to follow the instructions in the COVID-19 rapid antigen test kit to complete all steps and dispose the used test kit properly in a covered rubbish bin.



一般感染新型冠狀病毒病毒的臨床狀況

- 感染新型冠狀病毒患者大多數會慢慢康復。
- Most children infected with COVID-19 will **eventually recover**
- 毋須服用抗病毒藥。
- Most of the infected children **do not need** to be prescribed with **antiviral drugs**.
- 發燒大約維持二至三天。
- The **fever** will last for about **2 to 3 days**.



何時召緊急救護車送院？

When to call an ambulance?

- 病童出現呼吸困難、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、抽筋跡象或進食困難等徵狀。
- If the child develops breathing difficulty, blue lips, chest pain, fast heartbeat, sudden change of sensorium or confusion, persistent high fever, convulsion, or poor oral intake.

接種疫苗 / COVID-19 Vaccination

兒童免疫系統未成熟，感染新冠病毒或會引起嚴重併發症，家長盡快讓兒童接種新冠疫苗。

<https://www.covidvaccine.gov.hk/zh-HK/ChildrenAdolescents>

家長如何選擇新冠疫苗？

Sinovac and BioNTech Vaccinations in Children. What do you need to Know?

<https://www.youtube.com/watch?v=pCXU7XuHcQU>

Children's immune systems are immature, and infection with the new coronavirus may cause serious complications. Parents should vaccinate their children as soon as possible

<https://www.covidvaccine.gov.hk/en/ChildrenAdolescents>



照顧確診感染新型冠狀病毒兒童資訊包

Information Kit for Caring for Children Confirmed with Novel Coronavirus

中文: https://www.ha.org.hk/haho/ho/cc/Info_pack_paed_covidpatients_tc.pdf

English: https://www.ha.org.hk/haho/ho/cc/Info_pack_paed_covidpatients_en.pdf

小朋友染疫有甚麼病徵?

主要病徵:

- 1 發燒
- 2 咳嗽
- 3 流鼻涕
- 4 喉嚨痛
- 5 發熱發冷
- 6 作悶
- 7 嘔吐
- 8 腹瀉
- 9 四肢乏力
- 10 頭痛

嚴重病徵:

- 1 持續發燒
- 2 呼吸困難
- 3 嘴唇發紫
- 4 心口痛
- 5 心跳加速
- 6 神智突然轉變或模糊
- 7 抽筋跡象
- 8 進食困難

一旦發現病童有嚴重病徵，
應馬上召緊急救護車送院。

感染新型冠狀病毒病童和家長及照顧者留家需要注意的事項:

01 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。

02 定時觀察:

- 注意病童的進食量, 和大、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、呼吸急促等。

03 量度及記錄體溫:

- 如果懷疑小朋友發燒, 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。
- 發燒、頭痛、喉嚨痛可以服用止痛退燒藥, 例如撲熱息痛。

04 一般感染新型冠狀病毒病毒的臨床狀況:

- 家長及照顧者毋須過份憂慮, 因為感染新型冠狀病毒患者大多數會在七至十天慢慢康復, 大多數病童毋須服用抗病毒藥。請耐心等待當局作進一步安排。

[參考連結: https://www.ha.org.hk/haho/ho/covid-19/tips_for_patientsandcarers_tc.pdf]

家居衛生注意的事項

- 1 家中應保持空氣流通, 多打開窗戶。
- 2 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。
- 3 每天以 1:99 稀釋家用漂白水清潔家居。
- 4 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。
- 5 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。

注意兒童個人衛生

1. 照顧者和病童應遵從衛生防護中心指示留在家中盡量不要與其他家人接觸。盡可能照顧者和病童留在一個房間, 並且關上門, 盡量不要與家人接觸, 也不要離家。

2. 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。

3. 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。

4. 如果家居環境容許, 請安排病童專用洗手間。病童使用的洗手間需要定時用 1:49 稀釋家用漂白水清潔。

照顧確診感染新型冠狀病毒兒童資訊包 Information Pack on Caring Children with COVID-19

中文: https://www.ha.org.hk/haho/ho/cc/Info_pack_paed_covidpatients_tc.pdf

English: https://www.ha.org.hk/haho/ho/cc/Info_pack_paed_covidpatients_en.pdf

兒童及青少年 應盡快接種新冠疫苗

接種地點

科興疫苗:

3 至 17 歲的兒童及青少年

- 透過就讀學校安排
- 指定私家診所
- 社區疫苗接種中心
- 醫管局轄下的指定普通科門診診所
- 衛生署轄下的指定學生健康服務中心
- 流動接種站

復必泰疫苗:

5 至 11 歲的兒童

- 指定兒童社區疫苗接種中心
 - 香港兒童醫院的兒童社區疫苗接種中心
 - 圓洲角體育館的兒童社區疫苗接種中心
 - 港怡醫院的兒童社區疫苗接種中心
- 透過就讀學校安排

12 至 17 歲的青少年

- 透過就讀學校安排
- 指定私營醫護機構
- 社區疫苗接種中心
- 公立醫院新冠疫苗接種站
- 醫管局轄下的指定普通科門診診所
- 流動接種站

未滿18歲的人士須帶同由家長或監護人填妥的2019冠狀病毒疫苗 接種同意書接種疫苗。就11歲或以下的兒童，接種當天須由一名成人在場陪同。接種疫苗人士須帶同身份證明文件正本接種疫苗。若兒童身份證明文件(例如: 出生證明書)中沒有任何照片，接種疫苗時須出示帶有學生照片的學校證明文件(例如: 學生手冊)。
[預約接種疫苗: https://booking.covidvaccine.gov.hk/forms/index_tc.jsp]

更多2019冠狀病毒病防疫資訊:

- 2019冠狀病毒病專題網站
<https://www.coronavirus.gov.hk/chi/index.html>
- 2019冠狀病毒病疫苗接種計劃
<https://www.covidvaccine.gov.hk/zh-hk/>
- 新冠疫苗接種常見問題 兒童及青少年篇
https://www.covidvaccine.gov.hk/pdf/FAQ_children_adolescents_CHI.pdf
- 2019冠狀病毒病確診個案指定診所
https://www.ha.org.hk/haho/ho/covid-19/designated_clinic_tc.pdf

更多兒童防疫資訊版本:

English Version:

簡體版本:

香港兒童醫院 HOSPITAL AUTHORITY
醫院管理局兒科諮詢委員會



中文



English

謝謝

Thank you



香港兒童醫院模擬培訓中心
ChildSim



香港兒科護理學院
Hong Kong College of
Paediatric Nursing



香港兒科醫學會
The Hong Kong
Paediatric Society



香港兒童免疫過敏及
傳染病學會
The Hong Kong Society for
Paediatric Immunology, Allergy
and Infectious Diseases



香港兒科護士學會
Hong Kong
Paediatric Nurses Association