

出國報告 (出國類別: 研究)

墨西哥 A(H1N1)新型流感應變研究

服務機關：衛生署疾病管制局 第七分局

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赴派國家：墨西哥

出國期間：98 年 4 月 30 日至 98 年 5 月 6 日

報告日期：民國 98 年 5 月 27 日

摘要

2009 年 4 月 24 日，世界衛生組織 (World Health Organization [WHO]) 第一次發佈有關墨西哥及美國豬流感疫情。疾病管制局隨即指派第七分局防疫醫師至墨西哥市瞭解疫情，評估疾病爆發對當地駐外單位及本國僑民的影響，並瞭解國外執行檢疫工作的實際情形。此次行動發現，本國墨西哥駐外單外再議情發生後第一時間，即針對疫情成立緊急應變小組，聯絡僑民，協助分配防疫物資。另，也與當地醫師溝通，瞭解疫情，並分享台灣在 SARS 期間的防疫經驗。最後，於回程途中經墨西哥、美國及日本，實地觀察各國檢疫作為。建議台灣應持續監測國際媒體、世界衛生組織及各國發佈的新聞，以確實即時掌握最新疫情資訊。

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目的

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過程

1. 背景

2009 年 4 月 24 日，世界衛生組織（World Health Organization [WHO]）發佈新聞，報告美國有 7 個病例確定感染豬流感 Influenza A(H1N1)，另有 9 個疑似病例；墨西哥則是報告從 3 月 18 日至 4 月 23 日，墨西哥聯邦區類流感病例增加，其中有 854 例肺炎，且有 59 例死亡；另在墨西哥的 San Luis Potosi 和 Mexicali 兩州都陸續出現類流感症狀的病例。就當時公佈資料顯示，墨西哥共有 18 例為實驗室確定流感 A(H1N1)病例。

在 4 月 29 日，WHO 發佈全球共有 148 例確定病例，分佈於九個國家，包含墨西哥、美國、澳洲、加拿大、德國、以色列、紐西蘭、西班牙及英國，其中墨西哥確定病例最多（91 例），而其他國家的病例幾乎都與至墨西哥旅遊有關連性。

2. 準備

國人前往墨西哥需先辦理簽證，且需提出前往該國之詳細理由及出示機票定位記錄證明，此行在透過外交部協助聯絡後順利取得簽證。由於職當時人已身在美國華府參加相關衛生研習會，在接獲緊急前往墨西哥當地實際了解疫情指示後，即請求駐華府領務組秘書康嘉棋協助辦理簽證。囿於當時從台灣出發時並無預料到 A(H1N1) 新型流感疫情的發生與擴散迅速，因此無攜帶相關防疫物資，故所需防疫物資，如口罩、預防用藥等物品必須在國外籌備，並感謝駐華府科技組副組長阮娟娟慷慨提供口罩。

3. 墨西哥代表處及僑胞

5月1日抵達墨西哥，由駐墨西哥台北經濟文化辦事處秘書盧朝睿接機，隨後至辦事處與駐墨西哥代表陳新東及秘書孫慧娟見面。

我國駐墨西哥單位在 H1N1 新型流感疫情爆發第一時間，即成立緊急應變小組，雖然當時墨西哥市已宣布停止上班、上課，緊急應變小組仍持續每日召開會議，以隨時與台灣政府聯繫，提供當地最新資訊。

在抵達代表處後，瞭解到代表處人員及其家人健康狀況皆良好，並無類流感症狀。代表處自墨西哥疫情爆發後，曾與當地台商及僑胞聯絡，得知台灣人在墨西哥尚健康；各地均有代表協助分發口罩等防疫物資，以確保國人在外的健康。

因 A(H1N1) 流感為一新型流感病毒，外館因無醫療專業背景人員，對此次爆發的疾病不甚瞭解，為此特別針對流感及 A(H1N1) 新型流感等疾病，對外館人員作相關衛教說明，期相關人員對疾病有正確的認識，能採取適當的預防措施，以正確的認知態度面對突來的疫情，減少對疾病的恐懼。

另，此行也同陳代表與孫秘書討論可當面拜會之墨西哥官方單位。孫秘書 5 月 1 日當天早上曾受邀至衛生部參訪，並提出台灣已派遣專家抵達墨西哥，希望能協助相關疫情防治工作，可惜經協調後，墨西哥官方仍婉拒所有專業、技術及物資的協助。之後，墨西哥官方也表示相關疫情之最新消息，一律經由該國衛生部與 WHO 發佈，若有需要，皆應自行由此二單位網站下載所需資訊。

當時台灣國內雖尚未有疫情傳出，仍有民眾因媒體報導墨西哥疫情而緊張，為降低民眾疑慮，於當地時間 5 月 3 日上午，與外館陳東新代表共同連線至疾病管制局，召開

電話會議記者會，說明疫情概況。

圖：與墨西哥外館人員合影



4. 拜訪墨西哥醫師

5月2日早上在孫秘書的陪同下拜訪 American British Cowdray Medical Centers at Santa Fe (ABC Hospital) 院長 Dr. Gabriel Rodriguez Weber。ABC Hospital 為墨西哥市知名之私人醫院，其服務對象以高社經地位人士為主。Dr. Rodriguez 表示，該醫院自墨西哥疫情爆發後，並無發現類流感病例不尋常之增加，亦無重症病例。但針對目前的疫情，醫院已要求所有醫院員工全面戴外科口罩，並加強洗手，以防止病毒散播。

因墨西哥要求國內醫師不能在未經衛生部許可下對外發言，雖透過管道聯絡上墨西哥市某公立醫學中心醫師，試圖了解更多訊息，仍被婉拒參觀醫院一事。但該醫師私下表示該醫院自疫情爆發後，有約 70 例可能病例，大部分的病人症狀輕微，但其中約 10 % 的病人需有氧氣輔助，約 5% 的病人需用到呼吸器。同時因類流感到院的病患較前一星期已減少，疫情有漸趨緩和的現象。

5月3日在孫秘書的安排下，於代表處與六位醫護人員交流，分享有關台灣在 SARS 期間所定下的醫院感染管制措施。與會人員如下：

1. Dr. Leo Enrique HERNÁNDEZ Granados (醫師)

Presidente de la Asociación de Enfermeros en Infectología

感染病護理人員協會主席

Medico infectólogo del Hospital de Infectología,

Centro Médico Nacional La Raza

IMSS-Instituto Mexicano de Seguro Social

La Raza 國立醫療中心感染病社保（公立）醫院主治醫師

2. Angélica Reyna GARCÍA Hernández (護理長)

Coordinación de Atención Primaria

Centro de Salud Publica, D.F.

墨西哥市行政特區衛生署公共衛生防疫部門

3. Licda. Carmen AVENDAÑO Donis

Coordinación de Enfermería
Hospital Médica Azul (Grupo Cruz Azul)
Cruz Azul 集團醫院護理長

4. Dr. José Arturo SÁNCHEZ Montiel (醫師)

Departamento de Epidemiología, Secretaria de Salud
墨西哥衛生部流感司
Medico Epidemiologo, Hospital Médica Azul (Grupo Cruz Azul)
Cruz Azul 集團醫院感染病醫師

5. Lic. María Julieta MIJARES Asforga

Biologa, 生物學家 (Sánchez 醫師夫人)
Maestra de CC. Naturales, Colegio Carol Baur
Carol Baur 私立中學物理系教師

6. Lic. Cecilia Marina GARCÍA Hernández

Enfermería-Infectología
Atención Primaria
Centro de Salud Publica, Pachuca
Pachuca 州衛生署公共衛生防疫部門

7. Lic. Laura Margarita PROSPER

Presidente del Colegio Nacional de enfermeras, Mexico,
墨西哥全國護士協會主席
Jefa del Servicio, Hospital Primero de Octubre, ISSSTE
勞工社保醫院護理長

圖：與當日至外館交流之墨西哥醫護人員及駐墨西哥代表陳東新合影



5. 墨西哥政府疫情控制

為控制疫情，墨西哥政府宣佈自 4 月 29 日起學校停課並關閉餐飲、娛樂場所，並自 5 月 1 日起暫停一切非基礎性公共經濟活動。抵達墨西哥市時，恰逢墨西哥市「封城」的第一天，街上非常少人，代表處人員也表示，墨西哥市平日擁擠，塞車為正常現象，但在墨西哥市的三天，不見車潮，街道交通順暢。餐廳可以營業，但只能提供外帶服務，不能在餐廳內用餐；街道上行人皆有配戴口罩。

圖：餐廳張貼告示只提供外帶服務




6. 墨西哥，美國，日本機場檢疫

墨西哥據報有實施入境發燒篩檢，但並未注意到有任何的監測儀器或人員執行。於

5月4日要出境登機報到前，有人員要求先行填寫健康自述表（如下）。

We are facing a new strain of flu virus which constitutes a possible outbreak.

We ask you to please answer this survey which will help you find out if you are sick.



GOBIERNO FEDERAL

NAME

AGE GENDER M F

ADDRESS

TELEPHONE NUMBER

ORIGIN (passengers in connection)

DESTINATION

Do you have or have had over the past two days the following symptoms:

	YES	NO
Fever higher than 39°C	<input type="checkbox"/>	<input type="checkbox"/>
Cough	<input type="checkbox"/>	<input type="checkbox"/>
Headache	<input type="checkbox"/>	<input type="checkbox"/>
Limb pain	<input type="checkbox"/>	<input type="checkbox"/>
Joint pain	<input type="checkbox"/>	<input type="checkbox"/>
Eye redness	<input type="checkbox"/>	<input type="checkbox"/>
Nasal flux	<input type="checkbox"/>	<input type="checkbox"/>

健康自述表填完，經紅外線發燒篩檢確定沒有發燒（如下），才可至航空公司櫃臺報到。



美國針對墨西哥入境的旅客並無特別的篩檢，惟海關在入境時會詢問到墨西哥旅遊的原因與停留時間，然後提醒旅客目前發生的 H1N1 流感疫情，並給予衛教單張（如下）。

Health Alert Notice

For International Travelers Arriving in the United States

To The Traveler

Keep this card in your wallet or purse 6 weeks. If you become ill during this time, give this card to your physician and tell him/her about your recent travel outside the United States.

You could have been exposed to a communicable disease before arriving in the United States, and knowing about this may be helpful to your physician in making a diagnosis.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
Centers for Disease Control and Prevention
National Center for Prevention Services
Division of Quarantine
Atlanta, Georgia 30333



CDC 75.8 REV. 12-92

To The Physician

The patient presenting this card has recently been abroad, and could have been exposed to a communicable disease not commonly seen in the United States. If you suspect an unusual infectious disease in this instance (cholera, hemorrhagic fever, malaria, yellow fever, etc.), please report it immediately to your city, county, or State Health Officer and also (by telephone—collect) to the Division of Quarantine, **Centers for Disease Control and Prevention**, Atlanta, Georgia 30333 (404-639-1437, nights, Sundays, and holidays **404-639-2888**).

The United States is currently trying to eliminate measles. If you suspect measles, please notify your local or State Health Department by telephone on the first available working day. **PLEASE DO NOT DELAY REPORTING UNTIL LABORATORY CONFIRMATION.**

This is not an insurance ID card.

CDC 75.8 REV. 12-92 (Back)

TRAVELER'S HEALTH ALERT NOTICE

Risk of Swine Flu Associated with Travel to Affected Areas

Public health officials within the United States and throughout the world are investigating outbreaks of swine influenza (swine flu).

Swine flu is a respiratory disease of pigs caused by a type A influenza virus that regularly causes outbreaks of influenza among pigs. Swine flu viruses do not normally infect humans; however, human infections with swine flu do occur. Public health officials have determined that this strain of swine flu virus spreads from human to human and can cause illness.

The outbreak is ongoing and additional cases are expected. For more information concerning swine flu infection, please see the Centers for Disease Control and Prevention (CDC) website: <http://www.cdc.gov/swineflu/>. For specific information on travel precautions and an update on the affected areas, please visit: www.cdc.gov/travel.

The symptoms of swine flu in people are similar to the symptoms of seasonal flu in humans and may include:

- Fever (greater than 100°F or 37.8°C)
- Sore throat
- Cough
- Stuffy nose
- Chills
- Headache and body aches
- Fatigue

Some people have reported diarrhea and vomiting associated with swine flu. Severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

People entering the United States who are experiencing symptoms consistent with swine flu and have traveled to an affected area (see <http://www.cdc.gov/swineflu/investigation.htm> for affected areas), or have been exposed to someone possibly infected with swine flu, during the last 7 days should report their illnesses to their health care provider immediately and inform them of their recent travel.

People traveling from the United States to affected areas should be aware of the risk of illness with swine flu and take precautions.

To prevent the spread of swine flu:

- **Avoid contact** with ill persons.
- When you cough or sneeze, **cover your nose and mouth** with a tissue or your sleeve (if you do not have a tissue). Throw used tissues in a trash can.
- After you cough or sneeze, wash your hands **with soap and water**, or use an **alcohol-based** hand gel.
- **If you think you are ill with flu**, avoid close contact with others as much as possible. **Stay at home or in your hotel room. Seek medical care if you are severely ill (such as having trouble breathing). There are antiviral medications for prevention and treatment of swine flu that a doctor can prescribe. Do not go to work, school, or travel while ill.**

For more information:

- **Contact your local or state health department**
- Visit <http://www.cdc.gov/swineflu/>
- **Contact CDC 24 Hours/Every Day**
 - 1-800-CDC-INFO (232-4636)
 - TTY: (888) 232-6348
 - cdcinfo@cdc.gov



Swine Flu Travel Health Alert Notice
04-09
SAFER • HEALTHIER • PEOPLE™



日本對由美國出發的班機採登機檢疫，要求旅客於飛機抵達前先填寫健康自述表，抵達後由檢疫人員先登機用攜帶式紅外線體表測溫儀測量各旅客的體溫，然後再逐一收回健康自述表。沒有疑似類流感的旅客發給檢疫合格證明，並提醒旅客若爾後出現症狀，應迅速就醫，且告知醫師旅遊史。

Attached Sheet 1

Quarantine Station, MHLW, Japan

Questionnaire on Health Conditions

Name in full _____ Nationality _____ Sex Male Female

Date of birth(M/D/Y) _____ / _____ / _____ Passport No. _____

Occupation _____

Date of arrival _____ Flight No. _____ Seat No. _____

Names of countries/territories where you have stayed for the past 10 days before coming to Japan _____

Contact Address in Japan (If you are going to travel in Japan, please list your contact addresses on the back page hereof)

Zip code - Address _____ (Name of prefecture)

Phone number(at which we can contact you as appropriate) _____ - _____ - _____ - _____

Please report the health conditions you have had for the past 10 days.

① Do you have fever? (_____ °C since _____ days ago)

Did you have fever? (_____ °C from _____ days ago to _____ days ago)

..... Yes No

② If you have any of the following symptoms, check the corresponding one(s).

Nasal discharge Nose blocking Sore throat Coughing

③ Are you taking antiphlogistic-analgesic, antipyretic, cold remedy or the like? (since _____ days ago)

Are you taking such a drug? (from _____ days ago)

Did you take such a drug? (from _____ days ago to _____ days ago)

..... Yes No

Please report your experience you encountered during your travel or stay.

Did you contact any feverish or coughing person (such as conversing with or sitting next to such a person)?

..... Yes No

(These questions are asked for protecting you as well as your family.)

I hereby consent to the following:

1. The Quarantine Station may provide the information stated in the "Questionnaire on Your Health Conditions" and "Information Card" to the competent Health Center.
2. The competent Health Center or the like may give me a phone call or visit me for observing my health.

Date _____

Signature _____

You are requested to correctly complete this questionnaire for the simplification of the quarantine procedures based on Article 12 of the Quarantine Act.

Any person who refuses to answer a question or who knowingly gives false information may be punished by imprisonment or a fine according to the provision of Item 3, Article 36 of the Quarantine Act.

Information Card

If all of your contact addresses in Japan are identical with the contact addresses you stated in the "Questionnaire on Your Health Conditions," it is not necessary for you to complete this card.

① Your traveling schedule in Japan (list your contact addresses for the coming 10 days including today)
(Day/Month)

From	to	Name of accommodation _____
		Address _____
		Tel _____
From	to	Name of accommodation _____
		Address _____
		Tel _____
From	to	Name of accommodation _____
		Address _____
		Tel _____
From	to	Name of accommodation _____
		Address _____
		Tel _____

② Date of departure from Japan(M/D/Y) _____ / _____ / _____
Name of airport _____ Flight No. _____

③ If you are taken on a conducted tour, please state your travel agent or the like, and if an itinerary is available, please attach a copy of it to this card.

Name of travel agent, etc. : _____
Agent's Tel : _____
Name of the person in charge : _____

To be entered by Quarantine Station

Results of medical examination	
<ul style="list-style-type: none"> • Fever 《 High · Normal 》 (Body temperature _____ °C) • Symptom such as nasal discharge or coughing 《 Symptomatic · Asymptomatic 》 • Other 	
Date of examination : (M/D/Y) _____ / _____ / _____	By _____
Name of Quarantine Station : _____	Reference No. _____

心得

墨西哥的疫情在 WHO 發佈消息時已有上千個病例。在墨西哥政府採取了較強烈的介入手段後，加上媒體的報導，墨西哥市人民普遍有提高對於自身健康的注意，在公共場所戴上口罩，減少握手，而疫情也有明顯受控制的趨勢。另外，為避免多人發言而造成訊息混亂，中央政府要求統一發言。在這次的訪問中看到醫師們配合中央政府的政策，落實相關疫情防治工作，皆是值得參考學習的地方。

台灣經過 SARS 的洗禮後，面對類似的疫情已有較好的準備，但仍不能輕忽此次的 A(H1N1) 新型流感疫情，畢竟處於交通往來便捷的現代社會，台灣身為地球村的一員，決不可能置身事外。

建議事項

1. 疫情爆發時，若有人員到現場視察，即使無法實際參與官方的防疫業務，還是可以進一步瞭解民間的反應。類似疫情爆發時，應可考慮派員視察，獲取第一手資料。
2. 因墨西哥政府的多重介入措施造成少部分的民眾反彈，認為疫情的嚴重性被執政黨誇大，只為未來的選舉準備。為避免類似流言造成防疫工作阻礙，流感大流行時的介入措施應要有事前良好的溝通，降低誤解發生。
3. 由於消息的公佈皆經由墨西哥政府衛生部及 WHO 透過電視、收音機及網路發佈，如要掌握更確實疫情訊息，台灣疾病管制局應持續透過相關管道進行資訊收集。