

## 離港外遊或居留後與捐血相關的資訊

### Blood donation information related to travelling history or residence aboard

#### I 變種克雅二氏症 (瘋牛症)

為保障血液安全，輸血服務中心考慮到捐血人士有感染變種克雅二氏症，俗稱「瘋牛症」的理論風險，已於 2005 年 4 月 4 日就變種克雅二氏症實施新修訂的捐血篩選指引。現時專家已有實例證明變種克雅二氏症是可經輸血途徑傳染，但暫時仍未有相關的測試去配合捐血者的篩選，故中心參考外地的專業政策而制定了嚴謹的捐血者篩選指引，此指引純粹是一項預防措施，以減除透過血液傳染變種克雅二氏症的理論風險。所有捐血人士(包括正型血、負型血及稀有血型捐血者)如屬以下情況，將永久豁免捐血。

- 於 1980 年 1 月 1 日至 1996 年 12 月 31 日期間曾於英國居留累積超過三個月；
- 由 1980 年 1 月 1 日起曾於法國居留累積超過五年；
- 由 1980 年 1 月 1 日起曾於歐洲居留累積超過五年(包括於 1980 年至 1996 年在英國居留及於 1980 年起在法國居留)；
- 由 1980 年 1 月 1 日起曾在英國或法國接受輸血治療；
- 由 1980 年 1 月 1 日起曾接受由牛隻提煉的胰島素治療 (如使用的胰島素確定並非於 1980 年後從英國牛隻提煉出來除外)；
- 於 1980 年 1 月 1 日至 1996 年 12 月 31 日期間曾在美國駐歐洲軍事基地居住的退役或現役美國軍事人員、民兵及其家屬。

#### I vCJD or human equivalent of Mad Cow Disease

To ensure safety of blood products, BTS implemented the revised guidelines for blood donation with effect from 4 April 2005. There is now evidence from a small number of case reports involving patients and laboratory animal studies that vCJD can be transmitted through transfusion. There is no test for vCJD in humans that could be used to screen blood donors and to protect the blood supply. This means that blood programmes must take special precautions to keep vCJD out of the blood supply by avoiding collections from those who have been where this disease is found. Blood donors (including Rhesus positive, Rhesus negative and rare blood type donors) will be permanently deferred for blood donation if :

- they had spent three months or more cumulatively in the United Kingdom (UK) from 1 January 1980 to 31 December 1996;
- they have spent 5 years or more cumulatively in France from 1 January 1980 to the present;
- they have spent 5 years or more cumulatively in Europe from 1 January 1980 to the present (including UK from 1980 to 1996 and France from 1980 to the present);
- they have received a transfusion of blood or blood components in the UK or France from 1 January 1980 to the present;
- they have received bovine insulin injection since 1 January 1980 (unless it is confirmed that bovine insulin was not manufactured from cattle in UK since 1980);
- they are former or current US military personnel, civilian military personnel, and their dependents who had resided at US military bases in Europe from 1 January 1980 to 31 December 1996.

## II 瘧疾 (最新資料可參考: [www.cdc.gov](http://www.cdc.gov))

根據世界衛生組織 2010 年的統計資料，全球瘧疾流行於 99 個國家，共有 33 億人處於瘧疾風險區，其中 2.19 億患上瘧疾，接近 66 萬人死亡，當中多數為 5 歲以下的兒童。

如何避免經輸血傳播瘧疾？

由於透過輸血感染瘧疾偶有發生，而現時的化驗技術又不能確切區別受瘧疾感染的血液，所以輸血服務中心只能以捐血人士的旅遊及原居地資料作篩選。在過去一年內曾到瘧疾區旅遊或來自瘧疾區而居港未滿三年的人士，須按下列期限檢疫，期滿後方可捐血。

請參照下列情況，以確定何時適合參加捐血：

如閣下	檢疫期
曾到瘧疾區旅遊，旅遊期間及回港後無發熱或其他不適。	返港後十二個月
曾於瘧疾地區居留，近期並無發熱或其他不適。	居港滿三年
曾到瘧疾區旅遊並於旅遊期間或返港後三個月內有發熱和不適。	返港或康復滿三年，以後者為準
曾感染瘧疾。	痊癒後三年

注意：任何人士，無論是否接受了預防瘧疾的藥物，均須依照上列期限檢疫。

## II Malaria (Updated information can be accessed at : [www.cdc.gov](http://www.cdc.gov))

According to the WHO statistics in 2010, there were about 219 million cases of malaria in 2010 and an estimated 660,000 deaths, mostly of which were children under 5 years old.

How to prevent transfusion transmitted Malaria?

As transfusion transmitted malaria still occasionally happens and there is no fool proof way to clearly distinguish infected and non-infected blood, the Blood Transfusion Service in general has to rely on the travel history of donors to decide whether they are suitable for blood donation. Persons who have visited a malaria-endemic area in the past 12 months or who have come from a malaria-endemic area and lived in Hong Kong for less than 3 years should be deferred for blood donation according to the guidelines below. Blood donation is possible again after the deferral period.

The following information can be used to determine eligibility

If you have	Deferral Period
Travelled to an endemic area but did not have fever during or immediately after the visit	12 months after return
Resided in an endemic area but did not have any fever recently	3 years after residing in Hong Kong
Visited an endemic area and have unexplained fever during or within 3 months after the visit	3 years after recovery or return, whichever is later
History of malaria	3 years after recovery

Note: The above deferral periods apply whether or not anti-malarial prophylaxis has been taken.

### III 西尼羅河病毒

西尼羅河病毒是一種透過蚊子傳播的病毒。美國在 1999 年起發現西尼羅河病毒感染個案。於 2012 年期間，單是美國便有超過 5,600 人感染此病毒，由於西尼羅河病毒是可以經由輸血傳染，為確保血液安全，醫院管理局(輸血服務中心)血液及血製品安全專家小組，於參考美國食品及藥物管理局的指引後，建議輸血服務中心實施下列措施：

- 捐血人士如在捐血當天四週內曾到北美洲，不論有沒有病徵，均需暫緩捐血 28 天。
- 捐血人士如在捐血當天四週前曾到北美洲，並曾有感冒徵狀包括：發熱、頭痛、眼底痛、肌肉痛、關節痛、嘔吐、淋巴結或皮膚紅疹等症狀，請將有關情況告知本會護理人員。
- 如於捐血後才出現上述徵狀，捐血人士應盡快致電 2710 1201 通知本會。

### III West Nile Virus (WNV)

West Nile Virus (WNV) is an infection transmitted through mosquito bite. It has been reported in the US since 1999. In 2012, there were 5,600 human cases of WNV infections reported in the U.S. Blood transfusion is one of the transmission mode of WNV. To ensure blood safety, the Hospital Authority (BTS) Expert Panel on Blood and Blood Products Safety has made reference to the FDA's latest guidelines and recommended BTS to implement the following precautionary measures:

- Prospective donors who have been to North America within four weeks before the date of blood donation, irrespective of any clinical symptoms, will be temporarily deferred for 28 days.
- Prospective donors who have been to North America 4 weeks before the date of blood donation and have flu like symptoms such as fever, headache, eye pain, muscle/joint pain, vomiting, enlarged lymph nodes or skin rash, should inform our nursing staff.
- Blood donors should telephone us (Tel: 2710 1201) as soon as possible if the above symptoms are noticed following blood donation.

## VI 寨卡病毒

鑒於現時全球寨卡病毒傳播情況已經顯著緩和，加上中心已引進寨卡病毒血液檢測技術，中心已更新寨卡病毒捐血者篩選的指引，捐血人士在下列情況下不需再暫緩捐血：

於過往 28 天內，

- 1) 曾到訪或居住受寨卡病毒影響地區
- 2) 曾與以下男士發生過性行為(由最後一次發生性行為當天起計):
  - 於過去三個月內曾到訪或居住受寨卡病毒影響地區之人士
  - 曾被確診染上寨卡病毒之人士

為確保血液安全，中心會為以上人士捐出的血液進行寨卡病毒測試；另外，曾被確診感染寨卡病毒之人士，須於康復後滿 180 日方可再次捐血。

有關最新寨卡病毒持續傳播的地區，請參考以下資料（截至 2019 年 3 月 11 日）。

## VI Zika virus

In view of global Zika virus outbreaks have declined significantly and the implementation of the screening test for Zika virus, the pre-donation screening guideline has been revised. Blood donors with the condition(s) listed below are **no longer required to defer** for blood donation:

In the past 28 days,

- 1) travelled to or resided in the Zika virus affected area
- 2) had sexual contact with a man who (from the date of last sexual contact)
  - travelled to or resided in the Zika virus affected area in the past 3 months
  - has been diagnosed with Zika virus infection

In order to enhance blood safety, the blood collected from these donors will be sent for Zika viral screening. While donors who had been diagnosed with Zika virus infection will still be required to defer for 180 days from the day of recovery.

For details on updated areas with ongoing Zika virus transmission, please refer to the following information (as at 11 March 2019).

## Areas with ongoing Zika virus transmission 寨卡病毒持續傳播的地區

	Location	地區		Location	地區	
A	American Samoa	美屬薩摩亞	I	India	印度	
	Angola	安哥拉		Indonesia	印尼	
	Anguilla	安圭拉		Ivory Coast	象牙海岸	
	Antigua and Barbuda	安提瓜和巴布達	J	Jamaica	牙買加	
	Argentina	阿根廷	L	Laos	老撾	
	Aruba	阿魯巴		Malaysia	馬來西亞	
B	Bahamas	巴哈馬	M	Maldives	馬爾代夫	
	Bangladesh	孟加拉		Marshall Islands	馬紹爾群島	
	Barbados	巴巴多斯		Martinique	馬提尼克	
	Belize	伯利茲		Mexico	墨西哥	
	Bolivia	玻利維亞		Micronesia, Federated States of	密克羅尼西亞聯邦	
	Bonaire	博內爾		Montserrat	蒙特塞拉特島	
	Brazil	巴西	N	New Caledonia	新喀里多尼亞	
	British Virgin Islands	英屬維爾京群島		Nicaragua	尼加拉瓜	
	Burkina Faso	布基納法索		Nigeria	尼日利亞	
	Burma (Myanmar)	緬甸		Palau	帛琉	
Burundi	布隆迪	P	Panama	巴拿馬		
Cambodia	柬埔寨		Papua New Guinea	巴布亞新幾內亞		
Cameroon	喀麥隆		Paraguay	巴拉圭		
Cape Verde	佛得角共和國		Peru	秘魯		
Cayman Islands	開曼群島		Philippines	菲律賓		
Central African Republic	中非共和國		Puerto Rico	波多黎各		
C	Colombia		哥倫比亞	S	Saba	薩巴島
	Cook Islands		庫克群島		Saint Barthélemy	聖巴泰勒米
	Costa Rica	哥斯達黎加	Saint Kitts and Nevis		聖基茨和尼維斯	
	Cote d'Ivoire	科特迪瓦	Saint Lucia		聖盧西亞	
	Cuba	古巴	Saint Martin		聖馬丁島	
	Curacao	庫拉索	Saint Vincent and the Grenadines		聖文森特和格林納丁斯	
	D	Dominica	多米尼克		Samoa	薩摩亞
		Dominican Republic	多米尼加共和國		Senegal	塞內加爾
	E	Easter Island - Chile	智利復活節島		Singapore	新加坡
Ecuador		厄瓜多爾	Sint Eustatius		聖尤斯特歇斯	
El Salvador		薩爾瓦多	Sint Maarten		聖馬丁	
Ethiopia		埃塞俄比亞	Solomon Islands		所羅門群島	
F	Fiji	斐濟	Suriname		蘇里南	
	French Guiana	法屬圭亞那	T		Thailand	泰國
	French Polynesia	法屬波里尼西亞			Tonga	湯加
G	Gabon	加蓬		Trinidad and Tobago	特立尼達和多巴哥	
	Grenada	格林納達	Turks and Caicos Islands	特克斯和凱科斯群島		
	Guadeloupe	瓜德羅普	Uganda	烏干達		
	Guatemala	危地馬拉	U	United States (Continental US, Alaska and Hawaii)	美國(美國本土, 阿拉斯加, 夏威夷)	
	Guinea-Bissau	幾內亞比紹		United States Virgin Islands	美屬維爾京群島	
	Guyana	圭亞那	Vanuatu	瓦努阿圖		
H	Haiti	海地	V	Venezuela	委內瑞拉	
	Honduras	洪都拉斯		Vietnam	越南	