

HP / September 02, 2009 01:45AM

[Re: H1N1相關問題：游泳會不會有感染危險？](#)

推推推，很有用的資訊。

gustav / September 01, 2009 10:40PM

[H1N1相關小常識：游泳會不會有感染危險？](#)

到底H1N1新流感會不會透過游泳池的水傳染呢？

在美國政府 Department of Health & Human

Services的官方網站 (<http://www.pandemicflu.gov/faq/swineflu/sf008.html>) 找到如下資訊：

Can the new H1N1 flu virus be spread through water in swimming pools, spas, water parks, interactive fountains, and other treated recreational water venues?

Influenza viruses infect the human upper respiratory tract. There has never been a documented case of influenza virus infection associated with water exposure. Recreational water that has been treated at CDC recommended disinfectant levels does not likely pose a risk for transmission of influenza viruses. No research has been completed on the susceptibility of the H1N1 influenza virus to chlorine and other disinfectants used in swimming pools, spas, water parks, interactive fountains, and other treated recreational venues. However, recent studies have demonstrated that free chlorine levels recommended by CDC (1–3 parts per million [ppm or mg/L] for pools and 2–5 ppm for spas) are adequate to disinfect avian influenza A (H5N1) virus. It is likely that other influenza viruses such as novel H1N1 virus would also be similarly disinfected by chlorine.

中文大略翻譯如下：

問：新型H1N1流感病毒會不會透過游泳池、spa、親水公園與噴水公園等等遊樂性設施的水傳播？

答：流感病毒感染人類上呼吸道。從未有紀錄顯示藉由與水接觸而受流感病毒感染。應CDC標準消毒處理的娛樂用水大概不會構成流感病毒傳遞的危險。仍未有完整的研究探討H1N1流感病毒在已用氯等消毒藥劑處理的游泳池、spa、親水公園與噴水公園等娛樂用水中的適應性。然而、新近的研究顯示、氯含量符合CDC要求（水池1–3 ppm、spa 2–5 ppm）的環境是可以消除A型（禽）流感病毒（H5N1）的。由此、其他新流感病毒如新型H1N1病毒也應同樣地能被氯消除。

按、倒是在淋浴間或水池等設施裡與他人近距離在密閉空間內的互動、比較可能營造傳染條件。另外、若是運動量不足或者過度導致身體受寒或過勞、反而有可能使免疫力降低、增加感染危險呢。

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