

你是否發覺你的家人或鄰居時常有上呼吸道不適？你有沒有察覺到有真菌滋長的情況，或嗅到發霉、潮濕的氣味？又或發現大廈曾經出現水浸或漏水的情況？如發現上述情況的話，你的住所很可能已經成為生物污染物滋長的溫床了。

什麼是生物污染物及它對你有何影響？

生物污染包括細菌、真菌、過濾性病毒和塵蟎。這類污染物種類繁多，且來自多種污染源頭。細菌可經由人類、動物、泥土和植物的殘餘物傳播；塵蟎是一種極細小的昆蟲，通常生長在潮濕溫暖的環境中，例如床褥、床單枕套及經常使用裝有墊套的傢具。欠缺妥善維修的通風系統，也是真菌和其他生物污染物滋長的溫床。

有些生物污染物能引致過敏反應，包括過敏性肺炎、變應性鼻炎及氣喘；有些真菌甚至可能釋放一些致病的毒素。由生物污染物所引起的病徵包括打噴嚏、流眼水、咳嗽、呼吸急促、暈眩、精神不振、發熱和消化困難。兒童、老人及患有呼吸毛病、過敏症和肺病的人士尤其容易受到影響。

如何知道自己是否受到生物污染物的潛在影響？

你可檢查下列情況有否出現：

- 住所積有塵埃，空氣不流通及潮濕；
- 通風系統沒有妥善維修或消毒，在噴灑濕潤器或冷凝水收集盤上積有骯髒的死水，隔塵網積滿塵埃等；
- 家中的冷氣機沒有定期維修或清洗；
- 以前曾發生水浸或漏水，留下發霉、潮濕的氣味；
- 天花瓦片、地氈或建築物料發霉、骯髒或潮濕。

如有上述任何情況出現，應立即採取補救措施。

如何減少生物污染？

- 保持家居、辦公室及其他室內環境清潔。定期清洗地方有助消滅塵蟎及其他引致過敏的源頭。
- 保持空氣流通及室內空氣清潔乾爽，清除能引致真菌滋生的水源或潮濕源頭，盡快維修屋內外有滲漏現象的地方。並保持室內相對濕度在 60% 以下。
- 在廚房和浴室安裝及使用抽氣扇，將廢氣抽出室外排放。
- 盡可能拆除及棄掉已受污染的物料，如發霉的天花瓦片和地氈。如有可能，使用稀釋漂白劑清洗曾受真菌污染的表面。
- 通風系統中的噴灑濕潤器很容易受細菌和真菌污染；應採用有效的預防性檢修計劃，將濕潤器的積水排去及加以消毒，以及經常除去任何鐵銹或漬垢。
- 使用有效的隔塵網來減少真菌孢子和粒子進入空調的通風系統，並定期清洗隔塵網。

如何量度生物污染物？

生物污染物的評估、取樣和結果分析均需由專業環境人士和專家進行。在決定是否需要專家協助前，可先考慮採取上述措施，以求消除生物污染物的源頭或減少接觸機會。

如想得到更多資料，請聯絡：

室內空氣質素資訊中心
香港九龍塘達之路 7 8 號生產力大樓一樓
電話：2 7 8 8 6 1 7 7
傳真：2 7 8 8 6 1 8 1
電郵：enquiry@iaq.gov.hk
網址：<http://www.iaq.gov.hk>

Indoor Air Quality
Information Centre
室內空氣質素資訊中心

環 境 保 護 署
ENVIRONMENTAL
PROTECTION DEPARTMENT

生物污染物與你

Biological

Contaminants

and You

Have you noticed an increase of upper respiratory tract discomfort in your family or among your fellow building occupants and noticed any fungal growth, or smelt mouldy, damp odours, or found any evidence of a previous flood or water leak in the building? If so, chances are that your premises may have provided a favourable environment for biological contaminants to flourish!

What are biological contaminants and how do they affect you?

Biological contaminants include bacteria, fungi, viruses and dust mites. There are many kinds and sources of these contaminants. Bacteria are carried by people, animals, and soil and plant debris. Dust mites are microscopic insects which flourish in damp and warm environments such as mattresses, bedclothes and heavily used upholstered furniture. Poorly maintained ventilation systems can be the breeding grounds for fungi and other biological contaminants.

Some biological contaminants trigger allergic reactions, including hypersensitivity pneumonitis, allergic rhinitis, and some types of asthma. Some fungi may also release disease-causing toxins. Symptoms of health problems caused by biological contaminants include sneezing, watery eyes, coughing, shortness of breath, dizziness, lethargy, fever, and digestive problems. Children, aged people, and those already with breathing problems, allergies, and lung diseases are particularly vulnerable.

How can I find out if I have a potential biological contamination problem?

Please check if any of the following conditions exist:

- the premises are dusty, poorly ventilated or damp;
- the ventilation system is not properly maintained or disinfected, with dirty idle water in the water spray humidifier or cooling water condensate pans, filters packed with dusts, etc.;
- household air conditioners are not regularly maintained or cleaned;
- there are mouldy, damp odours with evidence of previous flood or water leak;
- ceiling tiles, carpet or building materials are mouldy, dirty or wet.

You should take immediate action to rectify any of the above problem areas.

What are the tips to reduce biological contamination?

- Keep your home, office and other indoor space clean. Dust mites and other allergy-causing agents can often be reduced through regular cleaning.
- Maintain good ventilation and keep indoor air clean and dry. Remove sources of water or moisture that encourage fungal growth and repair all external and internal leaks promptly. Keep the indoor relative humidity at less than 60% whenever possible.
- Install and use in kitchens and bathrooms the exhaust fans that are vented to the outdoors.
- Remove and discard contaminated materials such as

mouldy ceiling tiles and carpets as soon as possible. If possible, wash all surfaces that have been contaminated by fungi with dilute bleach.

- Spray humidifiers in the ventilation system can easily become contaminated with bacteria and fungi. A vigorous preventive maintenance programme should be employed with the humidifiers drained and disinfected and any rust or scale deposits removed frequently.
- Use efficient filters to limit the fungal spores and particulates from entering the air handling system of the ventilation system. Replace the filters at regular intervals.

How can I measure biological contamination?

You need environmental professionals and experts to carry out the assessment sampling, analysis and interpretation of the results. Before deciding if the help from the professionals is necessary, you may like to explore the abatement measures mentioned above to get rid of the sources or reduce the exposure.

For more information, please contact:

Indoor Air Quality Information Centre

1/F, HKPC Building, 78 Tat Chee Avenue

Kowloon Tong, Hong Kong

Telephone: 2788 6177

Facsimile: 2788 6181

E-Mail: enquiry@iaq.gov.hk

Web Site: <http://www.iaq.gov.hk/>