

YOU ■ YOUR FOREIGN DOMESTIC HELPER



What  
**You and Your  
Foreign  
Domestic Helper**  
need to know to  
prepare for  
an influenza  
pandemic



衛生署  
Department of Health

## What You and Your Foreign Domestic Helper need to know to prepare for an influenza pandemic

**Influenza pandemic** occurs roughly every 10 to 50 years, and emerges as a result of influenza viruses undergoing major genetic changes. This could occur with avian influenza or other types of influenza virus. Influenza pandemic is associated with a greater number of cases, higher severity of illness and consequently a higher death toll than ordinary influenza.

Just like everyone working and living in Hong Kong, your foreign domestic helper also needs to be protected from the risk of infection. The better they are protected from diseases, the more likely they are to keep your family healthy. You are therefore advised to take the following simple steps –

1. Help your domestic helper maintain a healthy lifestyle and good personal and environmental hygiene habits. Keep household well ventilated, and provide liquid soap for frequent handwashing.
2. Include your helper when estimating and procuring protective items for your household: several weeks' supply of masks, about one week's supply of antipyretics for use when necessary, thermometer, liquid soap and tissue paper.





3. Unless otherwise directed by the Government, allow your helper to take statutory holidays and rest days as usual, and advise him/her to avoid crowded and poorly-ventilated places. Keep your helper updated on developments in an outbreak situation and any announcements made by the Government.

4. Keep your helper informed of Government advice with respect to travelling abroad and ensure compliance with border control measures. Remind your helper to avoid visiting zoos and farms or touching live birds or poultry, and to wash hands frequently and after touching birds. If they have symptoms of influenza such as fever, cough, runny nose, sore throat, headache and muscle ache upon return, advise them to put on a mask and consult a doctor promptly.



5. If your helper gets sick, ensure that he/she receives medical attention and care, gets adequate rest, and drinks plenty of water. Sick leave as prescribed by the attending doctor should be provided.

A related pamphlet is available in Indonesian, Tagalog and Thai. Please give your foreign domestic helper a copy in his/her respective native language.

**Provide a supportive environment for your helper to fight flu  
Help your helper to better care for your household**

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For the latest health information  
please visit the Centre for Health Protection website

[www.chp.gov.hk](http://www.chp.gov.hk)

or call the 24-Hour Health Education Hotline of  
the Department of Health at 2833 0111  
(English, Cantonese & Putonghua only)

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