

本署檔號 Our Ref. : (33) in DH SEB CD 8/27/1 III

5 March 2008

Dear Principal / Person-in-charge,

Increasing Influenza Activity

I would like to remind you to strengthen measures to prevent influenza outbreaks. Our surveillance system shows that we are in the middle of the influenza season. The winter influenza season usually lasts more than ten weeks. In 2008, CHP confirmed eight influenza outbreaks in schools and five in other institutions such as elderly homes.

Collective assembly places like child-care centres, kindergartens and schools are at higher risk of disease outbreaks. Young children are incapable of taking proper personal care. In 2007, there were a total of 163 confirmed influenza outbreaks of which 31 occurred in school settings.

To prevent outbreaks, children with fever and respiratory symptoms are strongly advised not to attend school and affected children should be promptly isolated. Staff with respiratory illnesses should refrain from work. Parents are advised to record the body temperature of their children and hand in the temperature record sheet to the school everyday. The following measures are also important:

- To maintain good personal hygiene, and wash hands after sneezing, coughing;
- To maintain good ventilation;
- To build up good body immunity by having a proper diet, regular exercise and adequate rest, reducing stress and avoiding smoking;
- To avoid visiting crowded places with poor ventilation, especially during influenza season; and
- To wear face masks and consult doctor promptly if influenza-like symptoms develop.

If you notice any increase in respiratory illnesses or absenteeism, please report to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770) for immediate epidemiological investigations and outbreak control.



The latest information on influenza activity is on our weekly Flu Express at www.chp.gov.hk.

Yours faithfully,



(Dr SK CHUANG)

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衛生防護中心乃衛生署
轄下執行疾病預防
及控制的專業架構
*The Centre for Health
Protection is a
professional arm of the
Department of Health for
disease prevention and
control*