

本署檔號 Our Ref.: (10) in DH SEB CD/8/84/1

8 June 2011

Dear Principal / Person in charge / Teacher,

Increase in Activity of Adenoviruses and Parainfluenza Viruses

In the past week, there has been an increase in the number of adenoviruses detected from respiratory specimens at the Public Health Laboratory Centre (PHLC) of the Centre for Health Protection. The number of institutional outbreaks of upper respiratory infections caused by adenoviruses has also increased from one during the 2-week period from 15 – 28 May to four during the recent week (29 May – 4 June). Besides, the number of parainfluenza viruses detected at PHLC has been increasing in the past few weeks.

Adenoviruses are a group of viruses that mainly cause respiratory illness. Symptoms include cough, runny nose, sore throat and fever. Some types can also cause gastroenteritis, eye infection and rashes. Young children, elderly and immunocompromised patients are more susceptible to this infection. Adenoviruses are mainly spread through air droplets, direct contact of the oro-nasal secretions of patients, or ingestion of contaminated food or water. Parainfluenza viruses commonly cause upper respiratory tract infection, especially in infants and small children. They are spread by respiratory secretions through close contact with infected persons or contact with contaminated surfaces or objects.

In this regard, I would like to urge you to keep vigilance and implement prompt preventive measures against respiratory infections at your school/institution. Children with fever and respiratory symptoms are strongly advised not to attend school till 48 hours after fever has subsided. Besides, parents should record the body temperature of their children and hand in the temperature record sheet to the school everyday. Staff with fever and respiratory illnesses should also refrain from work.



In addition, the following measures are advised:

- Build up good body immunity by having a balanced diet, regular exercise and adequate rest, reducing stress and avoiding smoking;
- Maintain good personal, food and environmental hygiene;
- Cover nose and mouth while sneezing or coughing and dispose nasal and oral discharge properly;
- Wash hands thoroughly before food handling and eating, and after going to toilets, handling of vomitus, faecal matter and oro-nasal secretions;
- Wear gloves while disposing vomitus, faeces and diapers, and wash hands afterwards;
- Clean and disinfect contaminated articles and surfaces promptly and thoroughly with 1:49 diluted household bleach (1 part of household bleach in 49 parts of water); and
- Avoid crowded places where the ventilation is unsatisfactory.

You are reminded to monitor the sick leave pattern among your students and staff and report promptly to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770) if there is a suspected outbreak of respiratory infection in your school/institution. For more information, please visit the website of CHP at <http://www.chp.gov.hk>.

Yours faithfully,



(Dr. S K CHUANG)

For Controller, Centre for Health Protection
Department of Health

