

本署檔號 Our Ref. : (54) in DH SEB CD/8/27/1

來函檔號 Your Ref. :

電話 Tel. :

傳真 Fax No. :

28 January 2005

To: Manager / Supervisor / Officer-in-charge

Dear Sir / Madam,

Combating Respiratory Diseases during Influenza Season

As you may be aware, Hong Kong is entering the traditional peak season of influenza. Preventive measures should be taken in institutions / organizations in order to prevent outbreaks.

Some people such as young children and patients with chronic diseases are more prone to influenza infection. As Institutions / Organizations are collective assembly places with some young children / residents / clients incapable of taking proper personal care, such places have higher risk of disease outbreaks. Source of infection could come from staff, visitors or clients (especially those just discharged from hospitals). To prevent possible outbreak of respiratory diseases, especially influenza, people with fever and respiratory symptoms are strongly advised not to attend institutions and isolate the affected inmates.

The following measures are advised in response to the coming influenza season:

- Maintaining good personal and environmental hygiene.
- Keeping hands clean and wash hands properly.
- Washing hands when they are dirtied by respiratory secretions (e.g. after sneezing)
- Covering nose and mouth while sneezing or coughing and dispose of nasal and mouth discharge properly.
- Having a balanced diet, regular exercise, adequate rest, avoid too much stress and smoking.
- Avoiding crowded public places where the ventilation is not good.
- To consult doctor for medical advice promptly upon development of influenza-like symptoms such as fever, sore throat and cough.

If you notice an increase in the number of children / residents / clients with symptoms of upper respiratory tract infections, please inform the Central Notification Office of CHP as early as possible at Fax: 2477 2770 or Tel: 2477 2772. CHP will start epidemiological investigations and take appropriate control measures. Further information could be obtained via the CHP website at <http://www.chp.gov.hk/guideline.asp?lang=en&id=35&pid=28&ppid=11>.

Yours faithfully,



(Dr Thomas TSANG)

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