

本署檔號 Our Ref. : (8) in DH SEB CD/8/6/1 III

來函檔號 Your Ref. :

電話 Tel. :

傳真 Fax No. :

24 March 2005

Dear Officer-in-charge,

Remain vigilant to guard against influenza

Hong Kong has entered the influenza peak season since early March. The influenza activity in the community is on a rising trend as demonstrated by our disease monitoring and data from sentinel surveillance networks. Preventive measures should be taken in kindergartens and schools in order to prevent influenza outbreaks.

Kindergartens and schools are collective assembly places and young children are incapable of taking proper personal care. To prevent possible outbreak of respiratory diseases especially influenza, children with fever and respiratory symptoms are strongly advised not to attend school.

In view of the recent poultry outbreaks and human infection of avian influenza in Southeast Asia, please also advise children who are traveling: (a) to avoid visiting farm; (b) to avoid contact with live poultry/birds; (c) to wash hands thoroughly after contact with live poultry/birds, and (d) to consult a doctor if they develop symptoms during or after traveling.

The following measures are also advised:

- Taking children's temperature daily by parents before children are sent to schools.
- Maintaining good personal and environmental hygiene
- Keeping hands clean and wash hands properly
- Washing hands 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 passive 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 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 sincerely,



(Dr. Thomas TSANG)  
Consultant Community Medicine (Communicable Disease)  
Centre for Health Protection

