

本署檔號 Our Ref. : (53) in DH SEB CD/8/27/1
來函檔號 Your Ref :
電話 Tel. :
傳真 Fax No. :

28 January 2005

Dear Principal,

Combating Respiratory Diseases during Influenza Season

As Hong Kong is entering the traditional peak season of influenza, kindergartens and schools should take precautions against 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 addition, the following measures are also advised:

- 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 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 students with symptoms of upper respiratory tract infection or an increase in the number of absentees, 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)
Consultant (Communicable Disease)
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