



感染控制處

衛生防護中心  
Centre for Health Protection

Infection Control Branch

本署檔號 Our Ref. : DH/ICB/12-22

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1 December 2009

Dear Principal / Person-in-charge,

### **Clean Hands Reduce Transmission of Influenza**

The winter peak of seasonal influenza is coming. Experts predict that the second wave of Human Swine Influenza will come during the winter season. To prepare for the winter surge and to reduce the transmission of influenza in school settings, I would like to urge teachers to encourage and supervise students to perform stringent hand hygiene as clean hands can reduce transmission of influenza.

Hand hygiene means either washing hand with soap and water or using alcohol-based hand rubs to clean hands when hands are not visibly soiled. Hand hygiene should be performed:

- Before touching eyes, nose and mouth
- After blowing nose, coughing or sneezing
- Before eating or handling food
- After using the toilet
- After touching contaminated objects or environments
- Before and after treating a cut or wound



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Seven steps should be followed when performing hand hygiene.



Apart from hand hygiene, the following health measures are also important to prepare for the winter surge of influenza:

- Maintain good indoor ventilation.
- Enhance environment cleansing and disinfect with 1 in 99 diluted household bleach (mixing one part of 5.25% hypochlorite solution with 99 parts of water) or use 70% alcohol for metallic surface.
- Support students in adopting good personal hygiene (e.g. proper hand hygiene, maintain cough etiquette) by providing liquid soap, alcohol-based hand rub and face-mask.
- Encourage students to build up good body immunity by having a proper diet, regular exercise and adequate rest and reducing stress.
- Advise students who develop flu-like symptoms during school to wear face masks and consult doctor promptly.



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To facilitate the preparation of schools for the coming winter peak of influenza and other communicable diseases, six sessions of health talk on prevention and control of seasonal influenza, human swine influenza and hand, foot and mouth disease will be held during the period of 3 December to 17 December 2009. Please refer to the announcement from the Education Bureau for details.

For the latest information and health education material on influenza, please visit the website of CHP at [www.chp.gov.hk](http://www.chp.gov.hk).

Yours faithfully,



(Dr TY Wong)

Head, Infection Control Branch  
Centre for Health Protection



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