

本署檔號 Our Ref. : ( 26 ) in DH/SEB/CD/8/22/1  
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31 March 2008

To Principals / Persons-in-charge,

**Prevention of Influenza, Respiratory Syncytial Virus (RSV) and  
Hand-foot-mouth Disease (HFMD)**

I would like to draw your attention on the following infectious diseases in anticipation of their seasonal increase.

(a) Respiratory tract infections due to influenza and RSV:

Influenza and RSV are important cause of childhood respiratory tract infections. Last year, RSV activity usually increases between March and April and lasts till August while influenza and other respiratory tract virus are generally more common during winter time. They may have similar presentations with fever, runny nose or cough. RSV infection is more often found in pre-primary school children and elderly people. Spread is often due to contact of secretions of the affected ones.

(b) Hand-foot-mouth disease (HFMD):

The peak season for HFMD is usually from May to August. Infected children may have fever, sore throat and skin rash over the hands and feet. The infection is most commonly spread among pre-primary school children through sharing of toys and mixing of daily activities and contact of secretions of the affected ones.

With the resumption of classes this week, I urge you to ensure appropriate preventive measure is in place (Please refer to the attached advice). If you notice any suspected outbreaks, please report to CHP at Fax: 2477 2770 or Tel: 2477 2772. Thank you.



衛生防護中心乃衛生署  
轄下執行疾病預防  
及控制的專業架構  
The Centre for Health  
Protection is a  
professional arm of the  
Department of Health for  
disease prevention and  
control

Yours sincerely,

  
(Dr Teresa CHOI)

Atg. Consultant Community Medicine (Communicable Disease)  
Centre for Health Protection

## **Preventive measures for infectious disease outbreaks in schools and pre-primary institutions:**

1. Maintain good communication with parents and help them to understand the need to keep children at home for rest when they develop fever, respiratory symptoms or rash.
2. Encourage staff to screen for sick children before they enter the school.
  - Symptomatic children should be refrained from school. Febrile children can resume school if fever has subsided for at least 48 hours.
  - Children with HFMD should be excluded from schools until fever has subsided and all the vesicles have dried and crusted.
  - Sick children are advised to consult doctor for medical advice.
3. Supervise children on personal hygiene practices.
  - Wash hands properly with liquid soap before meals and after going to toilet.
  - Cover nose and mouth while sneezing or coughing, and proper disposal of nasal and mouth discharge.
4. Clean toys properly.
  - Washable toys should be cleaned at least daily by immersing them in 1:99 diluted household bleach for 30 minutes before ordinary cleaning.
  - Unwashable toys should be wiped regularly (at least daily) with towels soaking with 1:99 diluted household bleach and wiped dry after rinsing with water.
  - Toys made of strong absorbents such as wool should not be used.
5. Remind staff to observe good hygiene practices especially when they are providing care for the children.
  - Wash hands thoroughly with liquid soap and water after changing diapers for each child.
  - Disinfect diaper-change area by diluted bleach.
  - Dispose soiled diapers properly.
6. Maintain good ventilation and the environment clean and hygienic.
7. Refer to the Guidelines on Prevention of Communicable Diseases in Child Care Centres, Kindergartens, and Schools whenever in doubt. The document is available at the CHP website (<http://www.chp.gov.hk/files/pdf/Guild-Booklet-eng.pdf>)
8. Report to the Central Notification Office of CHP at Fax: 2477 2770 or Tel: 2477 2772, if there is increase in number of children with symptoms of respiratory diseases or HFMD or an increase in the number of absentee. Visit the CHP website at <http://www.chp.gov.hk> for more information.