

本署檔號 Our Ref. : (61) in DH SEB CD/8/27/1 XIV

15 July 2008

Dear Principal,

**Vigilance against respiratory diseases in summer**

Influenza in Hong Kong usually peaks in February and March followed by a small peak in June to July. Our latest data showed small increase in influenza activity. In addition, increase of laboratory detections for Respiratory Syncytial Virus (RSV) was also observed. I would therefore like to urge your vigilance in prevention against influenza and other respiratory disease outbreaks.

Child-care centres, kindergartens and schools are collective assembly places and young children are incapable of taking proper personal care. To prevent outbreak, children with fever and respiratory symptoms are strongly advised not to attend school and affected children should be promptly isolated. The following measures are important:

- To maintain good personal hygiene, and wash hands after sneezing, coughing;
- To maintain good ventilation;
- To build up good body immunity by having a proper diet, regular exercise and adequate rest, reducing stress and avoiding smoking;
- To avoid visiting crowded places with poor ventilation, especially during influenza season; and
- To wear face masks and consult doctor promptly if influenza-like symptoms develop.

If you notice an increase in respiratory illnesses or absenteeism, please report to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770) for immediate epidemiological investigations and outbreak control. Staff with respiratory illnesses who are suspected to be epidemiologically linked to an outbreak should refrain from work.



Our latest disease information and guidelines are available at the CHP website ([www.chp.gov.hk](http://www.chp.gov.hk)).

Yours faithfully,



(Dr SK CHUANG)  
Consultant Community Medicine (Communicable Disease)  
Centre for Health Protection  
Department of Health



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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*