

## **Guidelines on Prevention of Seasonal Influenza for Participants of Public Functions**

When attending a public function, the Department of Health advises members of the public to take the following precautionary measures to minimise the risk of contracting and spreading Seasonal Influenza.

### **Disease Information**

<https://www.chp.gov.hk/en/healthtopics/content/24/29.html>

### **Before the function**

- If you do not feel well, especially when you have a fever and/or respiratory symptoms such as coughing or sneezing, wear a surgical mask and seek medical advice promptly. Do not attend the public function.
- Bring surgical masks, tissue paper and 70 to 80% alcohol-based handrub with you.
- Take heed of government announcements with respect to the risk of spread of infections and take appropriate precautionary measures.

### **During the function**

- Maintain good personal hygiene.
- Keep hands clean at all times. Perform hand hygiene frequently, especially before and after touching your mouth, nose or eyes; before eating; after using the toilet; after touching public installations such as handrails or door knobs; or when hands are contaminated by respiratory secretion after coughing or sneezing.
- Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with either a clean cotton towel or a paper towel. When the hands are cleaned, do not touch the water tap directly again (for example, using a paper towel to wrap the faucet before turn it off).
- If hand washing facilities are not available, or when hands are not visibly soiled, hand hygiene with 70 to 80% alcohol-based handrub is an effective alternative.
- Cover your nose and mouth with tissue paper when sneezing or coughing.
- Do not spit or litter. Use tissue paper to hold your spit. Dispose of the soiled tissues into a lidded rubbish bin, and then wash hands thoroughly. Spitting or littering in public is an offence and the offender is liable to a fixed penalty.

### **After the function**

- Take a shower or bath and wash your hair when you return home to remove any dirt and germs that you might have come across.
- Wash your clothes properly.

**At all times**

- Maintain good personal hygiene.
- Maintain good environmental hygiene and indoor ventilation.
- Build up good body resistance and maintain healthy lifestyle. This can be achieved through balanced diet, regular exercise and adequate rest.
- Do not smoke and avoid alcohol consumption.

**For more information**

Please visit the Centre for Health Protection thematic website at

<https://www.chp.gov.hk/en/features/14843.html>

Centre for Health Protection

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