

Health Tips for a New School Year



Prevention of Mosquito-borne Diseases

- ▶ Use insect repellent containing DEET or other active ingredients properly
- ▶ If both insect repellent and sunscreen are used, apply insect repellent after sunscreen
- ▶ Store food and dispose of garbage properly to prevent mosquito breeding

Prevention of Respiratory Infections

- ▶ Maintain good personal, hand and environmental hygiene
- ▶ Participate in seasonal influenza vaccination in the new school year
- ▶ If you have respiratory symptoms, wear a surgical mask and seek medical advice promptly



Beware of Hand, Foot and Mouth Disease (HFMD)

- ▶ Perform hand hygiene frequently, and wash hands with liquid soap and water
- ▶ Do not share food and drinks with others
- ▶ To prevent the spread of HFMD within school settings, affected children should remain at home and refrain from attending school until they have completely recovered

If You Feel Unwell

- ▶ Seek medical advice, and refrain from attending class at school, in order to prevent the spread of infectious diseases



Build Up a Good Body Immunity

- ▶ Have a balanced diet, regular exercise, adequate rest, reducing stress, do not smoke and avoid alcohol consumption

Health Education Materials



Chikungunya
Fever Easy
Digest



Dengue
Fever Easy
Digest



Seasonal
Influenza
Pamphlet



Hand, Foot and
Mouth Disease
Pamphlet

