

本署檔號 Our Ref. : (159) in DH SEB CD/8/27/1 Pt.22

January 18, 2019

Dear Principal / Person-in-charge,

**Vigilance against Further Increase of Seasonal Influenza Activity  
in Hong Kong**

I refer to our previous letter dated January 11, 2019, and would like to update you on the latest activity of seasonal influenza. Hong Kong has entered the winter influenza season in early January 2019 and the local seasonal influenza activity has continued to increase in the past two weeks. We anticipate that the influenza activity will remain at an elevated level for some time. The community should heighten vigilance for protection against influenza.

Among the respiratory specimens received by the Public Health Laboratory Services Branch of the Centre for Health Protection (CHP), the percentage tested positive for influenza viruses rose from 19.98% in the week ending January 5 to 24.97% in that ending January 12. The circulating influenza viruses were predominantly influenza A(H1N1)pdm09 (85% of all positive influenza detections).

Young children aged below six years were particularly affected in this season, as reflected by the high number of outbreaks in kindergartens/child care centres and hospitalisation rate among children aged below six years. The weekly number of institutional influenza-like illness (ILI) outbreaks reported to the CHP has sharply increased from six (affecting 28 persons) in the week ending January 5 to 121 (affecting 968 persons) in the week ending January 12, while 148 (affecting 989 persons) have been recorded in the first five days of this week (as of January 17). Majority of the outbreaks occurred in kindergartens/child care centres (KG/CCC) (70%), followed by primary schools (16%) and residential care homes for the elderly (4%).



In view of the sharp increase in the number of ILI outbreaks in KG/CCC in the past two weeks and the extraordinary high influenza-associated admission rate

among children aged less than 6 years in public hospitals, the Government has convened an interdepartmental meeting yesterday to review the latest situation. The Government has recommended an enhanced measure that all KG/CCC with an ILI outbreak will be closed for a period of seven days to interrupt influenza transmission within the affected schools. Young children may not have the ability to observe strict personal and hand hygiene and they are prone to influenza infection and its complications. This additional measure is expected to reduce the risk of acquiring influenza infection in school settings. The Government will review the situation before the end of the Chinese New year holiday to see if this measure needs to be extended. Please refer to the List of Kindergartens/ Child Care Centres/ Kindergarten-cum-Child Care Centres Requiring Temporary Class Suspension in the 2018/19 Winter Influenza Season at <https://www.chp.gov.hk/en/features/14843.html>.

We anticipate that the local seasonal influenza activity will remain at an elevated level for some time. Members of the public should continue to maintain good personal protection against influenza. Particularly, children, the elderly and those with underlying illnesses are urged to receive influenza vaccination as early as possible to prevent seasonal influenza as it takes about two weeks for antibodies to develop in the body after vaccination. They should promptly seek medical advice if influenza-like symptoms develop so that appropriate treatment can be initiated as early as possible to prevent potential complications.

We would like to appeal to KG/CCC to arrange vaccination activity for seasonal influenza vaccine for students as soon as possible. KG/CCC can invite doctors enrolled in the Enhanced Vaccination Subsidy Scheme (VSS) Outreach Vaccination to provide **free** seasonal influenza vaccination service for students who are Hong Kong residents.

KG/CCC may select doctors or medical organisations from the “List of Doctors Providing Enhanced Outreach Vaccination at school-setting in Jan-Feb 2019”. The List is enclosed in the Appendix I for your easy reference. You may also visit the CHP website for the List at: <https://www.chp.gov.hk/en/features/17980.html>.

Parents are also encouraged to bring their children to have vaccination at their family doctor’s clinic or at clinics of private doctors enrolled in VSS. Your action is highly essential for prevention of influenza. Should you have any enquiries, please contact Vaccination Office at 2125 2128.

Young children, elderly people and patients with chronic diseases are prone to influenza infection and its complications. As schools and organisations are collective assembly places, infectious diseases such as influenza could be easily spread among people through their daily contacts. Sources of infection could come from staff, visitors or students (especially those having active symptoms). In this regard, we would like to urge you to reinforce preventive measures in schools, kindergartens and child care centres so as to mitigate the impact of seasonal influenza.

***Schools should actively check the body temperature of all students every day during this influenza season when they arrive at school so as to identify students with fever. This additional measure should continue until the local influenza activity returns to the baseline level. By then, the CHP will issue another letter to inform you.***

To prevent outbreaks of influenza and other respiratory infections, it is of prime importance that children with fever (oral temperature higher than 37.5°C, or ear temperature higher than 38°C), regardless of the presence of respiratory symptoms, should not be allowed to attend school. They should be advised to seek medical advice and should avoid school till 48 hours after the fever has subsided. Staff should also check their temperature before work every day and staff with respiratory illnesses or fever should refrain from work.

It is also important to measure and record students' body temperature properly. Please refer to Section 2.3 of the 'Guidelines on Prevention of Communicable Diseases in Schools / Kindergartens /Kindergartens-cum-Child Care Centres / Child Care Centres' published by the CHP for detailed information on monitoring of body temperature, which can be accessed at:

[http://www.chp.gov.hk/files/pdf/guidelines\\_on\\_prevention\\_of\\_communicable\\_diseases\\_in\\_schools\\_kindergartens\\_kindergartens\\_cum\\_child\\_care-centres\\_child\\_ar\\_e\\_centres.pdf](http://www.chp.gov.hk/files/pdf/guidelines_on_prevention_of_communicable_diseases_in_schools_kindergartens_kindergartens_cum_child_care-centres_child_ar_e_centres.pdf)

Moreover, we would like to draw your attention to our guidelines on proper hand hygiene and proper use of mask available from the CHP's designated webpages (<https://www.chp.gov.hk/en/healthtopics/content/460/19728.html> and <https://www.chp.gov.hk/en/healthtopics/content/460/19731.html> respectively). Please refer to Appendices II and III for the detailed recommendations on proper hand hygiene and proper use of mask respectively. Please draw the attention of the staff and students in your institution to the above.

Besides receiving seasonal influenza vaccination as early as possible for personal protection, the following measures are advised to prevent influenza and

respiratory tract infections:

- Wash hands with liquid soap and water properly whenever possibly contaminated;
- When hands are not visibly soiled, clean them with 70-80% alcohol-based handrub as an effective alternative;
- Cover nose and mouth while sneezing or coughing and wash hands thoroughly afterwards;
- Dispose of soiled tissue paper properly in a lidded rubbish bin;
- Put on a surgical mask when respiratory symptoms develop;
- Maintain good indoor ventilation;
- When influenza is prevalent, avoid going to crowded or poorly ventilated public places; high-risk individuals may consider putting on surgical masks in such places; and
- Maintain a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

If you notice an increase in fever/respiratory illnesses among children/students, clients or staff, please report promptly to our Central Notification Office (Tel: 2477 2772; Fax: 2477 2770) for prompt epidemiological investigations and outbreak control. For the latest information on influenza activity, please visit the CHP's pages below for more information:

- The influenza page ([http://www.chp.gov.hk/en/view\\_content/14843.html](http://www.chp.gov.hk/en/view_content/14843.html)); and
- The weekly Flu Express report (<https://www.chp.gov.hk/en/resources/29/304.html>).

Yours faithfully,



(Dr. SK CHUANG)

for Controller, Centre for Health Protection  
Department of Health

**List of Doctors Providing Enhanced Outreach Vaccination at school-setting in Jan-Feb 2019 (As at 18/01/2019 12:00pm) with districts**

The list is arranged in alphabetical order according to the last name of the service provider.

Medical Organisation Name	Practice Name	Service Provider	Practice Address	Telephone Number	District
123 Medical Centre Limited	123 Medical Centre Limited	Dr MOK, Kwan Yeung	G/F, On Fung Building, 65 Yuen Tun Circuit, TSUEN WAN, NEW TERRITORIES	37020123	Tsuen Wan
A.D.E.C. Medical Alliance Limited	A.D.E.C. Medical Alliance	Dr CHAN, Tat Eddie	Room 2312, 23/F, Parklane Square, 2 Tuen Hi Road, TUEN MUN, NEW TERRITORIES	24588222	Tuen Mun
A.D.E.C. Medical Alliance Limited	A.D.E.C. Medical Alliance	Dr CHOW, Wai Man	Shop J1, G/F, Block 3, Kwai Fong Terrace, Kwai Fong, KWAI CHUNG, NEW TERRITORIES	24268383	Kwai Tsing
A.D.E.C. Medical Alliance Limited	A.D.E.C. Medical Alliance	Dr LAU, Cynthia Siu Wai	Shop J1, G/F, Block 3, Kwai Fong Terrace, 15 Kwai Yi Road, Kwai Fong, KWAI CHUNG, NEW TERRITORIES	24268383	Kwai Tsing
A.D.E.C. Medical Alliance Limited	A.D.E.C. Medical Alliance	Dr WU, Wai	Room 2312, 23/F, Parklane Square, 2 Tuen Hi Road, TUEN MUN, NEW TERRITORIES	24588222	Tuen Mun
Anson Medical Centre	Anson Medical Centre	Dr POON, Kam Ha Louisa	Shop 85, Level 2, Tseung Kwan O Plaza, 1 Tong Tak Street, TSEUNG KWAN O, NEW TERRITORIES	23681698	Sai Kung
Cambridge Paediatrics Limited	Cambridge Paediatrics	Dr HUNG, Chi Wan	Unit 1016, 10/F, Tower 1, Grand Central Plaza, SHA TIN, NEW TERRITORIES	37033550	Sha Tin
Charis Medical Centre	Charis Medical Centre	Dr CHAN, Ching Pong	Room 1008A, 10/F, Albion Plaza, 2-6 Granville Road, TSIM SHA TSUI, KOWLOON	24197722 26239278	Yau Tsim Mong
Christian Family Service Centre Medical Clinic	Christian Family Service Centre	Dr LAI, Yiu Ming	Room A, G/F, 3 Tsui Ping Road, KWUN TONG, KOWLOON	29508105	Kwun Tong
Dedicare Limited	Dedicare Limited	Dr CHAN, Doa Hang Henry	Room 2108, Melbourne Plaza, 33 Queen's Road Central, CENTRAL, HONG KONG	24682248 96982108	Central and Western
Dedicare Limited	Dedicare Limited	Dr NGAI, Ho Yin Allen	Room 2108, Melbourne Plaza, 33 Queen's Road Central, CENTRAL, HONG KONG	96982108	Central and Western
Dedicare Limited	Dedicare Limited	Dr CHUNG, Wai Kit	Room 2108, Melbourne Plaza, 33 Queen's Road Central, CENTRAL, HONG KONG	96982108	Central and Western
Dr Chan Pui Kwong	Dr Chan Pui Kwong	Dr CHAN, Pui Kwong	Shop S206, Chuk Yuen Shopping Centre, Chuk Yuen South Estate, WONG TAI SIN, KOWLOON	23243035	Wong Tai Sin
Dr Choy Yuk Lun Frederick	Dr Choy Yuk Lun Frederick	Dr CHOY, Yuk Lun Frederick	G/F, 27A Pak Tai Street, TO KWA WAN, KOWLOON	27128805	Kowloon City

Medical Organisation Name	Practice Name	Service Provider	Practice Address	Telephone Number	District
Dr Ho Oi Ping Patrick	Dr Ho Oi Ping Patrick	Dr HO, Oi Ping Patrick	Room E, 1/F, 186 Hing Fong Road, KWAI CHUNG, NEW TERRITORIES	24221775	Kwai Tsing
Dr Mary B L Kwong	Clinic of Dr Mary B L Kwong	Dr KWONG, Bi Lok Mary	Room A-B, 18/F, Crason Commercial Centre, 333 Nathan Road, JORDAN, KOWLOON	27711991	Yau Tsim Mong
Dr Wong Chun Chung	Dr Wong Chun Chung	Dr WONG, Chun Chung	Shop 6A, 5/F, Greenwood Terrace Commercial Complex, Greenwood Terrace, CHAI WAN, HONG KONG	25570463	Eastern
Dr Wong Yu Man James	Dr Wong Yu Man James	Dr WONG, Yu Man James	Shop 2A, G/F, Hing Fat Building, 11 Yu King Square, YUEN LONG, NEW TERRITORIES	24752212 24470606	Yuen Long
Enoch Medical Consultant Limited	Enoch Medical Centre (Fu Shin)	Dr HUNG, Wai	Shop 122A, Fu Shin Shopping Centre, Fu Shin Estate, TAI PO, NEW TERRITORIES	26642600	Tai Po
Ethical Company Limited	The Therapist Family Health Centre	Dr FU, Chi Man Jamie	Shop J, Ground Floor, Yue On Building, 78-86 Catchick Street, KENNEDY TOWN, HONG KONG	23410488	Central and Western
Grand Seasons Global Limited	Hong Kong Prevention of Infectious Diseases Action	Dr MOK, Kwan Yeung	Flat 5, 11/F, Ming Fat Industrial Centre, 1 Kin Fat Street, TUEN MUN, NEW TERRITORIES	21857965	Tuen Mun
Grand Seasons Global Limited	Hong Kong Prevention of Infectious Diseases Action	Dr CHOW, Wai Fu	Flat 5, 11/F, Ming Fat Industrial Centre, 1 Kin Fat Street, TUEN MUN, NEW TERRITORIES	21857965	Tuen Mun
Grand Seasons Global Limited	Hong Kong Prevention of Infectious Diseases Action	Dr CHUNG, Chun Sing	Flat 5, 11/F, Ming Fat Industrial Centre, 1 Kin Fat Street, TUEN MUN, NEW TERRITORIES	21857965	Tuen Mun
Great Linker (Hong Kong) Limited	Tak Hong Family Medical Centre	Dr LAM, Sun Ching	G/F, Shop 204, Tak King House, Tak Tin Estate, LAM TIN, KOWLOON	27096677	Kwun Tong
Healing Hearts Medical Practice	Healing Hearts Medical Practice	Dr LAM, Ka Yeung	Shop G22, Wo Yi Plaza, 26-30 Wo Yi Hop Road, KWAI CHUNG, NEW TERRITORIES	24338113	Kwai Tsing
Health & Treasure International Company Limited	Health & Treasure International Company Limited	Dr CHAK Ngai Chuen	Room 2720, 27/F, New Tech Plaza, 34 Tai Yau Street, SAN PO KONG, KOWLOON	23331891	Wong Tai Sin
Hong Kong Council of Early Childhood Education and Services Limited	CECES Child Development Centre	Dr LI, Chi Yin	Unit D, 9/F, Tong Yuen Factory Building, 505 Castle Peak Road, CHEUNG SHA WAN, KOWLOON	31620995 31881856	Sham Shui Po
Hong Kong Sheng Kung Hui Welfare Council Limited	Centre of Wellness (Kwun Tong)	Dr PANG, Naomi Marian Hai-Shr	Unit 7-8, 20/F, Elite Centre, 22 Hung To Road, KWUN TONG, KOWLOON	27116225	Kwun Tong

Medical Organisation Name	Practice Name	Service Provider	Practice Address	Telephone Number	District
Hong Kong Sheng Kung Hui Welfare Council Limited	Centre of Wellness (Kwun Tong)	Dr WONG, Kwok Tung	Unit 7-8, 20/F, Elite Centre, 22 Hung To Road, KWUN TONG, KOWLOON	27116225	Kwun Tong
Imed Well Limited	Imed Well Limited	Dr YEUNG, Chi Fung	Shop C1, G/F, 70 Ivy Street, TAI KOK TSUI, KOWLOON	23988443	Yau Tsim Mong
Kiangsu Chekiang & Shanghai Medical Centre	Kiangsu Chekiang & Shanghai Medical Centre	Dr FAI, Ming Wai	1/F, Max Share Centre, 367-373 King's Road, NORTH POINT, HONG KONG	25711336	Eastern
Kiangsu Chekiang & Shanghai Medical Centre	Kiangsu Chekiang & Shanghai Medical Centre	Dr WONG, Hei Chung Jemima	Room 111-122, 1/F, Max Share Centre, 367-373 King's Road, NORTH POINT, HONG KONG	25711336	Eastern
Kiangsu Chekiang & Shanghai Medical Centre	Kiangsu Chekiang & Shanghai Medical Centre	Dr TSO, Raymond	1/F, Max Share Centre, 367-373 King's Road, NORTH POINT, HONG KONG	25711336	Eastern
Kinetics Medical & Health Group Company Limited	Kinetics Integrated Medical & Health Centre	Dr YU, John Yee Cheung	Room 1411, 14/F, Hang Shing Building, 363 Nathan Road, JORDAN, KOWLOON	34269771 23102997	Yau Tsim Mong
Leung Man Chit Clinic	Leung Man Chit Clinic	Dr LEUNG, Man Chit	Shop A, , G/F, On Chuen Building, 6-14 Ming Ngai Street, TUEN MUN, NEW TERRITORIES	24592332	Tuen Mun
Man Hong Medical Clinic Limited	Man Hong Medical Clinic	Dr WONG, Yeuk Ka Harry	Shop 12, G/F, Double Mansion, 58-66 Pau Chung Street, TO KWA WAN, KOWLOON	27141828	Kowloon City
Onyx Children's Surgery Centre Limited	Onyx Children's Surgery Centre Limited	Dr WONG, Pui Yiu Beatrice	Room 1220, 12/F, Ocean Centre Harbour City, 5 Canton Road, TSIM SHA TSUI, KOWLOON	35681786	Yau Tsim Mong
Pokin Medical Consultation Company	Dr Wong Po Kin	Dr WONG, Po Kin	Shop 20, G/F, Hoi Fu Shopping Centre, 2 Hoi Ting Road, MONGKOK, KOWLOON	98395353	Yau Tsim Mong
Premier Of Professional Medical Care Limited	Premier Of Professional Medical Care Center	Dr HUI, Suk Yin Mandy	Room A, B&C, 12/F, Eu Yan Sang Tower, 11/15 Chatham Road South, TSIM SHA TSUI, KOWLOON	23939359	Yau Tsim Mong
Prosperous Treasure Limited	Cambridge United Integrated Medical Centre (Tuen Mun)	Dr HUEN, Lok Lam	Shop 3, G/F, Lee Yuen Mansion, 113-115 Heung Sze Wui Road, TUEN MUN, NEW TERRITORIES	24418896	Tuen Mun
St Luke's Medical Centre Limited	St Luke's Medical Centre	Dr CHEUNG, Ming	Shop 08-09, C50-53A, 2/F Kwai Chung Plaza, 7-11 Kwai Foo Road, KWAI CHUNG, NEW TERRITORIES	24682012	Kwai Tsing
Star Image Limited	Dr Leung Kan Pui's Clinic	Dr LEUNG, Kan Pui	Shop B28, 1/F, Kwai Chung Plaza Shopping Centre, 7-11 Kwai Foo Road, KWAI CHUNG, NEW TERRITORIES	24258811	Kwai Tsing

Medical Organisation Name	Practice Name	Service Provider	Practice Address	Telephone Number	District
Tak Ying Medical Services Limited	Dr. Helene Wan	Dr WAN, Helene	Room 1922, 19/F, Argyle Centre Phase 1, 688 Nathan Road, MONGKOK, KOWLOON	23338896	Yau Tsim Mong
The Lok Sin Tong Benevolent Society, Kowloon	The Medical Clinic of Lok Sin Tong	Dr LI, Sum Wo	61 Lung Kong Road, KOWLOON CITY, KOWLOON	23831470	Kowloon City
United Christian Nethersole Community Health Service	United Christian Nethersole Community Health Service - Jockey Club Wo Lok Community Health Centre	Dr CHU, Lai Ah Julia	Unit 26-33, G/F, Kui On House, Wo Lok Estate, Hip Wo Street, KWUN TONG, KOWLOON	23443444 23574008 27171989	Kwun Tong
United Christian Nethersole Community Health Service	United Christian Nethersole Community Health Service - Jockey Club Wo Lok Community Health Centre	Dr FU, Siu Fung	Unit 26-33, G/F, Kui On House, Wo Lok Estate, Hip Wo Street, KWUN TONG, KOWLOON	23443444 23574008 27171989	Kwun Tong
United Christian Nethersole Community Health Service	United Christian Nethersole Community Health Service - Jockey Club Wo Lok Community Health Centre	Dr LAI, Kit Chi	Unit 26-33, G/F, Kui On House, Wo Lok Estate, Hip Wo Street, KWUN TONG, KOWLOON	23443444	Kwun Tong
United Christian Nethersole Community Health Service	United Christian Nethersole Community Health Service - Jockey Club Wo Lok Community Health Centre	Dr TANG, Shao Fen Joyce	Unit 26-33, G/F, Kui On House, Wo Lok Estate, Hip Wo Street, KWUN TONG, KOWLOON	23443444	Kwun Tong
United Christian Nethersole Community Health Service	United Christian Nethersole Community Health Service - Jockey Club Wo Lok Community Health Centre	Dr CHAN, Wai Chung Virginia	Unit 26-33, G/F, Kui On House, Wo Lok Estate, Hip Wo Street, KWUN TONG, KOWLOON	23443444 23574008 27171989	Kwun Tong
Victory Global Holdings Limited	Health In One Medical Centre	Dr CHUNG, Chun Sing	Flat/Room 703, Block C, Tak Wing Industrial Building, 3 Tsun Wen Road, TUEN MUN, NEW TERRITORIES	24281188	Tuen Mun
Victory Global Holdings Limited	Health In One Medical Centre	Dr LAU, Kim Sing	Room 703, Block C, 7/F, Tak Wing Industrial Building, 3 Tsun Wen Road, TUEN MUN, NEW TERRITORIES	24281188	Tuen Mun
Victory Global Holdings Limited	Dr. Tan Teck Pin - Health In One Medical Centre	Dr TAN, Teck Pin	Room 703, 7/F, Block C, Tak Wing Industrial Building, 3 Tsun Wen Road, TUEN MUN, NEW TERRITORIES	24021977	Tuen Mun
Virtue Management Limited	Harmonised Chinese & Western Medical Centre	Dr LEUNG, Wai Man	Shop1, G/F, Melody Court, 2C Kam Hong Street, NORTH POINT, HONG KONG	23241112	Eastern
Yee Health Company Limited	Yee Health Company Limited	Dr KUNG, Garry	Room B5, 9/F., Wong King Ind. Bldg., 2-4 Tai Yau Street, SAN PO KONG, KOWLOON	35280217	Kowloon City



## **Perform Hand Hygiene Properly**

Many infectious diseases can be transmitted through direct contact. If hands are contaminated with pathogens, especially when they are soiled with respiratory discharge or faecal matters, diseases include dysentery, cholera, hepatitis, influenza, and hand, foot and mouth disease can be spread easily. Observance of hand hygiene is the prerequisite of the prevention of the spread of communicable diseases. Using soap and water or rub hands with alcohol-based handrub can achieve hand hygiene.

### **When do we perform Hand Hygiene?**

1. Before touching the eyes, nose and mouth;
2. Before eating or handling food;
3. After using the toilet;
4. When hands are contaminated by respiratory secretions, e.g. after coughing or sneezing;
5. After touching public installations or equipment, such as escalator handrails, elevator control panels or door knobs;
6. After handling vomitus or faecal matter , e.g. after changing diaper;
7. Before and after visiting hospitals, residential care homes or caring for the sick;
8. After making contact with animals, poultry or their droppings.

### **How to select appropriate agents for hand hygiene?**

In general, we should wash hands with soap and water when hands are visibly dirty or visible soiled with blood, body fluid, after using the toilet or changing the diapers. When hands are not visibly soiled, 70-80% alcohol-based handrub is also an effective alternative. According to World Health Organization's recommendation, most alcohol-based handrubs contain either ethanol, isopropanol or n-propanol, or a combination of two of these products. Always check the expiry date before purchasing and using alcohol-based handrub.

### **Steps for Hand Hygiene**

a) Hand hygiene with soap and water:

1. Wet hands under running water.
2. Apply liquid soap and rub hands together to make a soapy lather.
3. Away from the running water, rub hands in accordance with the 7 steps of hand hygiene technique for at least 20 seconds (refer to point c for detail). Do not rinse off soap while rubbing.
4. Rinse hands thoroughly under running water.
5. Dry hands thoroughly with either a clean cotton towel, a paper towel, or a hand dryer.
6. The cleaned hands should not touch the water tap directly again. For example: using a paper towel to wrap the faucet before turn it off.

b) Hand hygiene with alcohol-based handrub

Apply a palmful of alcohol-based handrub enough to cover all surfaces of the hands. Rub hands in accordance with the 7 steps of hand hygiene technique for at least 20 seconds until the hands are dry (refer to point c for detail).

c) Hand hygiene technique

Proper hand hygiene technique should follow the 7 steps and rub hands for at least 20 seconds.



For video demonstration

Please visit the Centre for Health Protection website at

<http://www.chp.gov.hk/en/static/32975.html>

Centre for Health Protection

Last update : July 2017

Infection Control Branch, Centre for Health Protection

## Use Mask Properly

Face mask provides a physical barrier to fluids and large particle droplets. Surgical mask is a type of face mask commonly used. When used properly, masks can prevent infections transmitted by respiratory droplets.

People should wear a mask when they have respiratory infection ; need to care person with respiratory infection; or when visiting clinics or hospitals during pandemic or peak season for influenzain orderto reduce the risk of infection spread.

### **Points to note on wearing a surgical mask:**

- Choose the appropriate mask size. Child size is available for selection as indicated.
- Perform hand hygiene before putting on a mask.
- The mask should fit snugly over the face :
  - The coloured side of the mask face outwards with the metallic strip uppermost. For those masks without a coloured side, the side with folds facing downwards on the outside, and with the metallic clip uppermost (Image 1).
  - For tie-on surgical mask, secure upper tie at the crown of head. Then secure lower tie at the nape (Image 2). For ear-loops type, position the elastic bands around both ears.
  - Extend the mask to fully cover mouth, nose and chin (Image 3).
  - Mould the metallic strip over nose bridge and mask should fit snugly over the face (Image 4).
- Avoid touching the mask after wearing. Otherwise, should perform hand hygiene before and after touching the mask.
- When taking off tie-on surgical mask, unfasten the tie at the nape first; then unfasten the tie at the crown of head (Image5). For ear-loops type, hold both the ear loop and take-off gently from face. Avoid touching the outside of face mask during taking-off as it may be covered with germs.
- After taking off the surgical mask, discard in a lidded rubbish bin and perform hand hygiene.
- Change surgical mask at least daily. Replace the mask immediately if it is damaged or soiled.

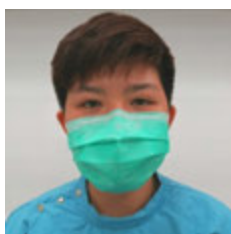


Image 1



Image 2



Image 3



Image 4

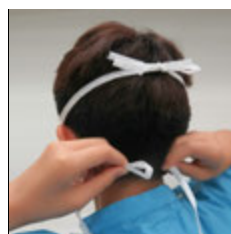


Image 5

Centre for Health Protection

July 2015

(Last updated on 28 November 2017)

# 咳嗽要講禮

## Maintain Cough Manner



打噴嚏或咳嗽時  
應掩著口鼻  
Cover your mouth  
and nose while  
coughing or  
sneezing

如出現呼吸道感  
染病徵，應佩戴  
口罩  
Wear surgical  
mask when  
having respiratory  
symptoms

使用梘液和  
清水洗手  
Wash hands with  
liquid soap and  
water

正確棄置  
已染污的紙巾  
Dispose of soiled  
tissue paper  
properly