

Prevention and Control spread of Seasonal Influenza, Human Swine Influenza and Hand Foot Mouth Diseases in schools

Infection Control Branch
Centre for Health Protection
December 2009

Prevention and control spread of Seasonal Influenza, Human Swine Influenza and Hand Foot Mouth Diseases in schools

Principles

- Early identification and segregation of sick persons from others
- Heightened awareness to personal hygiene
- Heightened awareness to environmental hygiene
- Administrative control to avoid overcrowding
- Vigilance and prompt notification on clustering cases



**School management should adopt the
following prevent and control
measures**

Early identification of sick persons

- Provide information on seasonal influenza, Human swine influenza and HFM diseases to staff, students, parents, school bus operators and other contractors.
- Educate staff and students should take rest at home and notify the school if they develop symptoms, so as prevent spread of diseases in school
- Monitor health condition of students and staff for early identification of sick persons

Early identification of sick persons

- Check body temperature

Fever is a common symptom of person with seasonal influenza, human swine influenza or HFM disease

- ☺ Remind parents to check and record student's body temperature every day before school
- ☺ Inspect students' temperature record and conduct spot temperature checks
- ☺ If parents fails to take the temperature, schools should take up the job

Early identification of sick persons

- Observe other signs and symptoms

Influenza, HSI: Headache, Muscle ache,
cough, sore throat, runny nose

HFM diseases: Rash & blisters at hand & foot,
poor appetite, sore throat, mouth
with ulceration



Segregation of sick persons from others

- ☺ Place the student at separate room if develops symptoms in school
- ☺ Inform the parents to take the sick students to seek medical consultation and rest at home
- ☺ Keep the windows in the room open, turn on fans/ exhaust fans for better ventilation



Segregation of sick persons from others

- ☺ Provide surgical mask, disposable towels, hand hygiene facilities and lidded rubbish bins, etc.
- ☺ Designated staff to care for sick students, limit the risk of cross infection.
- ☺ Ensure staff adopt appropriate protective measure when taking care of the sick students
- ☺ Perform environmental cleansing & disinfection with 1 in 99 diluted household bleach. If the room contaminate with respiratory secretion or excretion, use 1 in 49 diluted household bleach



Heightened awareness to personal hygiene

Educate students on disease information

Mode of transmission

Influenza, human swine influenza - **Droplet**

Mainly spread through droplets via coughing / sneezing, or by direct or indirect contact with the secretions of infected persons

Hand, foot & mouth disease - **Contact**

Mainly transmit from person to person by direct contact with nose and throat discharges, saliva, fluid from blisters, or the stool of infected persons

Heightened awareness to personal hygiene

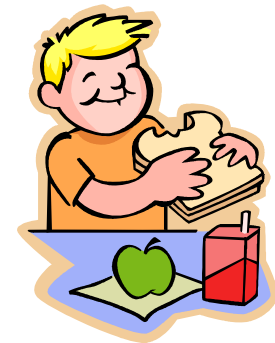
To build up healthy living style, good personal hygiene and habit, are ultimate important in prevent spread of infections in school

- Cough manners
- Hand hygiene
- Do not rub eyes, mouth and nose by hands



Heightened awareness to personal hygiene

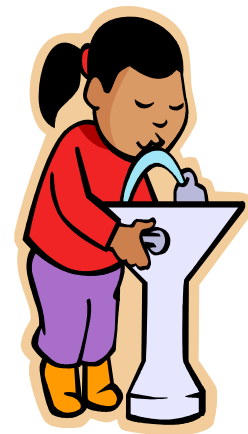
- Bring own handkerchiefs/tissue papers, which should not share use with peers
- Should not share personal items, lunch box or drinks
- Build up body resistance by balance diet, exercises and adequate rest



Heightened awareness to personal hygiene

Educate students on using drinking fountains

- ✓ Avoid contact with the mouthpiece and protective guard of the drinking fountain when drinking directly from it.
- ✓ Advice young children use a container to collect water from the fountain for drinking, and not drink directly from the fountain.
- ✓ Students who are suffering from an acute respiratory illness should avoid drinking directly from drinking fountains.
- ✓ Do not contaminate the drinking fountain, for example, by spitting or using it to wash hands.



Maintain Cough manners

Visual Alert

☺ Post up Poster

Maintain Cough
manners and use
mask properly



Wearing a mask is a way to prevent the spread of respiratory tract infections. People with respiratory infection symptoms, caregivers of patients with respiratory infection symptoms and visitors to clinics or hospitals should wear a mask to lower the chance of spreading the illness. Surgical masks, if properly worn, are effective in preventing the spread of droplet infections.

Points to note about wearing a surgical mask :

Wash hands before putting on a mask, and before and after taking one off.

- The mask should fit snugly over the face:
 - The coloured side of the mask faces outwards, with the metallic strip uppermost.
 - The strings or elastic bands are positioned properly to keep the mask firmly in place.
 - The mask should fully cover the nose, mouth and chin.
 - The metallic strip moulds to the bridge of the nose and the mask should fit snugly over the face.
- Do not to touch the mask once it is secured on your face as frequent handling may reduce its protection. If you must do so, wash your hands before and after touching the mask.
- When taking off the mask, avoid touching the outside of the mask as this part may be covered with germs.
- After taking off the mask, put the mask into a plastic or paper bag before putting it into a rubbish bin with a lid.
- A surgical mask should be changed at least daily. Replace the mask immediately if it is damaged or soiled.

To prepare for the surge in demand during an influenza pandemic, general households should maintain several weeks' supply of surgical masks at all times.



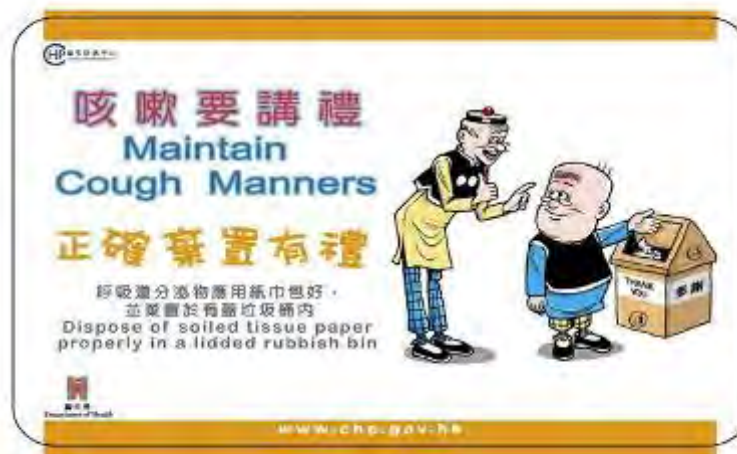
Maintain Cough manners



Cover nose and mouth while sneezing or coughing



Dispose of soiled tissue paper properly in a lidded rubbish bin



Maintain Cough manners



Wash hands
thoroughly after
sneezing or
coughing



Put on a
surgical mask
while having
a respiratory
infection



Hand Hygiene

- Scientific evidence prove that hand hygiene is the most important measure to reduce infection
- Hand hygiene is the fundamental measure on control & prevent infection transmission
- Clean hands with soap and water or by using an alcohol-based hand rub are also effective



Perform hand hygiene frequently



- Clean hands with liquid soap and water when visibly soiled or likely contaminated with body fluid



- When hands are not visibly soiled, clean them with 70-80% alcohol-based hand rub is also effective



When to perform hand hygiene ?

Examples:

- Before enter school, eating or handling food
- Before touching the eyes, nose and mouth
- After contacting or handling contaminated or dirty materials, such as changing diapers or touching the blisters
- After handling garbage
- After blowing nose, sneezing or coughing
- After using the toilets, etc



Steps for hand hygiene

Clean hands with liquid 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 the palms, back of hands, between fingers, back of fingers, thumbs, finger tips and wrists. Do this for at least 20 seconds.
4. Rinse hands thoroughly under running water.
5. Dry hands thoroughly with a clean cotton towel, a paper towel, or a hand dryer.
6. The cleaned hands should not touch the water tap directly again. The tap may be turned off by using the towel wrapping the faucet

Clean hands with alcohol-based handrub

1. Apply a palmful of alcohol-based handrub and cover all surfaces of the hands.
2. Rub the palms, back of hands, between fingers, back of fingers, thumbs, finger tips and wrists.
3. Rub for at least 20 seconds until the hands are dry.



Hand Hygiene Technique

Use at least 20 seconds to rub all surfaces of hands & fingers:



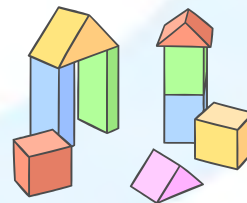
Hand Hygiene technique



Heightened awareness to environmental hygiene

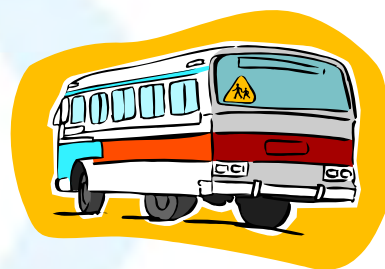
Viruses can survive in the environment for period of time. Cleaning and disinfection is very important to reduce virus load

- Clean and disinfect school premises, including classroom, kitchen, canteen, toilets and bathroom daily
- Increase frequency for frequently touched surfaces, e.g. keyboard, handle, furniture.
- Toys or utensil should be cleaned before use by other students



Heightened awareness to environmental hygiene

- Apply the same principle in cleaning and disinfect the school bus



- Ensure good ventilation. Keep windows in the room wide open and turn on fans / exhaust fans for better ventilation.
- Keep air-conditioners well-maintained and dust-filters frequently cleaned
- Clean the soiled area immediately



Maintain environmental cleanliness

Different types of disinfectants can be used to clean the environment. 5.25% Household bleach is the most convenient and effective disinfectant



- ▶ 1 in 99 diluted household bleach (5.25%) is sufficient for general cleaning
- ▶ 1 in 49 diluted household bleach (5.25%) should be use for area contaminated with respiratory secretions, vomitus, excreta or during outbreak
- ▶ leave for 15-30, then rinse with water
- ▶ 70% alcohol for metallic surfaces



Administrative control to avoid overcrowding

- Ensure the venue with good ventilation before gathering (inside or outside school). Make arrangements to reduce overcrowding, taking into account the nature of the venue and activity.
- Recommend to defer large gathering during influenza peak season
- Suspend large gathering activities if influenza/ HFM outbreak is suspected



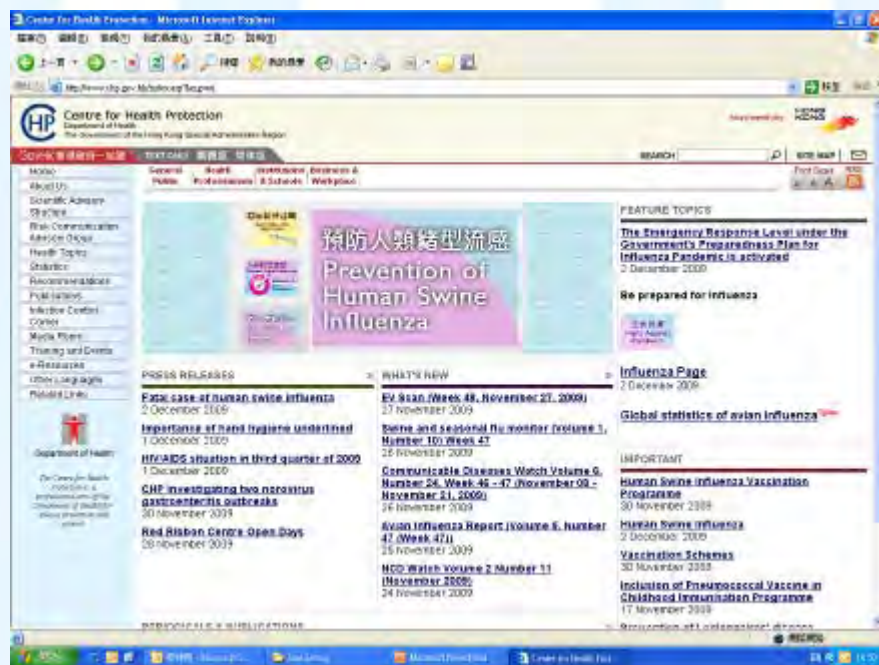
Vigilance and prompt notification on clustering cases

- Schools should keep the sick leave record, monitor the sick leave pattern to look for unusual increases
- Ascertain the cause of absence by contacting parents/guardians of absentees if an increase or unusual sick leave pattern is noticed
- Report to Central Notification Office (CENO) for epidemiological investigation and outbreak control when an increase or unusual sick leave pattern among students with the influenza /HFM disease symptoms is noticed



For more information, please visit the CHP website

<http://www.chp.gov.hk/index.asp?lang=en>



Thank you

