

Dear Parents,

Influenza prevention

As you may be aware, extremely high levels of seasonal influenza activity have been reported and there is a possibility that it will be on the rise over the next few weeks. Our school has been much concerned about the present circumstances and has been closely monitoring the situation of respective classes. As an increase in influenza cases has been observed, cleaning up and disinfecting the campus has been stepped up. Please rest assured that all the precautionary measures have been properly in place. Class teachers have reminded their students to be mindful of personal hygiene and to keep healthy daily habits, so as to boost immunity and lower the risk of getting infected.

To protect your child's health, your cooperation in taking the following preventive measures is appreciated:

- Your child should stay home and rest when running a fever (oral temperature higher than 37°C, or tympanic temperature higher than 38°C).
- Please inform the school immediately in the event that your child feels unwell or needs to be hospitalized for observation.
- If your child suffers upper respiratory infection symptoms such as fever, coughing or sore throat, they should wear a mask, seek medical advice as early as possible and take a proper rest at home. **Upon the subsiding of fever and infection symptoms, your child should rest for at least 2 more days before resuming classes.**
- You are kindly requested to pick up your child from school if s/he feels unwell and seek medical consultation at once.
- Please avoid bringing your child to congested public places with poor ventilation.

Your kind cooperation will help prevent a flu outbreak in school.

Note: Attached please find CHP's (Centre for Health Protection) recommended measures for prevention of communicable diseases for your reference.

Thank you for your attention.

Yours sincerely,

Ng Miu Yee
Principal
Carmel Secondary School

學校通告C1833號
有關預防流感及注意衛生事宜

敬啟者：

本港正處於流感高峰期，其活躍程度預期會在未來數周持續上升。本校正高度關注目前情況，並正密切留意各班狀況。由於學生流感個案情呈上升趨勢，學校已採取各項清潔及消毒措施，以加強校舍清潔。各班班主任已提醒學生務必加強注意個人衛生，並保持健康作息，增強免疫力，進一步降低受感染機會。

為 貴子弟的健康着想，現呼籲家長與學校一同合作，共同注意執行以下預防措施。

- 若 貴子弟出現發燒（口探高於 37°C，或耳探高於 38°C），必須在家休息，病癒前切勿回校上課。
- 若 貴子弟感到不適或需要住院觀察，煩請家長立即通知學校有關情況。
- 若 貴子弟出現發燒，咳嗽或喉嚨痛等上呼吸道感染症狀，必須配戴口罩，儘早就醫，並留在家中休息。**發燒和感染症狀消退後，學生至少應休息兩天才能恢復上課。**
- 若出現相關病徵，煩請 家長到校接學生回家休息及求醫就診。
- 請家長盡量避免帶同 貴子弟到空氣流通欠佳的公共場所。

祈請 貴家長與學校合作，以避免流感在校爆發。

注：隨附衛生防護中心建議的有關預防傳染病措施通知，以供參考。

此致

各位家長

迦密中學校長

伍妙儀啟

主曆二零一九年一月二十四日

Measures to Prevent Influenza and Respiratory Tract Infections:

- Receive seasonal influenza vaccination for personal protection;
- Wash hands with liquid soap and water properly;
- Clean hands that are not visibly soiled with 70-80% alcohol-based handrub;
- Wash or clean hands frequently, especially before touching the mouth, nose or eyes, or after touching public installations such as handrails or door knobs;
- Cover nose and mouth while sneezing or coughing and wash hands properly afterwards;
- Dispose of soiled tissue paper properly in a lidded rubbish bin;
- Wear a surgical mask if symptoms of respiratory tract infection or fever develop;
- Maintain good ventilation;
- Avoid going to crowded or poorly ventilated public places when influenza is prevalent; high-risk individuals may consider putting on surgical masks when staying in such places; and
- Maintain a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

附件

預防傳染病的建議措施

- 接受個人防護季節性流感疫苗接種；
- 用肥皂和水妥善清洗雙手；
- 當雙手沒有明顯污垢時，用含 70% - 80% 的酒精搓手液潔淨雙手亦為有效方法；
- 經常使用梘液和清水潔手，特別在觸摸口、鼻或眼之前，或觸摸扶手或門把等公共設施後；
- 打噴嚏或咳嗽時應掩蓋口鼻，其後應徹底洗手；
- 將染污的紙巾棄置於有蓋垃圾箱內；
- 如出現呼吸道感染病徵，應佩戴外科口罩；
- 保持室內空氣流通；
- 在流感高峰期，避免前往人多擠逼或空氣流通欠佳的公眾地方；高危人士在這些地方逗留時可考慮佩戴外科口罩；
- 保持均衡飲食、恆常運動及充足休息，不要吸煙和避免過大的生活壓力。