

陳樹渠紀念中學

Chan Shu Kui Memorial School

Circular Ref No. : S16/17-050

4 October 2016

To : All Parents

Increase in Local Activity of Seasonal Influenza & Additional Measure on Temperature Monitoring

We would like to inform you that the local seasonal influenza activity is increasing. Among the respiratory system specimens received by the Public Health Laboratory Services Branch of the Centre for Health Protection (CHP), the percentage of samples tested positive for the seasonal influenza viruses increased from 7.6% in the last week of August to 14.4% last week. Influenza A(H3N2) was detected in most of the positive samples. Besides, the number of school influenza-like illness outbreaks increased from six (affecting 27 persons) in the week of September 10 to fifteen (affecting 109 persons) last week.

As schools are places where many gather, infectious diseases such as influenza could be easily spread among people through their daily contacts.

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 any symptoms of respiratory disease, should not be allowed to attend school. They should seek medical advice and should only return to school 48 hours after the fever has subsided.

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 Centers / Child Care Centers' 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_care_centres.pdf.

In addition, the following measures are advised to prevent influenza and respiratory tract infections:

- Receive seasonal influenza vaccination for personal protection;
- Wash your hands with liquid soap and water properly;
- When your hands are not visibly soiled, clean them with 70-80% alcohol-based handrub;
- Wash or clean your hands frequently, especially before touching your mouth, nose or eyes, or after touching the handrails or door knobs in public places;
- Cover your nose and mouth while sneezing or coughing and wash your hands properly afterwards;
- Dispose of soiled tissue paper properly in a lidded rubbish bin;
- Wear surgical mask and seek medical advice promptly if symptoms of respiratory tract infection or fever develop;
- Maintain good ventilation in closed areas;
- 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 and avoid being overstressed.

The latest information on influenza activity can be found on the following website:

http://www.chp.gov.hk/en/view_content/14843.html.

Thank you very much for your attention.



CHUI Sze Ming
Acting Principal