



ST. LOUIS SCHOOL

Circular No. 152 (17-18)

15th January, 2018

Dear Parents/Guardians,

Re: Stay Vigilant against the Spread of Influenza and other Respiratory Infections
Suggested Measures

The current influenza activity in Hong Kong is at a high level and will remain at a high level in the coming weeks. Influenza is a serious illness to people with lower immunity, and can be complicated by bronchitis, chest infection or even death.

According to the Centre for Health Protection (CHP), the current influenza activity in Hong Kong is standing at a high level, and in the coming weeks, such activity may further escalate. To prevent outbreak of influenza and other respiratory infection, 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 consult the doctor and take absence from school. As for the school premises, it will be thoroughly cleaned and disinfected with 1:49 diluted household bleach daily. Meanwhile, windows in classrooms will be kept open so as to maintain good ventilation.

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

1. Wash hands with liquid soap and water properly whenever possibly contaminated;
2. When hands are not visibly soiled, clean them with 70-80% alcohol-based handrub as an effective alternative;
3. Cover nose and mouth while sneezing or coughing and wash hands thoroughly afterwards;
4. Dispose of soiled tissue paper properly in a lidded rubbish bin;
5. Put on a surgical mask when respiratory symptoms develop; Maintain good indoor ventilation;
6. 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
7. Maintain a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

The School urges parents and students to be vigilant. To protect the health of teachers and students, parents must remind their children to check the body temperature before they come to school daily. Thank you for your cooperation.

(Health Education Team)
for the Principal



聖類斯中學
通告第 152 號 (17-18)

各位家長/監護人：

防禦流感及其他呼吸道傳染病建議措施

本港的流感活躍程度正處於高水平，預期未來數周仍會處於高水平。免疫力較低的人一旦染上流感，可能會出現嚴重併發症，甚至導致死亡。

衛生署衛生防護中心公佈本港的流感活躍程度正處於非常高水平，並有機會在未來數周再進一步上升。為防止流感或其他呼吸道傳染病的爆發，學童如出現發熱（口溫高於 37.5°C，或耳溫高於 38°C），不論是否有呼吸道感染病徵，應盡早求診及避免上學。學校會每日清洗及消毒校園，並用一比四十九漂白水清潔課室。上課時盡量把門窗打開，以確保空氣流通。

除了盡早接種季節性流感疫苗以保障個人健康外，我們亦建議採取以下措施以預防流感及其他呼吸道疾病：

1. 雙手一旦染污，應使用梘液和清水以正確方法洗手；
2. 當雙手沒有明顯污垢時，用含 70% 至 80% 的酒精搓手液潔淨雙手亦為有效方法；
3. 打噴嚏或咳嗽時應掩着口鼻，其後應徹底洗手；
4. 將染污的紙巾棄置於有蓋垃圾箱內；
5. 如出現呼吸道感染病徵，應佩戴口罩；
6. 保持室內空氣流通；
7. 在流感流行期間，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；及
8. 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。

本校籲請家長及學生，必須提高警覺。為保障全校師生的健康，請家長每天必須在學生離家前着他們檢查體溫。謝謝各位家長合作。

校長 余立勳
(健康教育組代行)

二零一八年一月十五日