



ST. LOUIS SCHOOL

Circular No. 028 (23-24)

1st September, 2023

Dear Parents/Guardians

**Re: Arrival of Summer Influenza Season in Hong Kong
and Additional Measures on Temperature Monitoring**

The Centre for Health Protection alerted our school that the local seasonal influenza activity has continued to increase in the past few weeks and exceeded seasonal epidemic threshold, indicating that Hong Kong has entered influenza season.

As schools are collectively assembly places, infectious disease such as influenza could be easily spread among people through their daily contact. Therefore, to protect our school as a community, we would like to ask you to check the body temperature of your child every day during this influenza season and fill in the attached form.

To prevent outbreaks of influenza and other respiratory infections, it is of prime importance that students 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 return to school.

Other suggestions given by the Centre for Health Protection are as follows:

- Receive seasonal influenza vaccination as early as possible for personal protection;
- It is essential for persons who are symptomatic (even if having mild symptoms) to wear a surgical mask;
- For high-risk persons (e.g. persons with underlying medical conditions or persons who are immunocompromised), wear a surgical mask when taking public transport or staying in crowded places. It is important to wear a mask properly, including performing hand hygiene before wearing and after removing a mask;
- Avoid touching one's eyes, mouth and nose;
- Wash hands with liquid soap and water properly whenever possibly contaminated;
- When hands are not visibly soiled, clean them with 70 to 80 per cent alcohol-based handrub;
- Cover the nose and mouth with tissue paper when sneezing or coughing. Dispose of soiled tissue paper properly into a lidded rubbish bin, and wash hands thoroughly afterwards;
- Maintain good indoor ventilation;
- When having respiratory symptoms, wear a surgical mask, refrain from work or attending classes at school, avoid going to crowded places and seek medical advice promptly; and
- Build up good body immunity by having a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

Should you have any enquiries, please contact Mr. Ho, Wai Leung Lawrence or Ms. Chui, Lok Ting Angel at 25460117.

Yours faithfully,
Ms. Angel Lok Ting CHUI
(for Principal)

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Reply slip

Circular No. 028 (23-24)

**Re: Arrival of Summer Influenza Season in Hong Kong
and Additional Measures on Temperature Monitoring**

Dear Principal,

I have read and noted the content of the circular No. 028 (23-24).

Signature of Parent/Guardian : _____

Name of Parent/Guardian : _____

Name of Student : _____

Date : _____



聖類斯中學
通告第 028 號 (23-24)

各位家長/監護人：

香港夏季流感季節來臨及量度體溫的額外措施

本校接獲衛生防護中心通知，本地季節性流感活躍程度在過去數周持續上升，並超越季節性基線水平，顯示香港已踏入流感季節。

由於學校／機構為群體聚集的地方，因此傳染病（如流感）很容易通過人與人之間的緊密接觸而傳播。為保障學生健康，我們懇請閣下每天為 貴子弟量度體溫，並填寫體溫紀錄表。

為防止流感或其他呼吸道傳染病的爆發，如 貴子弟出現發熱（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，都不應回校上課。

衛生防護中心亦建議採取以下措施以預防流感及其他呼吸道疾病：

- 盡早接種季節性流感疫苗以保障個人健康；
- 病人佩戴外科口罩可以預防傳播呼吸道病毒，因此出現病徵（即使症狀輕微）的人士佩戴外科口罩十分重要；
- 高危人士（如本身有健康問題或免疫力低的人士）在乘搭交通工具或 在人多擠迫的地方逗留時應佩戴外科口罩。正確佩戴口罩十分重要，包括在佩戴口罩前及脫下口罩後保持手部衛生；
- 避免觸摸眼睛、口和鼻；
- 雙手一旦染污，應使用梘液和清水以正確方法洗手；
- 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；
- 打噴嚏或咳嗽時應用紙巾掩着口鼻，把用過的紙巾棄置於有蓋垃圾箱內，其後應徹底洗手；
- 保持室內空氣流通；
- 當出現呼吸道感染病徵，應戴上外科口罩，不應上班或上學，避免前往人多擠迫的地方，及盡早向醫生求診；及
- 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，以建立良好身體抵抗力。

如有查詢，歡迎致電 2546 0117 與何偉良副校長或徐樂庭老師聯絡。

校長
易浩權博士
(徐樂庭老師代行)

二零二三年九月一日



回 條

通告第 028 號 (23-24)

香港夏季流感季節來臨及量度體溫的額外措施

易校長：

本人已知悉通告內容。

家長/監護人簽名： _____

家長/監護人姓名： _____

學 生 姓 名： _____

日 期： _____