

本署檔號 Our Ref. : (51) in DH SEB CD/8/27/1 Pt.19

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Dear Principal / Person in charge / Teacher,

High Influenza Activity in Hong Kong

We would like to inform you that the current influenza activity in Hong Kong remains high. The latest surveillance data showed that the influenza activity has further increased in the past few weeks, after its peak activity in late February. The number of institutional influenza-like illness (ILI) outbreaks increased from 29 to 43 during the past four weeks (week ending April 28 to week ending May 19). In this connection, preventive measures should therefore be strengthened in schools in order to prevent influenza outbreaks.

Young children, elderly people and patients with chronic diseases are more prone to influenza infection and its complications. As kindergartens and schools are collective assembly places and young children are incapable of taking proper personal care, infectious diseases like influenza could be easily spread among people through their daily contact.

To prevent outbreaks of influenza or other respiratory infections, children with fever and respiratory symptoms are strongly advised not to attend school till 48 hours after fever has subsided. Besides, parents should record the body temperature of their children and hand in the temperature record sheet to the school everyday. Staff with respiratory illnesses who are suspected to be epidemiologically linked to an outbreak should refrain from work.

In addition, the following measures are advised:

- To build up good body immunity by having a proper diet, regular exercise and adequate rest, reducing stress and avoiding smoking;
- To maintain good personal and environmental hygiene;
- To keep hands clean and wash hands properly;
- To cover nose and mouth while sneezing or coughing and dispose of nasal and mouth discharge properly;
- To wash hands after sneezing, coughing or cleaning the nose;



- To maintain good ventilation;
- To avoid visiting crowded places with poor ventilation, especially during influenza season; and
- To wear surgical mask and seek medical advice promptly if symptoms of respiratory tract infection or fever develop.

If you notice an increase in respiratory illnesses or absenteeism among your staff or students, please report promptly to our Central Notification Office (Tel: 2477 2772; Fax: 2477 2770) for immediate epidemiological investigations and outbreak control. For the latest information on influenza activity, please visit the website of the Centre for Health Protection (www.chp.gov.hk).

Yours faithfully,



(Dr. S K CHUANG)
for Controller
Centre for Health Protection
Department of Health

