

本署檔號 Our Ref.: (17) in DH SEB CD/8/27/1 Pt.19

29 July 2010

Dear Principal / Person in charge / Teacher,

### **Increase in Influenza Activity in Hong Kong**

Most recent surveillance data showed an increase in influenza activity in Hong Kong, which signals the arrival of the summer influenza season. Historically, the summer influenza season in Hong Kong tends to occur in July and August. In the past two weeks, there were increase in number of influenza isolates detected by our laboratory and increase in the consultation rate for influenza-like illness (ILI) among sentinel private doctors. Besides, the number of ILI outbreaks in institutions has increased from one in the week ending July 17 to seven in the week ending July 24. The main circulating influenza viruses consist mainly of human swine influenza, seasonal influenza A (H3N2) and seasonal influenza B.

In this regard, I would like to urge you to keep vigilance and implement prompt preventive measures against influenza and other respiratory infections at your school/institution. Kindergartens and schools are collective assembly places and young children are incapable of taking proper personal care. To prevent possible outbreak of respiratory diseases especially influenza, 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:

- Maintaining good personal and environmental hygiene;
- Keeping hands clean and wash hands properly;
- Washing hands when they are dirtied by respiratory secretions e.g. after sneezing;
- Covering nose and mouth while sneezing or coughing and dispose of nasal and mouth discharge properly;



- Having a balanced diet, regular exercise, adequate rest, avoid too much stress and passive smoking;
- Avoiding crowded public places where the ventilation is not good; and
- To consult doctor for medical advice promptly upon development of influenza-like symptoms such as fever, sore throat and cough.

You are reminded to monitor the sick leave pattern among your students and staff and report promptly to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770) if there is a suspected outbreak of respiratory infection in your school/institution. For the latest information on influenza activity, please see our Swine and Seasonal Flu Monitor at the website of the Centre for Health Protection ([www.chp.gov.hk](http://www.chp.gov.hk)).

Yours faithfully,



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衛生防護中心乃衛生署  
轄下執行疾病預防  
及控制的專業架構  
The Centre for Health  
Protection is a  
professional arm of the  
Department of Health for  
disease prevention and  
control