

本署檔號 Our Ref. : (5) in DH SEB CD/8/27/1 III

14 February 2008

Dear Principal,

**Hong Kong is entering the influenza season**

Our surveillance systems including laboratory surveillance and sentinel surveillance networks have indicated that Hong Kong is entering the influenza season. I would like to remind you to strengthen measures to prevent influenza outbreaks.

Collective assembly places like child-care centres, kindergartens and schools are at higher risk of disease outbreaks. Young children are incapable of taking proper personal care. To prevent outbreaks, children with fever and respiratory symptoms are strongly advised not to attend school and affected children should be promptly isolated. Besides, parents are advised to record the body temperature of their children and hand in the temperature record sheet to the school everyday. The following measures are important:

- To maintain good personal hygiene, and wash hands after sneezing and coughing;
- To maintain good ventilation;
- To build up good body immunity by having a proper diet, regular exercise and adequate rest, reducing stress and avoiding smoking;
- To avoid visiting crowded places with poor ventilation, especially during influenza season; and
- To wear face masks and consult a doctor promptly if influenza-like symptoms develop.

If you notice an increase in respiratory illnesses or absenteeism, please report this to our Central Notification Office (Tel: 2477-2772; Fax: 2477-2770) for immediate epidemiological investigations and outbreak control. Staff with respiratory illnesses who are suspected to be epidemiologically linked to an outbreak should refrain from work.



For the latest information on influenza activity, please see our weekly Flu Express at the CHP website ([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*