

Reminder for PE Teachers on Prevention of Chikungunya Fever

1. PE Teachers should liaise with the school authorities on arranging a proper channel to deliver knowledge and prevention methods on chikungunya fever for students. Schools may refer to the relevant information posted on the chikungunya fever thematic webpage of the Centre for Health Protection, Department of Health at: <https://www.chp.gov.hk/en/features/109029.html>
2. The best way to prevent chikungunya fever is to reduce mosquito breeding. Schools should take action to eliminate pockets of stagnant water to avoid chikungunya fever being transmitted to humans through mosquito bites. Schools may refer to the designated webpage of the Food and Environmental Hygiene Department on “Chikungunya Fever” at: https://www.fehd.gov.hk/english/pestcontrol/chikungunya_fever.html
3. PE Teachers should pay attention to the nearby environment. If unfavorable condition is found, teachers should reflect to relevant unit immediately for implementation before lessons.
4. If you notice any mosquito breeding sites in public places, you may call 1823 or the Food and Environmental Hygiene Department Hotline 2868 0000.
5. PE teachers may flexibly allow, or encourage whenever required, students to wear light-coloured long-sleeved clothes and long trousers.
6. During outdoor activities, entering endemic rural areas should be avoided, or if necessary, never stay inside. Keep windows, doors and mosquito nets closed when camping. Apply insect repellents containing DEET, Picaridin or IR3535 on clothes and exposed skin according to label instructions where necessary. *Aedes albopictus* can transmit both chikungunya fever and dengue fever. Schools may refer to the webpage of the Food and Environmental Hygiene Department on “Prevention of Dengue Fever (Advice to Picnickers and Hikers)” at: https://www.fehd.gov.hk/english/pestcontrol/library/pdf_pest_control/mosquito_hike.pdf
7. PE Teachers should remind students to seek medical advice from a doctor as soon as possible if they have symptoms of chikungunya fever including fever, joint pain, skin rashes, muscle pain, headache, nausea, etc. Do not self-medicate, particularly with aspirin or non-steroidal anti-inflammatory drugs (such as ibuprofen).

Relevant Websites

1. Department of Health <https://www.dh.gov.hk/english/index.html>
2. Centre for Health Protection <https://www.chp.gov.hk/en/index.html>
3. Food and Environmental Hygiene Department <https://www.fehd.gov.hk/english/index.html>