

本署檔號 Our Ref. : (31) in DH SEB CD/8/27/1 Pt.19

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Dear Principal / Person in charge / Teacher,

**Update on Influenza Situation**

Hong Kong is in the winter influenza peak season. Most recent surveillance data showed that the influenza activity in Hong Kong continued to increase. In the past two weeks, there was marked increase in number of influenza isolates detected by our Public Health Laboratory Centre. Influenza-like-illness consultation rates at sentinel government out-patient clinics and general practitioners remained at a high level. Besides, the number of ILI outbreaks occurring institutions and schools also increased from eighteen in the week ending January 15, 2011 to 59 and 55 in the weeks ending January 22 and January 29 respectively. The majority (about 90%) of influenza viruses isolated in the recent two weeks were influenza A (H1N1) 2009 (i.e. human swine influenza), while influenza A (H3N2) and influenza B viruses each constituted about 5%.

In this regard, I would like to urge you to stay vigilant 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:

- Build up good body immunity by having a proper diet, regular exercise and adequate rest, reducing stress and avoiding smoking;
- Maintain good personal and environmental hygiene;
- Keep hands clean and wash hands properly;



- Cover nose and mouth while sneezing or coughing and dispose of nasal and mouth discharge properly;
- Wash hands after sneezing, coughing or cleaning the nose;
- Maintain good ventilation;
- Avoid visiting crowded places with poor ventilation, especially during influenza season; and
- Wear surgical mask and seek medical advice promptly if symptoms of respiratory tract infection or fever develop.

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 visit the website of the Centre for Health Protection ([www.chp.gov.hk](http://www.chp.gov.hk)).

Yours faithfully,



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

