

本署檔號 Our Ref. : (126) in DH SEB CD/8/27/1 Pt.19

10 June, 2015

Dear Principal / Person-in-charge,

Hong Kong Enters Summer Influenza Season

We would like to inform you that our latest surveillance data showed that the local activity of seasonal influenza has continued to increase in the past few weeks, signaling the arrival of the summer influenza season. There have been increases in the number of influenza viruses detected by the Public Health Laboratory Centre of the Centre for Health Protection (CHP) and influenza-associated hospital admission in public hospitals. Besides, the weekly number of school/ institutional ILI outbreaks also increased from 3 in the week ending 16 May to 10 last week, affecting a total of 149 persons in the whole period.

Young children, elderly people and patients with chronic diseases are prone to influenza infection and its complications. As institutions and organizations are collective assembly places, infectious diseases such as influenza could be easily spread among people through their daily contacts. Sources of infection could come from staff, visitors or students, especially those with symptoms.

To prevent outbreaks of influenza or other respiratory infections, students/ children with fever and respiratory symptoms are strongly advised not to attend school till 48 hours after the fever has subsided. Staff with respiratory illnesses who are suspected to be epidemiologically linked to an outbreak should refrain from work. You may wish to note that the CHP has issued guidelines to school on prevention of communicable diseases which can be accessed at

http://www.chp.gov.hk/files/pdf/guidelines_on_prevention_of_communicable_diseases_in_schools_kindergartens_kindergartens_cum_child_care-centres_child_are_centres.pdf.



In addition, the following measures are advised to prevent influenza and respiratory tract infections:

- 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 children or staff in your institution, 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 CHP (<http://www.chp.gov.hk/>).

Yours faithfully,



(Dr. SK CHUANG)
for Controller, Centre for Health Protection
Department of Health