

本署檔號 Our Ref.: (15) in DH SEB CD/8/27/1 Pt.19

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Dear Principal / Person in charge / Teacher,

**Arrival of the Peak Season for Influenza and Increase in RSV Activity in Hong Kong**

Most recent surveillance data showed an increasing number of influenza detections made by our laboratory and an increasing number of institutional influenza-like illness (ILI) outbreaks, signaling the arrival of the traditional peak season for seasonal influenza. The number of ILI outbreaks in institutions has increased from 24 in the week ending March 13 to 31 in the past five days (March 14 – 18). The main circulating influenza viruses consist mainly of human swine influenza and influenza B.

At the same time, our surveillance also showed high seasonal activity of respiratory syncytial virus (RSV). RSV is a common cause of respiratory tract infection. It usually affects elderly people and young children at the age of five or below. 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.



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

In addition, the following measures are also 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.
- 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. 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 Swine and Seasonal Flu Monitor at the CHP website ([www.chp.gov.hk](http://www.chp.gov.hk)).

Yours faithfully,



(Dr SK CHUANG)

Consultant Community Medicine (Communicable Disease)  
Centre for Health Protection  
Department of Health

