



Letter to Parents No.10 – 2023/24

Dear Parents/ Guardians,

**Arrival of the 2023/24 Winter Influenza Season in Hong Kong and
Additional Measure on Temperature Monitoring**

The surveillance data of the Centre for Health Protection (CHP) showed that both weekly percentage of detections tested positive for seasonal influenza viruses and influenza-associated admission rate in public hospitals exceeded their baseline threshold. Currently, the predominating circulating viruses are influenza A(H3). The community should heighten vigilance and take proper personal protection measures against influenza and other respiratory infections.

Our school will actively check the body temperature of all students every day during this influenza season when they arrive at school so as to identify students with fever. This additional measure will continue until the local influenza activity returns to the baseline level. By then, parents will be informed.

To prevent outbreaks of influenza and other respiratory infections, it is of prime importance that children with fever (oral temperature higher than 37.5°C, or ear temperature higher than 38°C), regardless of the presence of respiratory symptoms, should not be allowed to attend school.

Students should maintain personal, hand and environmental hygiene against influenza and other respiratory infections. The following measures are advised by CHP:

- Maintain hand hygiene, avoid touching one's eyes, mouth and nose;
- Wash hands with liquid soap and water properly whenever possibly contaminated;
- Cover the nose and mouth with tissue paper when sneezing or coughing. Dispose of soiled tissue paper properly into a lidded rubbish bin, and wash hands thoroughly afterwards;
- It is important to wear a mask properly, including performing hand hygiene before wearing and after removing a mask;
- When having respiratory symptoms, wear a surgical mask, refrain from school, avoid going to crowded places and seek medical advice promptly;
- Wear a surgical mask when getting into contact with persons with fever or respiratory symptoms;
- The public should wear a surgical mask when taking public transportation or staying at crowded places; and
- Build up good body immunity by having a balanced diet, regular exercise, adequate rest, reducing stress and do not smoke.

For the latest information on influenza and prevention measures, please visit the CHP's pages:

- The influenza page (<https://www.chp.gov.hk/en/features/14843.html>)
- Prevention of Seasonal Influenza Infographic (https://www.chp.gov.hk/files/pdf/prevention_of_seasonal_influenza.pdf)
- Video on “Prevent diseases · Maintain good hygiene” (<https://www.youtube.com/watch?v=sJFekuVwJ-s>).

Should you have any queries, please contact us at 2476 2357.



Yours faithfully,

IU Kok-Kin
Principal

The notice will be uploaded to our school website for your reference.

16.1.2024



敬啟者：

香港 2023/24 冬季流感季節來臨及量度體溫的額外措施

衛生防護中心(中心)的監測數據顯示，季節性流感病毒陽性百分比和公立醫院流感相關入院率均已上升超越基線水平。現時主要流行的流感病毒為甲型(H3)流感。社會各界必須提高警覺，做好個人保護措施，預防流感及其他呼吸道感染。

本校在此流感季節期間將每天為所有學生在抵校後量度體溫，以識別發燒學童。此項額外措施將持續至本地流感活躍程度回落到基線水平，屆時將另行通知。

為防止流感及其他呼吸道傳染病的爆發，學生如出現發熱(口探高於 37.5°C ，或耳探高於 38°C)，不論是否有呼吸道感染病徵，都不應回校上課。

學生應繼續保持個人、手部和環境衛生，預防流感及其他呼吸道感染。衛生防護中心建議學生採取以下預防措施以保障個人健康：

- 保持手部衛生，避免觸摸眼睛、口和鼻；
- 雙手一旦染污，應使用規液和清水以正確方法洗手；
- 打噴嚏或咳嗽時應用紙巾掩着口鼻，把用過的紙巾棄置於有蓋垃圾箱內，其後應徹底洗手；
- 正確佩戴口罩十分重要，包括在佩戴口罩前及脫下口罩後保持手部衛生；
- 當出現呼吸道感染病徵，應戴上外科口罩，不應上學，避免前往人多擠迫的地方，並盡早求醫；
- 當需要接觸有發燒或呼吸道感染症狀的患者時應佩戴口罩；
- 在乘搭交通工具或在人多擠迫的地方逗留時應佩戴外科口罩；及
- 保持均衡飲食、恆常運動及充足休息，避免過大的生活壓力，不要吸煙，以建立良好身體抵抗力。

有關最新的流感資訊及預防措施，可參閱衛生防護中心專題網頁：

- 流感網頁 (<https://www.chp.gov.hk/tc/features/14843.html>)
- 預防流感信息圖表 (https://www.chp.gov.hk/files/pdf/prevention_of_seasonal_influenza.pdf)
- 「預防疾病 保持衛生 不求人」短片 (https://www.youtube.com/watch?v=V_PUyJy5sYI)

如有疑問，請致電2476 2357向本校查詢。

此致
各位家長／監護人



元朗公立中學校長
余國健謹啟

上述通告將上載至本校網頁，歡迎家長瀏覽。
2024年1月16日