



Notice: 34/2022-23

2.6.2023

To: Parents / Guardians,

Be Vigilant Against the Spread of Communicable Diseases in School

Several students in a class in Primary 1 is reportedly to have symptoms of influenza-like illness. Please take note of the following information from Centre of Health Protection (Department of Health).

Clinical features

For healthy individuals, seasonal influenza is usually self-limiting with recovery in 2 – 7 days. Symptoms may include fever, cough, sore throat, runny nose, muscle pain, fatigue and headache; some may also have vomiting and diarrhoea.

Cough is often severe and prolonged but fever and other symptoms generally resolve in 5 – 7 days. However, influenza can be a serious illness to the weak and frail or elderly people, and may be complicated by bronchitis, chest infection or even death.

Mode of transmission

Influenza viruses mainly spread through droplets when infected people cough, sneeze or talk. The infection may also spread by direct contact with the secretions of infected persons.

Prevention

Maintain good personal hygiene:

- Perform hand hygiene frequently, especially before and after touching the mouth, nose or eyes; after touching public installations such as handrails or door knobs; or when hands are contaminated by respiratory secretion after coughing or sneezing.
- Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with either a clean cotton towel or a paper towel. If hand washing facilities are not available, or when hands are not visibly soiled, hand hygiene with 70 to 80% alcohol-based handrub is an effective alternative. To perform hand hygiene properly, please browse the following webpage: <https://www.chp.gov.hk/en/healthtopics/content/460/19728.html>
- When having respiratory symptoms, wear a surgical mask, refrain from work or attending class at school, avoid going to crowded places and seek medical advice promptly.
- Build up good body immunity by having a balanced diet, regular exercise, adequate rest, reducing stress, do not smoke and avoid alcohol consumption.

For details, please refer to thematic website: [Centre for Health Protection - Seasonal Influenza \(chp.gov.hk\)](http://www.chp.gov.hk)

Should you have any enquiries, please contact Mr Yip Heung Wing or Ms Rukhshinda at 2386 8049.

Thank you for your attention.

(Ms CHUI Sau-man)

Headmistress