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**Notice 16/2023-24**

30.1.2024

Dear Parents / Guardians,

**Arrival of the Winter Influenza Season**

Hong Kong has entered the 2023/24 winter influenza season and you are reminded to heighten vigilance and take proper personal protection measures against influenza and other respiratory infections.

Students are urged to receive seasonal influenza vaccination as early as possible and seek medical advice if influenza-like symptoms develop. Please check the body temperature of your child every day. Students 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 attend school.

Students are also reminded to maintain good personal hygiene by taking the following measures:

- a) wash hands properly with liquid soap
- b) cover the mouth and nose with tissue paper when sneezing or coughing
- c) wear a mask properly when necessary
- d) avoid going to crowded places
- e) have a balanced diet, adequate rest and exercise regularly

For the latest information on influenza and prevention measures, please visit the Centre for Health Protection's page: [Centre for Health Protection - Seasonal Influenza \(chp.gov.hk\)](http://chp.gov.hk)

Should you have any enquiries, please contact Ms HUNG Yin-yee at 2386 8049.

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(Ms CHUI Sau-man)  
Headmistress