



16th January, 2020

Dear Parents/Guardians,

The information provided by the Centre for Health Protection shows that the local seasonal influenza activity has continued to increase, indicating that Hong Kong has entered the winter influenza season. You are advised to educate your child to pay attention to his /her hygiene and have a good life schedule. 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. They should be advised to seek medical advice and should avoid school till 48 hours after the fever has subsided.

Our school will reinforce the preventive measures and daily cleaning. The measures are listed as below.

1. The School will start to check the body temperature of all students every day when they arrive at school on 17th January.
2. Disinfection carpets are provided at the entrance of the school to disinfect the soles of students' shoes.
3. Sterilize classrooms and the public place in campus with 1:49 bleach every day.
4. Adequate single-use toilet paper and liquid soap will be provided in toilets at all times.
5. Classrooms will be well ventilated at all times.
6. Class teachers will contact those absentees by phone every school day to find the reasons for leave.

Besides receiving seasonal influenza vaccination as early as possible for personal protection, the following measures are advised to prevent influenza and respiratory tract infections:

1. Perform hand hygiene frequently, especially before 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.
2. Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel or hand dryer.
3. 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.
4. Cover your mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissues into a lidded rubbish bin, then wash hands thoroughly.
5. 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.
6. Build up good body immunity by having a balanced diet, regular exercise, adequate rest, reducing stress, do not smoke and avoid alcohol consumption.
7. Maintain good indoor ventilation. Avoid going to crowded or poorly ventilated public places; high-risk individuals may consider putting on surgical masks while in such places.



天水圍香島中學

HEUNG TO MIDDLE SCHOOL (TIN SHUI WAI)

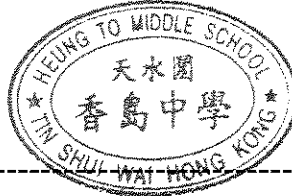
<http://www.heungto.net>

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

1. The influenza page (http://www.chp.gov.hk/en/view_content/14843.html)
2. Easy Digests for Seasonal Influenza
(https://www.chp.gov.hk/files/pdf/seasonal_influenza_easy_digests.pdf)
3. Prevention of Seasonal Influenza Infographic
(https://www.chp.gov.hk/files/her/prevention_of_seasonal_influenza.pdf)
4. Video on "Prevent diseases · Maintain good hygiene" (<https://youtu.be/X0OxrsgAP2w>)

The following reply slip should be duly completed to the Class Teacher on or before January 21, 2020. Should you have any enquiries, please contact at 2650016.

Yours Faithfully,
Heung To Middle School (Tin Shui Wai)



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HEUNG TO MIDDLE SCHOOL (TIN SHUI WAI)(P105-2019)

(This reply slip should be returned to the Class Teacher on or before January 21, 2020)

To: Heung To Middle School (Tin Shui Wai)

I have been notified of the outbreak of the winter influenza season.

Student's name: _____ Class _____

Signature of Parent/ Guardian: _____

Date: ____ / ____ / 2020