



Notice No.: SN/1905-111

15 May 2019

Dear Parents

Re: Stay Vigilant against Seasonal Influenza

The school has been informed that several students were confirmed to have contracted influenza B. The school has timely reported the confirmed cases to the Centre for Health Protection (CHP), Department of Health and the Education Bureau.

To prevent the spread of influenza and other respiratory infections, our school premises have been thoroughly cleaned and disinfected after school every day. To safeguard students' health, we would like to appeal to parents for collaboration to maintain a hygienic household. Please also remind your son to observe personal hygiene and take the following preventive measures recommended by the CHP:

1. Seasonal influenza vaccination

- The vaccine is safe and effective in preventing seasonal influenza and its complications.
- Influenza can cause serious illnesses in high-risk individuals and even healthy persons. Given that seasonal influenza vaccines are safe and effective, all persons aged 6 months or above except those with known contraindications are recommended to receive influenza vaccine for personal protection.
- Usually, it is suggested that vaccination should be received in autumn every year. About 2 weeks after vaccination, the body will develop a sufficient level of antibodies to protect against influenza virus infection.

2. Maintain good personal hygiene

- 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.
- Wash hands with soap and water for at least 20 seconds, then dry with a disposable paper towel or hand dryer. If hand washing facilities are not available, or when hands are not visibly soiled, hand hygiene with 70 - 80% alcohol-based handrub is an effective alternative.
- Cover your mouth and nose with tissue paper when sneezing or coughing. Dispose the soiled tissues into a lidded rubbish bin, then wash hands thoroughly.
- **When having respiratory symptoms, wear a surgical mask, refrain from 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.

3. Maintain good environmental hygiene

- Regularly clean and disinfect frequently touched surfaces such as furniture, toys and commonly shared items with 1:99 diluted household bleach (mixing 1 part of 5.25% bleach with 99 parts of water), leave for 15-30 minutes, and then rinse with water and keep dry. For metallic surface, disinfect with 70% alcohol.
- Use absorbent disposable towels to wipe away obvious contaminants such as respiratory secretions, and then disinfect the surface and neighbouring areas with 1:49 diluted household bleach (mixing 1 part of 5.25% bleach with 49 parts of water), leave for 15-30 minutes and then rinse with water and keep dry. For metallic surface, disinfect with 70% alcohol.
- 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.

We will, in collaboration with the Department of Health, continue to closely monitor the physical well-being of our students. Your cooperation in this matter is highly appreciated.

Yours sincerely



R.K.Y. Cheng
Headmaster