



Po Leung Kuk
Lo Kit Sing (1983) College

保良局羅傑承(一九八三)中學

Cheung Hong Estate, Tsing Yi, N.T., Hong Kong

香港新界青衣長康邨

Tel: 2497 7110
Fax: 2431 1156

Dear parents,
各位家長：

P18031

Stay Vigilant against Chickenpox 預防水痘

The school has to be vigilant against Chickenpox outbreak as we have recorded two cases in a class in the past few weeks.

Chickenpox is a very common childhood infection. It occurs all year round but is usually more active in winter months. Chickenpox is transmitted by direct person-to-person contact, through airborne droplets or airborne spread of the discharge from the respiratory tract, and indirectly from the articles freshly soiled by discharges from the infected persons' lesions. Children suffering from chickenpox may develop low-grade fever and skin rash on their scalp and body, which spreads to the face, arms and legs with formation of vesicles over a period of 5 days. The rashes occur mainly on the trunk and the vesicles are itchy. The vesicles dry up and form a scab in about three days and the patient usually recovers in about two to four weeks. Although chickenpox is usually a mild and self-limiting disease, those with low body resistance are more likely to suffer from complications such as skin infection, scarlet fever, pneumonia and encephalitis. Newborn babies who develop chickenpox can result in severe generalised illness and even death. Infection in early pregnancy may associate with congenital malformation of the foetus.

To prevent chickenpox outbreaks, the following measures are recommended: The sick child should stay at home and be excluded from school for around one week or until the skin lesions crusted to prevent spreading the disease to others. Supervise children on personal hygiene practices especially on washing the hands properly with liquid soap, cover nose and mouth while sneezing or coughing, and proper disposal of nasal and mouth discharge. Keep the environment clean and hygienic, and maintain good ventilation. For more information, please visit the website of CHP at <http://www.chp.gov.hk>.

過去幾天，學校在同一班別錄得兩宗同學感染水痘。我們須提高警覺，預防水痘傳播。

水痘為本港常見的幼兒傳染病。水痘全年均會發生，不過一般在冬季比較常見。水痘之傳播途徑包括經人與人接觸直接傳播、透過患者的飛沫或散佈在空氣中的呼吸道分泌物傳播，及接觸到被患者傷口分泌物弄污的物件而間接傳播。兒童患上水痘可能會輕微發熱及出疹：初發的水痘疹常見於患童的頭部和軀幹的皮膚上，然後向面部及四肢散佈，當中以出現在軀幹的數目最多。水痘疹大概於五日內分批出現，並出現豆狀的小水泡。水痘疹水泡會有癢感，而小水泡在出現約三天後會變乾和結痂。患者通常約於二至四星期內痊癒。雖然大多數水痘患者只會出現輕微的症狀並會自然痊癒，但是抵抗力弱的人士會較容易出現併發症，如皮膚感染、猩紅熱、肺炎及腦炎。初生嬰兒若染上水痘，病情可能會較嚴重，甚至危及性命。若婦女在懷孕初期染上水痘，可導致胎兒先天性缺陷。

要預防水痘爆發，請注意以下要點：患上水痘的兒童不應上學，並留在家中約一星期或直至所有水泡變乾、結痂為止，以免把病毒傳染給校內其他同學。保持良好個人衛生習慣，包括用視液妥善清潔雙手，打噴嚏或咳嗽時要掩着口鼻，妥善處理口鼻排出的分泌物等。如欲取得更多資料，可瀏覽衛生防護中心網站<http://www.chp.gov.hk>。

Po Leung Kuk Lo Kit Sing (1983) College

Law Wing Chung, Principal 羅穎忠校長
3rd October, 2018 二零一八年十月三日



Reply Slip 回條

P18031

I acknowledge the receipt of the circular concerning 'Stay Vigilant against Chickenpox'.

本人經已知悉 貴校來函有關「預防水痘」事宜。

Name of Student 學生姓名：_____

Class 班別：_____ CSNO 班號：_____

Name of Guardian 監護人姓名：_____
(Block Letters 中文正楷)

Signature of Guardian 監護人簽署：_____

Date 日期：_____