



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：

P18076

Arrival of Winter Influenza Season and Additional Measure on Temperature Monitoring
冬季流感季節來臨及量度體溫的額外措施

The influenza surveillance data of the Centre for Health Protection (CHP) showed that the local seasonal influenza activity has continued to increase in the past week and exceeded the baseline thresholds.

Young children, elderly people and patients with chronic diseases are prone to influenza infection and its complications. As school is a collective assembly place, infectious diseases such as influenza could be easily spread among people through their daily contacts.

The school will actively check the body temperature of all students every day during this influenza season when they arrive at school so as to identify students with fever. This additional measure should continue until the local influenza activity returns to the baseline level. By then, the school will inform the students.

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.

The following measures are advised to prevent influenza and respiratory tract infections:

- Wash hands with liquid soap and water properly whenever possibly contaminated;
- When hands are not visibly soiled, clean them with 70-80% alcohol-based handrub as an effective alternative;
- Cover nose and mouth while sneezing or coughing and wash hands thoroughly afterwards;
- Dispose of soiled tissue paper properly in a lidded rubbish bin;
- Put on a surgical mask when respiratory symptoms develop;
- Maintain good indoor ventilation;
- When influenza is prevalent, avoid going to crowded or poorly ventilated public places; high-risk individuals may consider putting on surgical masks in such places; and
- Maintain a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

For the latest information on influenza activity, please visit http://www.chp.gov.hk/en/view_content/14843.html

Attached is the body temperature checking sheet, parents please fill in for the students every day.

<To be continued, please turn overleaf. 續，請轉背頁。>

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Law Wing Chung, Principal 羅穎忠校長
15th January, 2019 二零一九年一月十五日



Reply Slip 回條

P18076

I acknowledge receipt of the above captioned circular concerning "Arrival of Winter Influenza Season and Additional Measure on Temperature Monitoring".

本人經已知悉 貴校來函有關「冬季流感季節來臨及量度體溫的額外措施」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：_____

根據衛生防護中心最新的流感監測數據資料，本地季節性流感活躍程度在上周繼續上升，並超越基線水平。

幼兒、長者及長期病患人士較容易感染流行性感冒及出現併發症。由於學校是群體聚集的地方，因此傳染病（如流感）很容易通過人與人之間的緊密接觸而傳播。

學校將在本流感季節期間每天為所有學生在抵校後量度體溫，以識別發燒學童。此項額外措施應持續至本地流感活躍程度回落到基線水平。屆時，學校會通知學生。

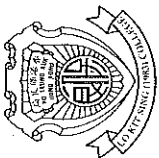
為防止流感或其他呼吸道傳染病的爆發，學童如出現發熱（口溫高於37.5°C，或耳溫高於 38°C），不論是否有呼吸道感染病徵，不應回校上課。請建議他們求診及避免上學，直至退燒後最少兩天。

我們亦建議採取以下措施以預防流感及其他呼吸道疾病：

- 雙手一旦染污，應使用梘液和清水以正確方法洗手；
- 當雙手沒有明顯污垢時，用含70%至80%的酒精搓手液潔淨雙手亦為有效方法；
- 打噴嚏或咳嗽時應掩着口鼻，其後應徹底洗手；
- 將染污的紙巾棄置於有蓋垃圾箱內；
- 如出現呼吸道感染病徵，應佩戴口罩；
- 保持室內空氣流通；
- 在流感流行期間，避免前往人多擠逼或空氣流通欠佳的公眾地方；高危人士在這些地方逗留時可考慮佩戴外科口罩；及
- 保持均衡飲食、恆常運動及充足休息，不要吸煙和避免過大的生活壓力。

有關最新的流感資訊，可參閱 http://www.chp.gov.hk/tc/view_content/14843.html

附量度體溫表，請各家長每天填妥著學生帶回校。



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Temperature Record Sheet 體溫紀錄表

Month 月份

Name 姓名: _____ Class 班別: _____ Class No. 班號: _____

Day 日	Temperature 體溫	Time 時間	Parent's Signature 家長簽署
1	°C/°F	am / pm	
2	°C/°F	am / pm	
3	°C/°F	am / pm	
4	°C/°F	am / pm	
5	°C/°F	am / pm	
6	°C/°F	am / pm	
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8	°C/°F	am / pm	
9	°C/°F	am / pm	
10	°C/°F	am / pm	
11	°C/°F	am / pm	
12	°C/°F	am / pm	
13	°C/°F	am / pm	
14	°C/°F	am / pm	
15	°C/°F	am / pm	
16	°C/°F	am / pm	
17	°C/°F	am / pm	
18	°C/°F	am / pm	
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25	°C/°F	am / pm	
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29	°C/°F	am / pm	
30	°C/°F	am / pm	
31	°C/°F	am / pm	



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13	°C/°F	am / pm	
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26	°C/°F	am / pm	
27	°C/°F	am / pm	
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31	°C/°F	am / pm	