



RAIMONDI COLLEGE

2 Robinson Road  
Hong Kong  
Tel. 2522 2159  
Fax. 2525 6725

24 January 2011

Dear Parent/Guardian/Staff/Student,

**Be Vigilant Against Influenza and Respiratory Viral Infections**

According to the most recent surveillance data from the Centre for Health Protection (CHP), there was an increase in influenza activity in Hong Kong, which signals that Hong Kong has entered its winter influenza peak season. The Public Health Laboratory Centre has also detected increases in a number of respiratory viral infections. In this connection, we step up precautionary measures to prevent possible outbreak of influenza and other respiratory viral infections in our school. The following guidelines are implemented with immediate effect:

- Under general circumstances, there is no need for school staff and students to wear facemasks in school. If any students/staff develop respiratory symptoms such as fever, cough and sore throat, they should consult their doctor promptly, wear a surgical mask, and take rest at home as advised by their doctor. They are strongly advised not to attend school till 48 hours after fever has subsided;
- Parents should take the body temperature of their children/wards daily before sending them to school. Students and school staff can also check their body temperature using the infrared thermocheckers installed at the G/F and 8/F playgrounds when they come back to school. Oral temperature below 37.5 °C / ear temperature below 38 °C is considered within the normal range;
- We shall keep the school premises clean and maintain good indoor ventilation; and
- If an influenza outbreak occurs in school or an increasing trend or unusual situation in the number of persons taking sick leave due to similar symptoms is noticed, the school will report the case to CHP and the Regional Education Office.

Students and school staff should pay heed to the following:

- Build up good body immunity by having a proper diet, regular exercise and adequate rest, reducing stress and avoiding smoking;
- Maintain good personal and environmental hygiene;
- Keep hands clean and wash hands properly;
- Cover nose and mouth while sneezing or coughing and dispose of nasal and mouth discharge properly;
- Wash hands after sneezing, coughing or cleaning the nose;
- Maintain good ventilation;
- Avoid visiting crowded places with poor ventilation, especially during influenza season; and
- Wear surgical mask and seek medical advice promptly if symptoms of respiratory tract infection or fever develop.

Besides, if a trip outside Hong Kong is planned during the Chinese New Year vacation, parents should take notice of the health conditions of their children after returning to Hong Kong. In case fever or symptoms of respiratory diseases are noted, they should consult their doctors promptly and notify the school immediately.

Parents can contact our school for enquiries and visit the web site (<http://www.chp.gov.hk>) of the Centre for Health Protection of the Department of Health for more information about the prevention of communicable diseases.

Thank you for your kind attention and cooperation.

Yours sincerely,

**G. W. Au**  
**Principal**



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各位家長及學校員生：

### **提高警覺 預防流感及其他呼吸道病毒感染**

根據衛生防護中心最近的流感監測數據，流行性感冒的活躍程度正在上升，顯示本港已進入冬季流感高峰期。公共衛生檢測中心偵測到的其他呼吸道病毒感染亦有所增加。有見及此，學校會加強預防措施，以防止傳染病尤其是流感在學校爆發。有關預防措施會即時實施如下：

- 在一般正常情況下，學生和教職員均無須在校園內佩戴口罩。如學生 / 教職員出現發熱、咳嗽、喉痛等上呼吸道傳染病病徵，應佩戴外科口罩，盡早求醫，及按照醫生建議留在家中休息和不要返回學校，直至徵狀消失及退燒後最少兩天始回校；
- 家長每天應為 貴子弟在上學前量度體溫，學校已在地下及八樓操場安裝紅外線體溫檢測儀，學校員生可於回校時利用此儀器量度體溫，人體的正常溫度一般都是低於 37.5 °C（口探溫度）/ 38 °C（耳探溫度）；
- 學校每日都會保持校園清潔和課室內空氣流通；及
- 如學校發現校內爆發流感或因類似的病徵而休假的人數有上升趨勢或出現異常情況，學校會即時通知衛生防護中心及區域教育服務處，以便跟進。

學校員生應注意以下有關事項：

- 透過均衡飲食、適量運動、充足休息，避免過度緊張和避免吸煙以增強身體抵抗力；
- 維持良好的個人及環境衛生；
- 保持雙手清潔，並用正確方法洗手；
- 打噴嚏或咳嗽時應掩着口鼻，並妥善清理口鼻排出的分泌物；打噴嚏、咳嗽或清潔鼻子後要洗手；
- 保持空氣流通；
- 在流感季節時，避免前往人多擠迫而空氣流通欠佳的地方；及
- 如有呼吸道感染症狀或發燒時，應戴上口罩，並及早求醫。

此外，如農曆新年假期間會到外地旅遊，於返港後，家長應留意 貴子弟的身體狀況，若出現發燒或類似流感的徵狀，應盡快求醫及立即知會校方。

如有任何查詢，歡迎家長致電學校校務處，亦可參閱衛生署衛生防護中心的網址（<http://www.chp.gov.hk>），以獲取更多有關預防傳染性疾病的資訊。

多謝各位家長合作！

區嘉為校長

二零一一年一月廿四日