18th April 2024

Yours faithfully.

Dear Parents/Guardians,

Re: The Outbreak of Influenza-like Illness in Class 3C

The Centre for Health Protection alerted our school that there is an outbreak of influenza-like illness in class 3C. The medical surveillance period of this class will last until 29th April, 2024.

To prevent outbreaks of influenza-like illness and other respiratory infections, it is of prime importance that students with fever (oral temperature higher than 37.5° C, or ear temperature higher than 38° C), regardless of the presence of respiratory symptoms, should stay at home and not return to school.

Other suggestions given by the Centre for Health Protection are as follows:

- It is essential for teachers and students to wear a surgical mask;
- Avoid touching one's eyes, mouth and nose;
- Wash hands with liquid soap and water properly whenever possibly contaminated;
- When hands are not visibly soiled, clean them with 70 to 80 per cent alcohol-based handrub;
- Cover the nose and mouth with tissue paper when sneezing or coughing. Dispose of soiled tissue paper properly into a lidded rubbish bin, and wash hands thoroughly afterwards;
- Maintain good indoor ventilation;
- When having respiratory symptoms, wear a surgical mask, refrain from work or attending classes at school, avoid going to crowded places and seek medical advice promptly; and
- Build up good body immunity by having a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

Our school will ensure thorough disinfection of classrooms with the use of 1:49 diluted household bleach. Should you have any enquiries, please contact Mr. HO, Wai Leung Lawrence or Ms. CHUI, Lok Ting Angel at 25460117.

	·	Ms. CHUI Lok Ting Angel (for Principal)	
	Reply slip	Circular No. 234 (23-24)	
<u>Re:</u>	Outbreak of Influenza-like Illness in Cl	lass 3C	
Dear Principal,			
I have read and noted the co	ontent of the circular No. 234 (23-24).		
	Signature of Parent/Guardian :		
	Name of Parent/Guardian :		
	Name of Student		

Date



聖 類 斯 中 學 通告第 234 號 (23-24)

各位家長/監護人:

3C 班流感樣疾病爆發

本校接獲衛生防護中心通知,3C 班出現流感樣疾病爆發。該班會接受健康監察,至四月二十九日 為止。

為防止流感樣疾病或其他呼吸道傳染病的爆發,如 貴子弟出現發熱(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,都不應回校上課。

衛生防護中心亦建議採取以下措施以預防流感及其他呼吸道疾病:

- 教師及學生應佩戴外科口罩以預防傳播呼吸道病毒;
- 避免觸摸眼睛、口和鼻;
- 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;
- 打噴嚏或咳嗽時應用紙巾掩着口鼻,把用過的紙巾棄置於有蓋垃圾箱內,其後應徹底洗手;
- 保持室內空氣流通;
- 當出現呼吸道感染病徵,應戴上外科口罩,不應上班或上學,避免前往人多擠迫的地方, 及盡早向醫生求診;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,以建立良好身體 抵抗力。

學校會保持校園衛生,定時以 1:49 稀釋家用漂白水清潔課室。如有查詢,歡迎致電 2546 0117 與何偉良副校長或徐樂庭老師聯絡。

本人已知悉通告第 234 號 (23-24)內容。

家	長/監	護人	簽名	:	
家	長/監	護人	姓名	:	
學	生	姓	名	:	
Ħ			期	:	