

英皇書院

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KING'S COLLEGE

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「注重衛生，保障健康」 (中一至中六級學生適用)

敬啟者：

有鑑本港流感處於高水平，本校已為預防有關傳染病作好準備，特別加強清洗及消毒校園，保持校園清潔。校方亦會促請全校教職員和學生，注意個人及學校環境衛生。請督促 貴子弟注意身體健康，適當休息及運動，以增強身體抵抗力。如有需要，應立刻求醫，並申請病假，在家休息，避免回校感染其他同學，待完全康復後，才回校上課。

預防流感及其他呼吸道疾病，請提醒 貴子弟應經常注意手部衛生和避免觸摸口、鼻、眼睛。經常用規液洗手，尤其處理食物及進食前、如廁後、或如咳嗽或打噴嚏後、手被呼吸道分泌物染污時。

流感的病徵包括發燒、疲憊、食慾不振、咳嗽、流鼻水、喉嚨痛、作嘔、嘔吐及腹瀉。同學如出現類流感徵狀，應儘快求醫及接受治療。

此外，同學應採取以下預防措施：

- 保持雙手清潔，並用正確方法洗手。如雙手沒有明顯污垢時，可用酒精搓手液消毒雙手；
- 避免接觸眼、鼻及口，因病菌從此途徑傳播；
- 雙手如被呼吸道分泌物污染，例如打噴嚏或咳嗽後，應立即用皂液洗手；
- 打噴嚏或咳嗽時應掩口鼻；
- 不要隨地吐痰，應將口鼻分泌物用紙巾包好，棄置於有蓋垃圾箱內；
- 保持良好的環境衛生；
- 確保室內空氣流通；
- 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；
- 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，可瀏覽中心網頁(http://www.chp.gov.hk/tc/view_content/14843.html)。

此致
各家長

校長

謹啟

(PL/16-17/22A)

二零一六年十二月九日

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Vigilance and Preventive Measures against Influenza and other Respiratory Infections **(Attn: S.1 – S.6 Students)**

Most recent surveillance data showed an increase in influenza activity in Hong Kong. In this regard, our school will keep vigilance and implement prompt preventive measures against influenza and other respiratory infections.

To prevent possible outbreak of respiratory diseases especially influenza, students with fever and respiratory symptoms such as fever, sore throat and cough are strongly advised to consult doctor for medical advice.

In addition, the following preventive measures are advised:

- Receive seasonal influenza vaccination for personal protection;
- 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 when 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 further more information, please see the website of the Centre for Health Protection (http://www.chp.gov.hk/tc/view_content/14843.html).


TANG Kai-chak
Principal

9 December 2016
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