

PAOC Ka Chi Secondary School
加拿大神召會嘉智中學
School Circular No. 30 (2015-2016)
家長通告第三十號 (2015 至 2016 年度)
【 Be Vigilant against the spread of Influenza 】
【 提高警覺防禦流感 】

4 March 2016

Dear Parents,

According to the Centre for Health Protection of the Department of Health, the current influenza activity in Hong Kong is very high and may further increase in the coming weeks.

In response to this, our school will implement the body temperature monitoring policy beginning from 7 March 2016 until further notice. Students have to measure their body temperature every morning at home before coming to school. Those 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 seek medical advice, and should avoid school till 48 hours after the fever has subsided. Students should record their daily temperature in the record sheet provided, and show the record sheet to the prefects when entering the school every morning. Those who fail to present the record sheet will have their body temperatures measured before being allowed to enter into the school. And those who have respiratory problems without fever should wear surgical masks at school.

In addition, we advise parents to take the following measure at home to prevent influenza and respiratory tract infections:

- To receive seasonal influenza vaccination for personal protection;
- To build up good body immunity by having a proper diet, regular exercises and adequate rest, reducing stress and avoiding smoking;
- To maintain good personal and environmental hygiene;
- To keep hands clean and wash hands properly;
- To cover nose and mouth while sneezing or coughing and dispose of nasal and mouth discharge properly;
- To wash hands after sneezing, coughing or cleaning the nose;
- To maintain good ventilation;
- To avoid visiting crowded places with poor ventilation;
- To wear surgical mask and seek medical advice promptly if symptoms of respiratory tract infection or fever develop.

Yours faithfully,



Principal Wong Wai Keung

敬啟者：

據衛生署防護中心表示，本港的流感活躍程度正處於非常高水平，並有機會在未來數周再進一步上升。

有見及此，本校將由 2016 年 3 月 7 日起實施每天量度體溫措施，直至另行通知為止。學生每天回校前，須於家中量度體溫。學生如出現發熱情況（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，均須留在家中休息，求醫診治，並須避免上學，直至退燒後最少兩天。學生應每天記錄體溫，並於回校時向領袖生出示體溫記錄表；未能出示記錄表的，領袖生會為其量度體溫，方能進入校園。有呼吸道毛病而未能發熱的學生，在校內須戴上口罩。

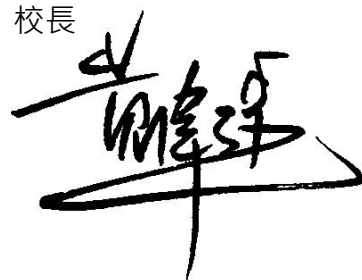
此外，學校建議家長採取以下家居措施，以預防流感及其他呼吸道疾病：

- 接種季節性流感疫苗，保障個人健康；
- 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能力；
- 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；
- 避免前往人多擠逼而空氣流通欠佳的地方；
- 如有呼吸道感染徵狀或發燒，應戴上口罩，並及早求醫。

此致

貴家長

校長



謹啟

二零一六年三月四日

【 Reply Slip 回條 】

Please hand in the reply slip to your class teacher on 7 March 2016 (Monday).

請於二零一六年三月七日(星期一)將此回條交回有關班主任。班主任收集全班後交校務處備案。

Dear Principal,

Having received School Circular No.30, I understand the details about 【The spread of Influenza】.

敬覆者：頃接家長通告第三十號，藉悉 貴校【防禦流感】事宜。

此覆

加拿大神召會嘉智中學校長

學生姓名 Name of Student:

班 別 Class:

學 號 Class Number:

家長姓名 Name of Parent:

家長簽名 Signature of Parent:

日 期 Date:
