

明愛屯門馬登基金中學  
2018-2019 年度 家長通告

敬啟者：

**預防流感在校擴散事宜**

根據衛生防護中心表示，本港的流感活躍情度正處於非常高水平，並有機會在未來數周進一步上升，懇請各位家長密切關注孩子的健康！

我們建議採取以下措施以預防流感及其他呼吸道疾病：

1. 接種季節性流感疫苗，保障個人健康；
2. 保持均衡飲食、適量運動、充足休息；
3. 維持良好的個人及環境衛生；
4. 保持雙手清潔，並用正確方法洗手；
5. 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；之後要洗手；
6. 保持室內空氣流通；
7. 在流感高峰期，避免前往人多擠逼或空氣流通欠佳的公眾地方；
8. 高危人士在這些地方逗留時可考慮佩戴外科口罩；
9. 如有呼吸道感染症狀或發燒時，應戴上口罩，並及早求醫。
10. 家長每天必須在子女離家上課前為他們量體溫；
11. 如子女如出現發熱（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，盡快就醫。若有發燒情況，則須於完全退燒後再休息 48 小時後，才可回校上課。

本校防疫措施：

1. 學校會為每位進校的學生量度體溫(注意:學生仍須每天上學前在家量體溫)；
2. 學校會用 1:49 稀釋漂白水加強消毒課室、走廊、洗手間、地面、傢具等；
3. 保持室內空氣流通，打開課室門和課室內的窗戶；
4. 校內洗手間備有消毒梘液。

要為子女提供一個安全的學習環境，除了校方的努力外，我們還需要家長的支持和合作。懇請家長切實執行上述各項措施。多謝合作。

此致

貴家長

鄧顯龍助理校長負責主理

校長

謹啟

袁國明

二零一九年一月十一日

Caritas Tuen Mun Marden Foundation Secondary School  
2018-2019 Parents Notice

11 January 2019

Dear Parents/Guardians,

**Precautionary Measures against Influenza Outbreaks in School**

According to the Centre for Health Protection (CHP), the current spread of influenza in Hong Kong is very high and may further increase in the coming weeks. In view of this latest development of this communicable disease, we would like to urge you to pay close attention to your child's health.

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

1. Get seasonal influenza vaccination for personal protection;
2. Build up good body immunity by having a proper diet, regular exercise and adequate rest;
3. Maintain good personal and environmental hygiene;
4. Keep hands clean and wash them properly;
5. Cover your nose and mouth while sneezing or coughing and dispose of nasal and mouth discharge properly, and wash hands after sneezing, coughing or cleaning the nose;
6. Maintain good indoor ventilation;
7. Avoid going to crowded or poorly ventilated public places;
8. High-risk individuals may consider putting on surgical masks when visiting/staying in such places;
9. Wear surgical mask and seek medical advice promptly if symptoms of respiratory tract infection or fever develops.
10. Check your son/daughter's body temperature before he/she goes to school.
11. To prevent outbreaks of influenza and other respiratory infections, it is of prime importance that children with fever (oral temperature higher than  $37.5^{\circ}\text{C}$ , or ear temperature higher than  $38^{\circ}\text{C}$ ), 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 until 48 hours after the fever has subsided.

The anti-epidemic measures that the school will take:

1. Check the body temperature of all students every day when they arrive at school (Please note that students will still be required to check their body temperature at home before coming to school).
2. Use 1:49 Diluted bleach to clean and disinfect classrooms, corridors, toilets, floors and furniture.
3. Keep all windows and doors of each classroom open for better ventilation.
4. Provide liquid soap in each toilet.

The school will spare no effort to create a safe and healthy learning environment for your child. Meanwhile, we would appreciate your support and cooperation in following the above safety measures. Thank you for your cooperation.

For enquiries, please contact the teacher-in-charge Mr. Tang Hin Lung (Deputy Assistant Principal).

Yours faithfully,

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Mr. Yuen Kwok Ming  
Principal