



預防上呼吸道疾病感染健康指引通告

敬啟者：

根據衛生防護中心的數據顯示，最近錄得多宗涉及學校的上呼吸道感染爆發，由於幼兒、長者及長期病患人士較容易患上呼吸道感染疾病及出現併發症，學校是群體聚集的地方，傳染病很容易通過人與人之間的緊密接觸而傳播，因此，學校及家長應加強預防措施，以減低上呼吸道感染疾病的影響。學童如出現發熱(口溫高於 37.5°C ，或耳溫高於 38°C)、咳嗽、喉嚨痛、流鼻水、肌肉痛、疲倦、頭痛、嘔吐或腹瀉流感等的病徵，不論是否有呼吸道感染病徵，都不應讓其回校上課，請即求診及留在家中休息，待所有徵狀消失及退燒後，必須再休息兩天才能回校上課。

本園為保障學生健康，除了恆常的衛生消毒外，亦已遵照衛生防護中心之預防傳染病加強措施指引，每天為所有學生在抵校後量度體溫，以識別發燒學童，防止流感或其他呼吸道傳染病的爆發。現請家長每天必需為子女在上學前量度體溫，並記錄於「量度體溫記錄表」內及簽署。另請預備清潔之乾手帕 1 條及每天為子女預備約 **4-5 個口罩放於書包內** 以便更換。此外，本園奉教育局呼籲，請家長攜手合作留意及配合以下事項以採取適當的預防措施，保護我們心愛的小朋友。

衛生防護中心亦建議採取以下措施以預防上呼吸道感染：

- * 經常保持雙手清潔，尤其在觸摸口、鼻/眼之前；觸摸扶手/門把手等公共設施後；或當手被呼吸道分泌物污染時，如咳嗽或打噴嚏後；
- * 洗手時應以梘液和清水清潔雙手，搓手最少 20 秒，用水過清並用抹手紙或乾手機弄乾。如沒有洗手設施，或當雙手沒有明顯污垢時，用含 70% 至 80% 的酒精洗手搓手液來清潔雙手亦為有效方法；
- * 打噴嚏或咳嗽時應用紙巾掩着口鼻，把用過的紙巾或口罩棄置於有蓋垃圾箱內，然後徹底清潔雙手；
- * 當出現有呼吸道感染病徵狀，應佩戴口罩，不應上學，應避免前往人多擠逼或空氣流通欠佳的公眾地方及盡早向醫生求診；
- * 保持室內空氣流通；
- * 保持均衡飲食、恆常運動及充足休息。

此致
貴家長



天后中英文幼稚園謹啟
二零二一年十月六日



The Prevention of Upper Respiratory Disease Infections

Dear Parents,

According to the data from the Centre for Health Protection (CHP), there have been many outbreaks of upper respiratory tract infections involving schools. As young children, the early are more easily to suffer from respiratory infections and complications. School are places where group gather. Infections diseases are easily spread through close contact between people. Therefore, schools and parents should strengthen preventive measures to reduce the impact of upper respiratory tract infections. It is of prime importance that children with fever (oral temperature higher than 37.5°C , or ear temperature higher than 38°C), cough, sore throat, runny nose, muscle pain, tiredness, headache, vomiting or diarrhea, regardless of the presence of respiratory symptom, they should be to seek medical advice and should avoid school till 48 hours after the fever has subsided.

In order to prevent and control the spread of infectious diseases, our school has carried out various hygiene measures, such as thorough disinfection and cleaning of classrooms, school facilities and venues. The children who touch or play the toys will also be disinfected. It is recommended that children should measure the body temperature before returning school, bring a clean dry handkerchief for daily use. **Please also put in 4-5 masks in their school bag every day.**

The following measures are advised by the Centre for Health Protection (CHP) to prevent pneumonia influenza infection:

- *Perform hand hygiene frequently, especially before touching the mouth, nose or eyes; after touching public installations such as handrails or door knobs; or when hands are contaminated by respiratory secretion after coughing or sneezing;
- *Wash hands with liquid soap and water, rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel or hand dryer. If hand washing facilities are not available, or when hands are not visibly soiled, hand hygiene with 70 to 80 per cent alcohol-based hand rub is an effective alternative;
- *Cover your mouth and nose with tissue paper when sneezing or coughing. then wash hands thoroughly;
- *When having respiratory symptoms, wear a surgical mask and seek medical advice promptly;
- *Maintain good indoor ventilation;
- *Maintain a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

