

預防流感措施

各團員及家長：

據衛生防護中心表示，本港的季節性流感活躍程度將持續上升。為預防流感在團內爆發，本團制定了一系列應變措施及指引，懇請各家長及團員配合，執行以下各項：

1. 防止流感爆發

如團員就讀之學校因爆發流感而需要停課，團員應避免回團練習，以減低傳播風險。

2. 量度體溫

請家長於團員回團練習前替其量度體溫。根據衛生署指引，若團員口探體溫高於攝氏 37.5 度（華氏 99.5 度）或耳探體溫高於 38 度（華氏 100.4 度），又或出現其他流感徵狀，如咳嗽、喉嚨痛、流鼻水、作嘔、嘔吐及腹瀉等，家長應立即安排團員求診，並留在家中休息，直至退燒後最少 48 小時或病癒後才回團練習。如團員確診患上流感，家長應盡快致電通知本團。本團工作人員將於團員進入各分團或排練室前使用紅外線探熱器量度其體溫，如發現團員體溫過高或出現流感徵狀，本團將勸喻團員休課。

3. 預防方法

- ◆ 家長及團員應避免前往人多擠迫、空氣不流通的地方；
- ◆ 團員應注意個人衛生，經常以梘液洗手，特別是觸摸口、鼻或眼之前、處理食物或進食前、如廁後、觸摸自動扶手、升降機按鈕或門把等公共設施之後，以及咳嗽或打噴嚏令手沾上
- ◆ 呼吸道分泌物後；
- ◆ 打噴嚏或咳嗽時應掩著口鼻，用紙巾包妥痰涎，並放入有蓋垃圾桶；
- ◆ 凡有呼吸道感染病徵，或須照顧發燒病人的人士，均應佩戴口罩；
- ◆ 出外旅遊時應避免接觸禽鳥。團員從受流感影響地區回港後，若出現流感徵狀，應立即求診，告訴醫生最近曾到訪過的地方；並佩戴口罩，以防傳染別人。

4. 加強清潔

本團將加強各分團的清潔及消毒，以降低流感傳染機會。

5. 注意政府最新公布

敬請家長留意衛生署及教育局公布及指引，並隨時作出配合。

6. 本團之最新公布

本團會按情況於手機應用程式及網頁即時發布訊息。請家長下載手機應用程式「HKCCHOIR」以第一時間接收資訊，詳情請參閱早前派發之提取碼通告。



Prevention of Influenza

18 January 2019

Dear members and parents :

The Centre for Health Protection announced that the local seasonal influenza activity keeps increasing. In prevention of influenza, HKCC has adopted a series of preventive measures. We sincerely plead for parents' and members' compliance with the following guidelines.

1. Prevention of influenza outbreak

Members should not attend practice at HKCC if the school at which they study is suspended due to influenza outbreak.

2. Measure Body Temperature

Parents are advised to measure members' body temperature before sending them for practice at HKCC. According to the guideline of the Department of Health, patients with temperature higher than 37.5°C or 99.5°F, or symptoms of influenza, such as coughing, sore throat, sneezing, vomiting and diarrhea, should seek medical attention immediately. Members with the above symptoms should rest at home until fully recover. **Parent should call to notify HKCC as soon as possible if member is diagnosed with influenza.** Staff of HKCC will measure members' temperature with infrared thermometer before they enter the rehearsal rooms. Members observed with the above symptoms will be advised to suspend practice.

3. Preventive Measures

- ◆ Parents and members should avoid going to crowded places or places with poor ventilation;
- ◆ Members should maintain good personal hygiene. They should wash hands with liquid soap frequently, especially before touching mouth, nose or eyes, handling food or eating; after going to toilet, touching public installations (such as escalator handrail, elevator control panel and door knob), and when hands are dirtied with respiratory secretions after sneezing or coughing;
- ◆ They should cover their nose and mouth when sneezing and coughing, wrap the respiratory discharge with tissue paper and dispose it into dustbin with lid;
- ◆ Surgical mask should be wore when symptoms of influenza develop or taking care of patients;
- ◆ Parents and members should avoid contact with poultry during travel. If members develop symptoms of influenza after returning from epidemic area, they should seek medical advice, reveal their travel history and wear a surgical mask.

4. Hygiene at HKCC

HKCC will step up efforts in maintaining a clean and hygienic environment through frequent cleaning and disinfections.

5. Government updates

Parents should pay attention to the guidelines of the Department of Health and the Education Bureau.

6. HKCC updates

HKCC will announce the latest arrangements on mobile app and website. Parents are advised to download the mobile app "HKCCCHOIR" to receive information promptly. Please refer to the registration token notice issued earlier for more details.