

Influenza

As the weather is changing, cough and colds are on the rise and more influenza can occur.

Symptoms:

Fever (>37.5), chills, muscle aches, headache, cough and runny nose.

Children with a combination of these symptoms should stay at home until they are well enough to return. Influenza is highly contagious and can spread when a child inhales infected droplets in the air which have been coughed or sneezed by the infected person.

To prevent this from spreading; hand washing is vital, never pick up used tissues, don't share cutlery with others. Cover your mouth with a tissue when you cough or sneeze and then dispose of the tissue afterwards.



If symptoms persist a visit to your Doctor is advised; otherwise lots of rest and fluids should suffice. Paracetamol or ibuprofen can be used for temperatures or aches.

A child displaying these flu symptoms in school will be sent home.

Childhood Influenza Vaccination Subsidy Scheme (CIVSS) 2013/2014

Starting on 2 October 2013, children between the age of 6 months and less than 6 years may receive subsidized vaccination from private doctors who are enrolled in the Childhood Influenza Vaccination Subsidy Scheme.

For more information on this please visit www.chp.gov.hk or call the Vaccination enquiry line on 2125 2125.

Please notify the school nurse or teacher if your child has any of the above illnesses as soon as possible.

In addition, the school advises the following measures to prevent influenza and respiratory tract infections:

- **To build up good body immunity by having a proper diet, regular exercise, adequate rest and reducing stress;**
- **To maintain good personal and environmental hygiene;**
- **To keep hands clean and wash hands properly and regularly;**
- **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 wash hands after touching surfaces;**
- **To maintain good ventilation;**
- **To avoid going to crowded or poorly ventilated public places when influenza is prevalent; high-risk individuals may consider putting on surgical masks when visiting in such places; and**
- **To wear surgical mask and seek medical advice promptly if symptoms of respiratory tract infection or fever develop.**