



# 景嶺書院

二零一四至二零一五年度家長通告第十七號

School Notice 17

(本通告已上載於本校網頁 <http://www.kingling.edu.hk>)

敬啟者：茲有下列重要事項，祈予垂注：

10 February 2015

Dear parents,

Here is the item for your immediate attention:

## (甲) 量度體溫額外措施

據衛生防護中心表示，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。根據過往數據，香港的冬季流感季節一般持續約 2 至 3 個月，雖然間中會有較長的紀錄。

按照上星期教育局的函件，學生應每天在抵校前量度體溫，並填妥學生手冊第 65 頁的量度體溫紀錄，以便班主任每天檢查。為防止流感或其他呼吸道傳染病的爆發，學生如出現發熱(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。

此外，衛生防護中心建議採取以下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；
- 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；高危人士在這些地方逗留時可考慮佩戴外科口罩；及
- 如有呼吸道感染症狀或發燒時，應戴上口罩，並及早求醫。

有關最新的流感資訊，可瀏覽中心網頁

([http://www.chp.gov.hk/tc/view\\_content/14843.html](http://www.chp.gov.hk/tc/view_content/14843.html))。

## (A) Additional Measure on Temperature Monitoring

According to the Centre for Health Protection (CHP), the current influenza activity in Hong Kong is very high and may further increase in the coming weeks. Based on historical data, winter influenza seasons in Hong Kong may usually last about two or three months, although longer durations have been recorded occasionally. In this regard, it is important to **measure and record students' body temperature on the Student Handbook (p.65) every day. Class teachers will check the body temperature record from now onwards so as to identify students with fever.**

Further to the letter sent by EDB last week, it is of prime importance that student with fever (oral temperature higher than 37.5°C, or ear temperature higher than 38°C), regardless of the presence of respiratory symptom, should not be allowed to attend school. They should be advised to seek medical advice and should avoid school till 48 hours after the fever has subsided.