

本署檔號 Our Ref. : (36) in DH SEB CD 8/6/1 XXIII

11 December 2008

Dear Principal / Person-in-charge,

Be vigilant against Avian Influenza

In view of the recent outbreak of avian influenza in a local poultry farm in Yuen Long, the Government has activated the Serious Response Level with reference to the Government's Preparedness Plan on 9 December 2008. So far, no human case of avian influenza has been detected in Hong Kong. The Centre for Health Protection has stepped up surveillance measures for possible human cases and will closely monitor the situation.

According to the World Health Organization (WHO), the highest risk for human infection of avian influenza is direct contact with infected live poultry. In this connection, your attention is drawn to the following precautionary measures for both staff and students of your school:

- Avoid direct contact with birds and poultry
 - Avoid touching poultry, birds or their droppings, because they may carry the avian influenza virus.
 - If dead birds are found, avoid contact with the bird carcass and call the Agriculture, Fisheries and Conservation Department through the Government Hotline 1823.
 - Wash hands thoroughly with liquid soap and water immediately in case of contact with poultry, birds or their droppings.
- Maintain good personal hygiene
 - Keep hands clean and wash hands properly.
 - Cover nose and mouth while sneezing or coughing. Dispose sputum or secretions wrapped in tissue paper into rubbish bins with lids. Wash hands with liquid soap and water afterwards.



- Build up good body resistance and have a healthy lifestyle. This can be achieved through a balanced diet, regular exercise, adequate rest, reducing stress and no smoking.
- Poultry and eggs should be thoroughly cooked before eating.
- Maintain good environmental hygiene
 - Maintain good indoor ventilation.
 - Avoid crowded places with poor ventilation if feeling unwell.
- Seek medical advice if fever or respiratory symptoms develop

In addition, you are reminded to continue temperature checking for students. Students who develop symptoms of high fever or influenza-like illness should seek medical advice early.

More information on Avian Influenza is available at CHP website (<http://www.chp.gov.hk>)

Yours faithfully,



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