



各位家長：

預防流感傳播

近期本校出現較多上呼吸道感染個案，為免流感病毒傳播。學生如出現發燒或呼吸道感染病徵時，應避免上學，直至退燒後最少兩天始回校。

此外，同學們應繼續保持個人、手部和環境衛生，預防流感及其他呼吸道感染。專家建議採取以下預防措施：

- 保持手部衛生，避免觸摸眼睛、口和鼻；
- 雙手一旦染污，應使用梘液和清水以正確方法洗手；
- 打噴嚏或咳嗽時應用紙巾掩着口鼻，把用過的紙巾棄置於有蓋垃圾箱內，其後應徹底洗手；
- 保持室內空氣流通；
- 正確佩戴口罩十分重要，包括在佩戴口罩前及脫下口罩後保持手部衛生；
- 當出現呼吸道感染病徵，應戴上外科口罩，不應上學，避免前往人多擠迫的地方，並盡早求醫；
- 當需要接觸有發燒或呼吸道感染症狀的患者時應佩戴口罩；
- 同學在乘搭交通工具或在人多擠迫的地方逗留時亦應佩戴外科口罩；
- 高危人士到訪公眾地方時應佩戴外科口罩；及
- 保持均衡飲食、恆常運動及充足休息及避免過大的生活壓力，以建立良好身體抵抗力。

為預防傳染病毒，學校已安排定期清洗及消毒校園，以保持校園清潔，學校亦會促請全校教職員和學生，注意個人及校園環境衛生。預防流感病毒的傳播，人人有責。為保障學生健康，我們籲請各位家長除保持家居清潔衛生外，並與校方通力合作，提醒學生時刻保持個人及校園環境衛生。亦請家長瀏覽「衛生署衛生防護中心」的網頁，多了解各種傳染病的特性和預防方法。

校長 黃嘉明謹啟

二零二五年十月十六日

香港鄧鏡波書院 2025-2026 年度
回條 (Sch 25-26/18)

茲收到 貴校「預防流感」通告，有關詳情經已知悉。

學生姓名：_____ 班別：_____ 學號：_____

日期：_____ 家長或監護人簽署：_____

請於 **10月20日** 或之前簽妥電子通告。



Preventing the Spread of Influenza

Dear Parents,

Recently, there has been an increase in upper respiratory tract infections within the school. To prevent the spread of influenza virus, students exhibiting symptoms of fever or respiratory infections should refrain from attending school until at least two days after the fever has subsided.

Additionally, students should continue to maintain personal, hand, and environmental hygiene to prevent influenza and other respiratory infections. Experts recommend the following preventive measures:

- Maintain hand hygiene, and avoid touching the eyes, mouth and nose.
- Wash hands properly with soap and water whenever possibly contaminated.
- Cover the nose and mouth with tissue paper when sneezing or coughing. Dispose of used tissue properly into a lidded rubbish bin, and wash hands thoroughly afterwards.
- Maintain good indoor ventilation.
- It is important to wear a mask properly, including maintaining hand hygiene before wearing and after removing a mask.
- When having respiratory symptoms, wear a surgical mask, refrain from attending school, avoid going to crowded places and seek medical advice promptly.
- Wear a surgical mask when getting into contact with persons with fever or respiratory symptoms.
- Students should wear a surgical mask when taking public transportation or staying at crowded places.
- Individuals at risk should wear surgical masks when visiting public places.
- Build a strong immune system by having a balanced diet, exercising regularly, taking adequate rest and avoiding excessive stress.

To prevent the spread of infectious viruses, the school has arranged for regular cleaning and disinfection to maintain cleanliness. The school will also urge all staff and students to pay attention to personal hygiene and the cleanliness of the school's environment. Preventing the spread of influenza viruses is a shared responsibility. To safeguard students' health, we urge parents to maintain cleanliness at home and cooperate with the school in reminding students to keep both their personal and the school's hygiene standards high at all times. Parents can visit the Centre for Health Protection website to learn more about the characteristics and prevention measures for various infectious diseases.

Yours faithfully,
Ms. Wong Ka Ming Principal



Reply Slip

I have read and acknowledge the letter (Sch 25-26/18) about the “Preventing the Spread of Influenza”.

Name : _____ Class : _____ Class Number : _____

Signature of Parent or Guardian

Date : _____

Please sign the eNotice on or before 20th October 2025.
