



HKCCCU
Logos Academy

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Circular to Parents, School Year 12-13

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Dear Parents,

Stay Vigilant to Guard against Communicable Diseases - Avian Influenza (H7N9)

According to the latest surveillance data of the Centre for Health Protection (CHP) of the Department of Health (DH), there were several confirmed cases of Avian Influenza (H7N9) identified in Mainland China. The school has stayed vigilant against the disease and put in place preventive and control measures. Sterilization and cleaning of the school campus has been reinforced. Students and staff of the school have been alerted to be vigilant about personal hygiene. The school has also requested the drivers and nannies not to drive or be on board the school buses if they have fever or symptoms of other pandemic diseases, and they should inform the school about their conditions.

Influenza A (H7N9) is one type of avian influenza viruses. It is believed that people may become infected through close contact with infected birds and poultry or their droppings. Similar to other avian influenza viruses, H7 virus infection in humans is uncommon. Illness in humans may also include conjunctivitis and/or upper respiratory tract symptoms.

To prevent outbreak of the disease and to protect students' health, the school would like to solicit your co-operation and stay alert. Please also be aware of the following points:

- * Observe strict hand hygiene and avoid touching mouth, nose or eyes;
- * Avoid touching poultry, birds or their droppings, because infected poultry, birds or their droppings may carry the avian influenza virus;
- * Wash hands thoroughly with liquid soap and water immediately in case of contact with poultry, birds or their droppings;
- * 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; and
- * Seek medical advice if fever or respiratory symptoms develop.

For students with recent history of travel (especially to affected areas with avian influenza outbreaks) and have contact with poultry, they should wear a mask and consult doctors promptly if they have flu-like symptoms, and inform the doctor of their exposure history. The affected students should avoid returning to school.

For more information on avian Influenza, please visit the website of CHP at <http://www.chp.gov.hk>.

Yours sincerely,

Paul CHO
Principal