敬啟者：

為子女量度體溫

香港現正進入流行性感冒高峰期。衛生署及教統局已向全港學校發出指引，學校須採取預防措施，預防流感發生。有關指引包括在流感高峰期，家長應為子女每天量度體溫及填寫體溫紀錄表。本校已向全體學生派發體溫紀錄表。學生亦可在eClass 中的「學校宣佈」下載體溫紀錄表。學生應在每天上學時攜帶體溫紀錄表，本校也會定期檢查。學生如出現發熱、咳嗽、喉痛等上呼吸道感染病徵時，應避免上學。

此外，學生應採取以下措施：
● 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。
● 雙手被呼吸系統分泌物弄污後（如打噴嚏後）應立即洗手。
● 打噴嚏或咳嗽時應掩口鼻，並妥善清理口鼻排出的分泌物。
● 增強抵抗力有助預防感染流感。均衡飲食、適量運動、充足休息和避免過度緊張都是增強抵抗力的方法。
● 避免前往人流擠迫、空氣流通情況欠佳的公眾地方。
● 身體不適時應立即求醫。


此致
家長

聖公會林護紀念中學校長

梁麗琴

二零零六年三月十五日

家長回條

敬覆者：接奉來校函告，本人已悉有關為子女量度體溫的安排。

此覆
聖公會林護紀念中學

學生姓名______________ 班別______ 學號______

家長簽署______________

* 請在三月十六日（星期四）將回條交予男班長轉交班主任保存。
Dear Parents,

Taking Temperature Record for Children

As Hong Kong is entering the traditional peak season of influenza, The Department of Health and the Education & Manpower Bureau have already delivered a guideline to all schools in Hong Kong. Schools should take precautions against influenza outbreaks. To prevent possible outbreak of respiratory diseases especially influenza, parents should record the body temperature of their children every day. Temperature record sheets have been delivered to students and can be obtained via “School Announcement” in eClass. Students should bring their temperature record sheets to school every day. We will check their temperature record sheets periodically. Students with fever and respiratory symptoms are strongly advised not to attend school.

In addition, the following measures are also advised:
● Maintaining good personal and environmental hygiene.
● Keeping hands clean and wash hands properly.
● Washing hands when they are dirtied by respiratory secretions e.g. after sneezing.
● Covering nose and mouth while sneezing or coughing and dispose of nasal and mouth discharge properly.
● Having a balanced diet, regular exercise, adequate rest, avoid too much stress.
● Avoiding crowded public places where the ventilation is not good.
● To consult doctor for medical advice promptly upon development of influenza-like symptoms such as fever, sore throat and cough.

A letter to parents regarding measures of preventing Avian Flu and reminders for students was delivered on 4th Nov 2005. You can get more information from the website of the Centre for Health Protection: http://www.chp.gov.hk/view_content.asp?lang=en&info_id=590. We will continue to pay close attention to the issue, consider the situation of our community and take proper measures. May we wish you the best of health.

Thank you for your attention.

Yours faithfully,
Rhonda Leung