

**順利天主教中學**  
**學校通告 16 (2025-2026)**  
**預防季節性流行性感冒在校內傳播**

敬啟者：

衛生防護中心早前發函予全港中小學，建議學校應在流感季節期間每天為所有學生在抵校後量度體溫，以識別發燒學童。此項額外措施應持續至本地流感活躍程度回落到基線水平。屆時，衛生防護中心會另行發信通知。

為防止流感及其他呼吸道傳染病的爆發，學生如出現發熱（口探高於 37.5°C，或耳探高於 38°C），不論是否有呼吸道感染病徵，都不應回校上課。

除了接種季節性流感疫苗以保障個人健康外，家長應提醒 貴子弟繼續保持個人、手部和環境衛生，預防流感及其他呼吸道感染。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，包括在佩戴口罩前及脫下口罩後保持手部衛生；
- 當需要接觸有發燒或呼吸道感染症狀的患者、乘搭交通工具或在人多擠迫的地方逗留時應佩戴外科口罩；高危人士到訪公眾地方時應佩戴 外科口罩；
- 當出現呼吸道感染病徵，應戴上外科口罩，不應上班或上學，避免前 往人多擠迫的地方，並盡早求醫；及
- 保持均衡飲食、恆常運動及充足休息，不要吸煙和避免過大的生活壓力，以建立良好身體抵抗力。

有關最新的流感資訊及預防措施，可參閱衛生防護中心專題網頁：

- 流感網頁 (<https://www.chp.gov.hk/tc/features/14843.html>)
- 預防流感信息圖表 ([https://www.chp.gov.hk/files/pdf/prevention\\_of\\_seasonal\\_influenza.pdf](https://www.chp.gov.hk/files/pdf/prevention_of_seasonal_influenza.pdf))

我們再次籲請各位家長通力合作，保持家居清潔衛生，並時刻提醒 貴子弟注意個人衛生，做好一切預防流感的措施。

此致  
貴家長

  
順利天主教中學校長  
李婉萍謹啟

二零二五年九月十六日

**回條**  
**學校通告 16 (2025-2026)**  
**預防季節性流行性感冒在校內傳播**

學生姓名：\_\_\_\_\_

班別：\_\_\_\_\_ ( )

敬覆者：本人已得悉有關通知。

此覆  
順利天主教中學李校長

家長或監護人\_\_\_\_\_簽署

二零二五年九月 日

Dear Parents,

**Circular No.16****Stay Vigilant against the Spread of Seasonal Influenza in School**

The Centre for Health Protection (CHP) recently issued notice to all primary and secondary schools and suggested the schools actively check the body temperature of all students every day during this influenza season when they arrive at school so as to identify students with fever. This additional measure should continue until the local influenza activity returns to the baseline level. By then, the CHP will inform you via another letter.

To prevent outbreaks of influenza and other respiratory infections, it is of prime importance that children with fever (oral temperature higher than 37.5°C, or ear temperature higher than 38°C), regardless of the presence of respiratory symptoms, should not be allowed to attend school. Staff should refrain from work if they have fever or respiratory symptoms.

Besides receiving SIV for personal protection, parents should continue to advise students to maintain personal, hand and environmental hygiene against influenza and other respiratory infections. The following measures are advised:

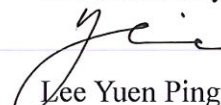
- Maintain hand hygiene, avoid touching one's eyes, mouth and nose;
- Wash hands with liquid soap and water properly whenever possibly contaminated;
- Cover the nose and mouth with tissue paper when sneezing or coughing. Dispose of soiled tissue paper properly into a lidded rubbish bin, and wash hands thoroughly afterwards;
- Maintain good indoor ventilation;
- Wear a mask properly, including performing hand hygiene before wearing and after removing a mask;
- Wear a mask when getting into contact with persons with fever or respiratory symptoms; taking public transportation or staying at crowded places; and high risk persons should wear a surgical mask when visiting public place; When having respiratory symptoms, wear a surgical mask, refrain from work or attending classes at school, avoid going to crowded places and seek medical advice promptly; and
- Build up good body immunity by having a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

For the latest information on influenza and prevention measures, please visit the CHP's pages:

- The influenza page (<https://www.chp.gov.hk/en/features/14843.html>)
- Prevention of Seasonal Influenza Infographic ([https://www.chp.gov.hk/files/pdf/prevention\\_of\\_seasonal\\_influenza.pdf](https://www.chp.gov.hk/files/pdf/prevention_of_seasonal_influenza.pdf))

We would like to appeal to all parents again for your co-operation in maintaining a clean and healthy household environment. Please also remind your children to pay attention to personal hygiene and to take all necessary preventive measures against Seasonal Influenza.

Yours faithfully,



Lee Yuen Ping  
Principal

**REPLY SLIP****School Circular 16 (2025-2026)****Stay Vigilant against the Spread of Seasonal Influenza in School**

Name: \_\_\_\_\_

Class: \_\_\_\_ ( )

Dear Ms. Lee,

Thank you for notifying me of the arrangements for Stay Vigilant against the Spread of Seasonal Influenza in School.

Yours sincerely,

Date: \_\_\_\_\_

Signature of Parent/Guardian