



Prevention of Seasonal Influenza

This Circular substitutes Special Circular No. 04/2009 issued on 7 February 2009.

Members are advised to adopt the following precautionary measures to reduce the risk of being infected by influenza:

- Maintain good personal hygiene.
- Cover the nose and mouth when sneezing or coughing, and wash hands thoroughly afterwards.
- Keep hands clean and wash hands properly. Dry hands thoroughly either with a clean cotton towel, a paper towel, or a hand dryer. Towels should never be shared.
- Maintain a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.
- Avoid going to crowded or poorly ventilated public places.
- Put on a face mask when having symptoms of respiratory infection and consult doctor right away.
- Those infected should stay at home and take rest, avoid meeting or activity until at least two days after the symptoms and/or the fever subside.

In the course of meeting or activity, Scouter-in-charge should strengthen the precautionary and contingency measures as follows:

- Avoid organizing meeting or activity at crowded or poorly ventilated place.
- Keep sufficient face masks for use when needed.
- Enhance the hygiene facilities of the Unit headquarters, keep the environment clean and maintain good ventilation.
- If a member is found to have symptoms of respiratory infection, the leader should instruct the member to wear a face mask and contact his/her parents as soon as possible for prompt medical treatment. The attendance list should be kept properly in case for follow-up.

For more health advices on the prevention of seasonal influenza, please visit the website of the Centre for Health Protection of the Department of Health (www.chp.gov.hk).

Evita LEE
Chief Scout Executive