

Pui Shing Catholic Secondary School

School Circular

The fear of the Lord is the beginning of wisdom. Fools despise wisdom and instruction. (Proverbs 1 : 7)

No. S016E/25-26

18th September, 2025

Dear Parents,

Arrival of the 2025 Influenza Season in Hong Kong and **Additional Measure on Temperature Monitoring**

According to the circular issued by the Education Bureau & the Centre for Health Protection (CHP), the current influenza activity in Hong Kong is at a high level. Members of the public should stay vigilant against seasonal influenza as the latest surveillance data show that the local seasonal influenza activity steadily increased from baseline level and may rise further in the coming weeks, signaling that Hong Kong had entered the winter influenza season.

Parents and Guardians remind the children to take the body temperature and fill in the Daily Temperature Record through the e Class App before going to school. Our school will spot check the body temperature of all students every day during this influenza season when they arrive at school so as to identify students with feverish symptoms. 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 symptom, should not be allowed to attend school, Parents will be contacted immediately and **MUST** collect their son/daughter promptly from school. They should be advised to seek medical advice and should avoid school till 48 hours after the fever has subsided.

It is also important to measure and record students' body temperature properly. Please refer to Section 2.3 of the 'Guidelines on Prevention of Communicable Diseases in Schools / Kindergartens / Kindergartens-cum-Child Care Centres / Child Care Centres' published by the CHP for detailed information on monitoring of body temperature, which can be accessed at:

http://www.chp.gov.hk/files/pdf/guidelines_on_prevention_of_communicable_diseases_in_schools_kindergartens_kindergartens_cum_child_care-centres_child_are_centres_chi.pdf

Besides receiving seasonal influenza vaccination as early as possible for personal protection, the following measures are advised to prevent influenza and respiratory tract infections:

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

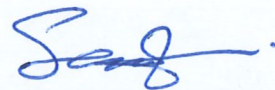
For the latest information on influenza activity and its prevention, the public may visit the CHP's pages:

- The influenza page <https://www.chp.gov.hk/tc/features/14843.html>; and

- Prevention of Seasonal Influenza and Infographic

https://www.chp.gov.hk/files/pdf/prevention_of_seasonal_influenza.pdf;

Thank you for your kind attention.



Mr. Kwok F. W.
Principal



(No. S016E/25-26)

Reply Slip

Having read the above "Arrival of the 2025 Influenza Season in Hong Kong and Additional Measure on Temperature Monitoring", I will urge my children to measure their body temperature before returning to school every day and use the e Class App to enter temperature records.

Name of student: _____ Class: _____ Class no.: _____

Parents' signature: _____

Parents' name: _____

Date: _____