



11 June 2009

### **Notice about Human Swine Influenza**

To: All Junior Participants

For the time being all Junior HKTA classes will be conducted according to the schedules.  
(Participants of the School Sports Programme & Youth Athletes organised by LCSD will be notified by LCSD separately)

However the HKTA would like to draw parents / guardians' attention to the following

Do not let your child attend classes if

- Your child develops influenza-like symptoms. You should **also inform the coach beforehand that you will not be attending.**
- There is/are students in their schools that has/have been infected by Human Swine Influenza
- Your child has been in contact with people who are infected by Human Swine Influenza

Flu spreads easily. If you suspect your child is getting the flu, it is important that he/she does not attend classes where other people could be exposed to flu germs. It is also important to teach your children how to reduce their risk of getting the flu and protect others from infection.

- Teach your children to wash their hands often.
- Washing with soap and hot water for at least 20 seconds is ideal
- Teach your children the proper use of hand sanitizer. Gels, rubs, and hand wipes all work well, as long as they contain at least 70% alcohol.
- Hand wipes must be disposed of properly.
- Always read and follow label instructions when using hand sanitizer.
- Teach your children to keep their hands away from their face and avoid touching their mouth, nose, or eyes.
- Teach your children to cover coughs and sneezes with tissues or by coughing into a handkerchief.
- Help your children to learn these healthy habits by setting a good example and always doing them yourself.

If we all practice these simple prevention measures, public health officials believe we can limit the spread of the Human Swine Influenza virus in our school and community.

Useful link : Centre for Health Protection

<http://www.chp.gov.hk/guideline.asp?lang=en&id=34&pid=466&ppid=>



香港網球總會  
通告

致：各青少年訓練班學員及家長

關於流感之安排

香港網球總會主辦之青少年網球訓練班將如期舉行，直至另行通告為止。請密切注視本會網頁以留意各訓練班之最新安排。

(學校推廣計劃及青苗之參加者將被另行通知)

如發現貴子弟出現流感徵狀、曾與流感病患者接觸或其學校出現確診個案，請勿讓貴子弟參與訓練班，以防止疾病漫延，並請預先通知負責教練有關情況及缺席時間及日期。

家長亦應教導子女怎樣減低感染機會，如：

- Ø 保持雙手清潔，以正確方法洗手，使用洗手液
- Ø 適當使用酒精搓手液消毒，並注意酒精搓手液上之標籤
- Ø 應將口鼻分泌物用紙巾包好，棄置於有蓋垃圾箱內
- Ø 避免觸摸口鼻或眼睛
- Ø 打噴嚏或咳嗽時，應以手巾遮掩口鼻
- Ø 以身作則，教導子女健康守則

香港網球總會 啓

2009年6月11日

有用網站: 衛生防護中心 <http://www.chp.gov.hk/guideline.asp?lang=tc&id=34&pid=466&ppid=>