

HONG KONG BAPTIST UNIVERSITY
ESTATES OFFICE

MEMORANDUM

From : Environmental Health and
Safety Section, Estates Office
Ref : SO/EM/81
Tel : 3411 7997
Date : 18 January 2019

To : All Staff & Students
Your Ref : _____
Dated : _____

Precautionary measures and roving exhibition on influenza pandemic preparedness

According to the latest surveillance data from the Centre for Health Protection of the Department of Health, the local seasonal influenza activity has continued to increase in the past weeks and exceeded the baseline level, indicating that Hong Kong has entered the 2018/19 winter influenza season.

Students and colleagues are advised to remain vigilant against the disease and take precautionary measures as follows:

- Maintain good personal and environmental hygiene;
- Wash hands with liquid soap and water properly or clean them with 70 to 80 percent alcohol-based handrub whenever possibly contaminated;
- Cover the nose and mouth when sneezing or coughing, and wash hands thoroughly afterwards;
- Dispose of soiled tissue paper properly in a lidded rubbish bin;
- Put on a surgical mask when respiratory symptoms develop and seek medical attention immediately;
- Maintain good indoor ventilation;
- When influenza is prevalent, avoid going to crowded or poorly ventilated public places; high-risk individuals may consider putting on surgical masks when staying in such places; and
- Maintain a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

To increase the University community's awareness on prevention of influenza, we are organising a roving exhibition on "Influenza Pandemic Preparedness". Display panels on the relating topics will be placed at different locations indicated below. Information leaflets will be distributed and body temperature checking will be provided at the exhibition booth. Details of the exhibition are as follows:

Date	Time	Location
21 and 22 January 2019 (Monday and Tuesday)	10:00 a.m. – 4:00 p.m.	Podium on Level 5, Ho Sin Hang Campus
23 and 24 January 2019 (Wednesday and Thursday)	10:00 a.m. – 4:00 p.m.	Bridge at Li-Promenade, Shaw Campus
25 January 2019 (Friday)	10:00 a.m. – 4:00 p.m.	Podium on Level 3 at Academic and Administration Building, BURC
28 to 30 January 2019 (Monday to Wednesday)	10:00 a.m. – 4:00 p.m.	Ground Floor, South Tower, Student Residence Halls, Baptist University Road Campus (BURC)
31 January and 1 February 2019 (Thursday and Friday)	10:00 a.m. – 4:00 p.m.	Entrance to Communication and Visual Arts Building, BURC

We look forward to seeing you at the exhibition venues. For any enquiries, please feel free to contact Environmental Health and Safety Section on 3411 7997.

流感大流行應變預防措施及推廣活動

根據衛生防護中心最新的流感監測數據資料，本地季節性流感活躍程度在過去數周繼續上升，並超越基線水平，顯示香港已踏入二〇一八至一九冬季流感季節。

為預防感染季節性流感，請各位同事和同學提高警覺，做好以下預防措施：

- 保持良好個人及環境衛生；
- 若雙手受染污，應使用梘液和清水以正確方法洗手或用含 70%至 80%的酒精搓手液潔淨雙手；
- 打噴嚏或咳嗽時應掩着口鼻，其後應徹底洗手；
- 將染污的紙巾棄置於有蓋垃圾箱內；
- 如出現呼吸道感染病徵，應佩戴口罩及立即求醫；
- 保持室內空氣流通；
- 在流感流行期間，避免前往人多擠逼或空氣流通欠佳的公眾地方；高危人士在這些地方逗留時可考慮佩戴外科口罩；以及
- 保持均衡飲食、恆常運動及充足休息，不要吸煙和避免過度緊張。

為提高大學社群對預防流行性感冒的認知，我們在校內將會舉辦“流感大流行應變”的巡迴展覽。有關的展板會在以下地點展出，並在展覽攤位內提供相關資訊的小冊子及體溫檢測。

展覽詳情如下：

日期	時間	地點
二零一九年一月二十一日及 二零一九年一月二十二日 (星期一及星期二)	上午十時至下午四時	善衡校園 五樓平台
二零一九年一月二十三日及 二零一九年一月二十四日 (星期三及星期四)	上午十時至下午四時	逸夫校園 李作權大道
二零一九年一月二十五日 (星期五)	上午十時至下午四時	浸會大學道校園 教學及行政大樓三樓平台
二零一九年一月二十八日至 二零一九年一月三十日 (星期一至星期三)	上午十時至下午四時	浸會大學道校園 學生宿舍南座地下
二零一九年一月三十一日及 二零一九年二月一日 (星期四及星期五)	上午十時至下午四時	浸會大學道校園 傳理視藝大樓正門

我們期待在展覽場地與大家見面，如有任何查詢，請致電 3411 7997 與環境健康及安全組聯絡。