

陳瑞祺(喇沙)書院
九龍何文田常和街4號
電話：二七一一八一七五



CHAN SUI KI (LA SALLE) COLLEGE
4 SHEUNG WO STREET, HOMANTIN,
KOWLOON, HONG KONG.
TEL: 27118175

22nd September, 2010

Circular No. 027

Dear Parents/ Guardians,

Preventing Hand, Foot and Mouth Disease

Recently three 2B students and two 2C students have been infected with the Hand, Foot and Mouth Disease (HFMD). The school has informed the Centre for Health Protection and has stepped up measures for preventing HFMD.

HFMD is transmitted from person to person by direct contact with nose and throat discharges, saliva, fluid from blisters, or the stool of infected persons. The incubation period is 3-7 days. The main symptoms of HFMD are fever, sores in the mouth, and a rash with blisters. Usually it begins with fever, poor appetite, malaise and sore throat. One to two days later, painful sores develop in the mouth. The rash is usually found on the palms of the hands and soles of the feet.

Good hygienic practices are the most important measures to prevent HFMD. Strict personal hygiene should be observed by frequent handwashing, covering mouth and nose when coughing or sneezing, and avoidance of close contact with HFMD patients. Moreover, the risk of infection can be lowered by good environmental hygiene. It includes maintaining good indoor ventilation. Students with HFMD should be excluded from schools or any group settings until fever has subsided and all the vesicular lesions have dried and crusted. This measure could help reduce the transmission of infection amongst students.

If your son/ ward is sick, please be advised to seek prompt medical attention, and inform the school of the details. Thank you for your attention.

Yours faithfully,

Lee Ting Leung
Principal



Reply Slip (Circular No. 027)

I, the parent/ guardian of _____ (student's name) (Class No. ____) of Class _____, acknowledge the receipt of the circular regarding "Preventing Hand, Foot and Mouth Disease"

Parent's/ Guardian's Signature: _____

Parent's/ Guardian's Name: _____

Date: _____

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陳瑞祺(喇沙)書院 通告 第027號
「預防手足口病」

敬啟者：

近日 2B 班及 2C 班分別有三名及兩名同學感染手足口病，學校已通知衛生防護中心，並加強預防措施。

手足口病是透過人同人之間，直接接觸病者的鼻或喉嚨分泌、唾液、穿破的水疱以及糞便而傳播的。手足口病的潛伏期為三至七日，主要病徵包括發燒，口腔有疼痛的潰瘍，以及帶水疱的皮疹。病發時通常首先出現發燒，食慾不振，不適及喉嚨痛等徵狀。一至兩天後，口腔出現疼痛的水疱。另外，身體的皮疹主要出現於手掌及腳掌。

要有效預防手足口病，良好的衛生習慣是最重要。要遵守嚴謹的個人衛生措施，包括經常洗手，咳嗽或打噴嚏時要掩著口鼻，以及避免與病者有親密接觸。另外，良好的環境衛生亦可以減低感染手足口病的機會，例如保持室內空氣流通。患有手足口病的同學應該避免上學或者參加團體活動，直至已經退燒以及身體上的水疱乾涸及結痂，這項措施可幫助減低手足口病的傳播。

特此通告各家長注意 貴子弟身體狀況。如 貴子弟身體不適，應及早就醫，並通知學校校務處。

此致
各家長



陳瑞祺(喇沙)書院校長
李丁亮謹啟

二零一零年九月二十二日