

書院迎新營人類豬型流感預防措施

Preventive Measures for the College O'Camp Against Influenza A H1N1

(The English version of this mail follows the Chinese one.)

各位新同學：

歡迎大家加入香港中文大學這個大家庭。相信不少同學正為明天舉行的書院新生輔導營作準備，期間或會為人類豬型流感的疫情而擔心。

為迎接即將舉行的書院迎新營，大學健康促進及防護委員會與新生輔導聯合委員會特別就預防措施作出檢討及加強指引，包括：

- 於各宿舍提供口罩、消毒潔手液及體溫計
- 派發消毒潔手液，鼓勵參加者時刻保持雙手衛生
- 參加者於入營前必須量度體溫，入住宿舍前亦須再次量度體溫，營會期間亦需早晚量度體溫
- 確保室內空氣流通並控制參加活動人數，避免出現擠擁情況
- 鼓勵籌委在策劃活動或遊戲時，避免可能會傳播飛沫的活動
- 如出現流感徵狀，不論病徵如何輕微，都必須戴上口罩及立即求診，並停止參與任何活動

此外，大學亦會在書院迎新營期間，提供廿四小時緊急醫療支援，以應付可能出現的人類豬型流感爆發或群組感染事故。

上述措施旨在加強衛生防護，希望給同學更多健康保障，最重要還是鼓勵同學保持良好的個人衛生習慣，營會期間要有充足休息及睡眠，以保持良好免疫力。

有關預防人類豬型流感的預防指引，詳情可見新生輔導資訊網頁 (<http://www.cuhk.edu.hk/orientation/ocamp/index.htm>)；同學務必將有關指引及安排轉告家長們，使他們對於你們參加迎新營更加安心。

如有查詢，歡迎隨時聯絡新生輔導聯合委員會秘書處 2609-8574、大學保健處 2609-6006 或所屬書院輔導處。

祝大家營會愉快！

新生輔導聯合委員會主席
陳浩然

2009年8月25日

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Dear New Students,

Welcome to the CUHK family! I believe that many of you are preparing for tomorrow's College Orientation Camps, and some of you may be worrying about the Influenza A H1N1 situation at the same time.

In preparation for the College O' Camps, the Committee on Health Promotion and Protection (CHPP) and the Joint Committee on New Student Orientation (JCNSO) have reviewed and stepped up preventive measures for the O' Camps. They include:

- Face masks, antiseptic gels and thermometers are made available at student hostels.
- Distribute antiseptic gels to encourage good hand hygiene
- Participants are urged to take own body temperature before attending the O' Camp Temperature check will also be conducted upon check-in to student hostels, and two times every day during the O' Camp
- Maintain good ventilation for indoor activities and avoid overcrowded situations
- Organizers are urged to avoid activities that will increase risk of droplet transmission
- If influenza symptoms develop, no matter how mild it is, wear a mask and seek medical attention promptly and refrain from joining any activity immediately

Moreover, a 24-hour task force providing emergency medical support on handling of possible clustering or outbreak of Influenza A H1N1 will be formed during the College O' Camp period.

The aforesaid measures aim to further strengthen environmental hygiene and to provide better health protection to our students. Above all you are reminded to practise good personal hygiene, take adequate rest and have quality sleep to maintain good immunity.

Detailed guidelines on prevention of Influenza A H1N1 are available on the website of Orientation for New Students (<http://www.cuhk.edu.hk/orientation/ocamp/index.htm>). You are requested to pass on these information to your parents so that they would feel more comfortable to let you join the O' Camps.

If you have further enquiries, please don't hesitate to contact the Secretariat of the JCNSO at tel. 2609-8574, the University Health Service at tel. 2609-6006, or the respective Colleges.

Wish you a fruitful O' Camp!

Edwin Chan H. Y.

Chairman of Joint Committee on New Student Orientation 25th August, 2009