

Guidelines for Preventing Pneumonia & Influenza in Organising Student Activities

To cope with the wide spread of viral pneumonia, organisers and participants are strongly advised to observe the following guidelines when they plan and implement their student activities.

Local Activities

1. Venue and Environment:

- Maintain good indoor ventilation and allow plenty of fresh air into the indoor environment.
- Select the venue carefully to allow plenty of space for the activity.
- Control the number of participants in the activity, so as to avoid a crowded environment.
- Avoid visiting crowded or poorly ventilated places for an outing activity.
- Keep the venue and environment clean. Do not litter or spit.
- Avoid touching animals (including game), poultry/birds, or their droppings.
- Avoid visiting wet markets, live poultry markets or farms.
- Wash hands immediately after handling items.
- Avoid close contact with patients, especially those with symptoms of acute respiratory infections.
- Never consume game meat or patronise food premises where game meat is served.
- Adhere to food safety and hygiene rules such as avoiding consuming raw or undercooked animal products, including milk, eggs and meat, or foods which may be contaminated by animal secretions, excretions (such as urine), or other contaminated products, unless they have been properly cooked, washed or peeled.

2. Personal Hygiene:

- To prevent pneumonia and respiratory tract infection, members of the public should maintain good personal and environmental hygiene. They are advised to:
 - ✓ Perform hand hygiene frequently, especially before touching the mouth, nose or eyes; after touching public installations, such as handrails or door knobs; or when hands are contaminated by respiratory secretion after coughing or sneezing.
 - ✓ Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel or hand dryer. If hand washing facilities are not available, or when hands are not visibly soiled, hand hygiene with 70 to 80% alcohol-based handrub is an effective alternative.
 - ✓ Cover your mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissues into a lidded rubbish bin, then wash hands thoroughly.
 - ✓ When having respiratory symptoms, wear a surgical mask, refrain from work or attending class, avoid going to crowded places, and seek medical advice promptly.

Non-local / Overseas Activities

1. Before Leaving Hong Kong:

- Check your destination to see whether there is any outbreak of viral pneumonia.
- Do not go to cities experiencing an outbreak of viral pneumonia or other pandemic.
- Make sure you are fully aware of the facts about influenza and pandemics.
- Prepare a travel health kit containing basic first-aid supplies, medication and surgical

masks.

- Check your health insurance plan or get additional cover for medical evacuation in the event of illness.
- Participants feeling unwell, especially having fever and/or flu-like symptoms, are advised not to travel but to postpone the trip until recovery.
- Pay attention to news of spread of viral pneumonia and government's announcements.

2. During the Trip:

- Observe personal, environmental and food hygiene.
- Avoid crowded and poorly ventilated public areas.
- Avoid touching animals (including game), poultry/birds, or their droppings.
- Avoid visiting wet markets, live poultry markets or farms. Wash hands immediately after handling items.
- Never consume game meat or patronise food premises where game meat is served.
- Adhere to food safety and hygiene rules such as avoiding consuming raw or undercooked animal products, including milk, eggs and meat, or foods which may be contaminated by animal secretions, excretions (such as urine), or other contaminated products, unless they have been properly cooked, washed or peeled.
- Wear a mask whenever necessary.
- Clean your hands often using soap and water or waterless alcohol-based hand sanitizers.
- If feeling unwell when outside Hong Kong, especially if having a fever or cough, wear a surgical mask, inform the hotel staff or tour escort, and seek medical advice at once.
- Watch out for the latest situation of the viral pneumonia pandemic in the areas.

3. After Returning to Hong Kong:

- Consult a doctor or visit a public hospital promptly if having a fever or other symptoms, inform the doctor of recent travel history, and wear a surgical mask to help prevent spread of the disease.

For more information, please visit the following websites:

- [Centre for Health Protection](http://www.chp.gov.hk) (www.chp.gov.hk)
- [Hospital Authority](http://www.ha.org.hk/visitor/ha_index.asp) (http://www.ha.org.hk/visitor/ha_index.asp)
- [Travel Health Advice](http://www.travelhealth.gov.hk/eindex.html) (www.travelhealth.gov.hk/eindex.html)
- [World Health Organization](http://www.who.int) (www.who.int)