

敬啟者：

A1810-10

提高警惕 預防水痘

水痘是由水痘帶狀疱疹病毒引起的急性傳染病，多發生在 12 歲以下的兒童身上。雖然幾乎所有人於感染水痘後都會終身免疫，但水痘病毒仍可能潛伏於人體內，並可在多年後復發引致「帶狀疱疹」，俗稱「生蛇」。

一．本校近況及安排：

1. 九月底，本校有幾位中一同班學生感染水痘，都已求醫診治。近日發現中三及中四都有學生感染。特致函家長及學生小心預防。
2. 校方已到課室消毒，並提醒學生注意個人衛生，慎防感染。
3. 學生出門前，家長應先替子弟量度體溫，如果發燒（口溫高於 37.5°C，或耳溫高於 38°C），切勿上學，並及早求醫。請家長於早上九時前親自致電校務處請假，學生復課時交回請假信及醫生證明書。
4. 校方如發現學生發燒，會立即通知家長接回。
5. 患上水痘的學生不應返回學校，應留在家中直至所有小水疱變乾（通常在紅疹出現約 1 星期後），以免把病毒傳染給其他同學。
6. 學生如果需要在內使用口罩，可以到校務處登記領取。

二．水痘病徵

1. 患者通常會出現發燒和痕癢的紅疹。
2. 紅疹大概於 5 天內陸續出現，最初出現於身軀，然後向面部和四肢散佈。
3. 這些紅疹先是扁平，及後形成突起的豆狀小水疱，小水疱維持約 3 — 4 天，然後變乾、結痂。
4. 患者通常約於 2 — 4 星期內痊癒。
5. 曾接種水痘疫苗者仍可能感染水痘（稱「突破感染」）。其症狀通常較為輕微或較不典型，水疱數目亦較少，紅疹通常以斑丘疹為主而非水疱，病程通常比未有接種疫苗者較短。
6. 傳播途徑：水痘可透過飛沫或空氣傳播。亦可經由直接或間接接觸水痘或帶狀疱疹患者帶有病原體之水疱液、黏膜分泌物而傳播。
7. 潛伏期：10 — 21 天，通常 14 — 16 天。
8. 傳染期：通常由患者出疹前 1 — 2 天，至所有小水疱變乾。水痘的傳染性極高，尤其是在患者出疹的初期。

三．衛生防護中心提醒大家應嚴格採取以下的措施，預防感染：

1. 保持良好的個人衛生
 - 經常保持雙手清潔，尤其在觸摸口、鼻或眼之前、觸摸扶手或門把等公共設施後，或當手被呼吸道分泌物污染時，如咳嗽或打噴嚏後。洗手時應以梘液和清水清洗最少 20 秒，其後用抹手紙或乾手機弄乾。當雙手沒有明顯污垢時，用含 70 — 80% 的酒精搓手液潔淨雙手亦為有效方法。
 - 當出現感染病徵，應戴上外科口罩，停止上班或上學，避免前往人多擠逼的地方，及盡早向醫生求診。

2. 保持良好的環境衛生

- 定期清潔和消毒常接觸的表面，如傢俬、玩具和共用物件。使用 1 比 99 稀釋家用漂白水（即把 1 份 5.25% 漂白水與 99 份清水混和）消毒，待 15 – 30 分鐘後，用水清洗並抹乾。金屬表面則可用 70% 火酒清潔消毒。
- 用吸水力強的即棄抹巾清理可見的污物，如呼吸道分泌物，然後用 1 比 49 稀釋家用漂白水（即把 1 份 5.25% 漂白水與 49 份清水混和）消毒被污染的地方及鄰近各處，待 15 – 30 分鐘後，用水清洗並抹乾。金屬表面則可用 70% 火酒清潔消毒。
- 保持室內空氣流通。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。

3. 免疫接種

- 現時已有疫苗預防此病，約 9 成接種疫苗的人士都可以產生免疫能力。
- 香港兒童免疫接種計劃為一歲及小一的兒童接種含水痘疫苗。（請參閱「香港兒童免疫接種計劃」）家長可向家庭醫生或衛生署母嬰健康院查詢詳情。

請家長閱後簽署電子回條為荷。

此致
各位家長

觀塘瑪利諾書院校長



余健華謹啟

二零一八年十月十一日

回 條

A1810-10

敬覆者：

本人已知悉有關**預防水痘**的資訊。

此覆

觀塘瑪利諾書院校長

學生姓名： _____

家長姓名： _____

班別： _____

家長簽署： _____

學號： _____

日期： _____

A1810-10

11th October, 2018

Dear Parents/Guardians,

Prevention of Chickenpox

Chickenpox (varicella) is an acute infectious disease caused by the varicella-zoster virus. It predominantly affects children under 12 years of age. Although almost all persons develop lifelong immunity after chickenpox infection, the virus may remain latent in the body and recur many years later as herpes zoster (shingles).

A. The situation of our school and measures:

1. In late September, several F.1 students in the same class have been infected with chickenpox, and they have been seeking medical treatment. Recently, several students in F.3 and F.4 have been found to be infected. This letter is aimed to ask parents and students to take precautions.
2. The school has disinfected the classrooms and reminded students to pay attention to personal hygiene and prevent infection.
3. Before students leave for school, parents should first measure the body temperature for the children. If the fever is high (the mouth temperature is higher than 37.5 ° C, or the ear temperature is higher than 38 ° C), do not go to school and seek medical advice as soon as possible. Parents are requested to call the school office for leave before 9:00 in the morning, and the student will submit the leave letter when they return to class.
4. If the school finds that the student has a fever, we will immediately notify the parents to pick him back home.
5. Students with chickenpox should not return to school and should stay at home until all small blisters dry out (usually about 1 week after the rash occurs) to avoid transmitting the virus to other students.
6. Students who need to use a mask in school can get it at the school office.

B. Clinical features

- Patient usually presents with fever and itchy skin rashes.
- Rashes develop in crops over a period of 5 days on body, then spread to the face, arms and legs.
- The rashes first appear as flat spots and later as vesicles. The vesicles continue for 3 - 4 days, then dry up and form scabs.
- The patient usually recovers in about 2 - 4 weeks.
- Persons who have received chickenpox vaccination may still develop chickenpox (known as 'breakthrough disease'). The clinical presentation is usually mild or atypical. There may be fewer skin lesions and the skin rash is usually maculopapular with few or no vesicles. Compared with non-vaccinated persons, the duration of illness is usually shorter.
- Mode of transmission: Chickenpox can be spread through droplets or air. It can spread through direct or indirect contact with the discharges from vesicles and mucous membranes of persons with chickenpox or herpes zoster.
- Incubation period: 10 - 21 days, usually 14 - 16 days
- Infectious period: Usually 1 - 2 days before rash appears and until all vesicles have dried up. It is extremely contagious, especially in the early stage of rash eruption.

C. Measures recommended by Centre for Health Protection

1. Maintain good personal hygiene

- 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 soap and water for at least 20 seconds, then dry with a disposable paper towel or hand dryer. When hands are not visibly soiled, clean them with 70-80% alcohol-based handrub as an effective alternative.
- When having symptoms, wear a surgical mask, refrain from work or school, avoid going to crowded places and seek medical advice promptly.

2. Maintain good environmental hygiene

- Regularly clean and disinfect frequently touched surfaces such as furniture, toys and commonly shared items with 1:99 diluted household bleach (mixing 1 part of 5.25% bleach with 99 parts of

water), leave for 15 – 30 minutes, and then rinse with water and keep dry. For metallic surface, disinfect with 70% alcohol.

- Use absorbent disposable towels to wipe away obvious contaminants such as respiratory secretions, and then disinfect the surface and neighbouring areas with 1:49 diluted household bleach (mixing 1 part of 5.25% bleach with 49 parts of water), leave for 15 – 30 minutes and then rinse with water and keep dry. For metallic surface, disinfect with 70% alcohol.
- Maintain good indoor ventilation. Avoid going to crowded or poorly ventilated public places; high-risk individuals may consider putting on surgical masks while in such places.

3. Immunisation

- Chickenpox vaccine is available in Hong Kong. About 90% of persons who receive the vaccine will acquire immunity.
- Under the Hong Kong Childhood Immunisation Programme, children are given varicella-containing vaccines at 1 year old and in Primary 1. (Please refer to the Hong Kong Childhood Immunisation Programme). Parents may consult family doctors or Maternal and Child Health Centres for details.very much.

Parents please sign the electronic reply after reading the letter. Thank you very much.

Yours faithfully,



Yee Kin Wah
Principal

Reply slip

A1810-10

Dear Principal,

The content of the notice about the **Prevention of Chickenpox** has been noted.

Name of Student:_____

Signature of Parent:_____

Class:_____ Class No._____

Name of Parent:_____

Date:_____