



Po Leung Kuk
Lo Kit Sing (1983) College

保良局羅傑承(一九八三)中學

Cheung Hong Estate, Tsing Yi, N.T., Hong Kong

香港新界青衣長康邨

Tel: 2497 7110

Fax: 2431 1156

Dear Parents,
各位家長：

P25027

**Arrival of the 2025-26 Influenza Season in Hong Kong and
Additional Measure on Temperature Monitoring**
香港 2025-26 流感季節來臨及量度體溫的額外措施

The Centre for Health Protection (CHP) advised that schools should actively check the body temperature of all students every day during this influenza season when they arrive at school so as to identify students with fever. Parents should remind your children to do the following before coming back to school every day.

- Measure the body temperature.
- Access to the eClass Parent/Student App to complete an online Body Temperature Record for your children.

【For Android phones, steps are shown below:】

1. Open the eClass Parent/Student App.
2. Tap the “Three-white-lines” at the top left hand corner to show the main menu.
3. Select “Body Temperature Records” from the main menu.
4. Follow the instructions, fill in the temperature and submit the record.

【For iPhones, steps are shown below:】

1. Open the eClass Parent/Student App.
2. Tap the “More” item at the bottom to show the main menu.
3. Select “Body Temperature Records” from the main menu.
4. Follow the instructions, fill in the temperature and submit the record.

- If the item “Body Temperature Records” is not shown in the main menu, please log out the account and then log in again. Repeat the above steps.

Please note that to prevent outbreaks of influenza and other respiratory infections, it is of prime importance that children with fever (oral temperature higher than 37.5°C, or ear temperature higher than 38°C), regardless of the presence of respiratory symptoms, should not be allowed to attend school. They are advised to seek medical advice promptly.

The following measures are advised to prevent influenza and other respiratory infections:

- Maintain hand hygiene, avoid touching one's eyes, mouth and nose;
- Wash hands with liquid soap and water properly whenever possibly contaminated;
- Cover the nose and mouth with tissue paper when sneezing or coughing;
- Dispose of soiled tissue paper properly into a lidded rubbish bin, and wash hands thoroughly afterwards;
- Maintain good indoor ventilation;
- Wear a mask properly, including performing hand hygiene before wearing and after removing a mask;
- When having respiratory symptoms, wear a surgical mask, refrain from attending classes at school, avoid going to crowded places and seek medical advice promptly;
- Wear a surgical mask when getting into contact with persons with fever or respiratory symptoms;
- Wear a surgical mask when taking public transportation or staying at crowded places; and
- Build up good body immunity by having a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

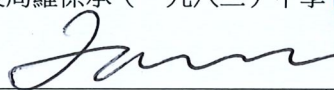
For the latest information on influenza and prevention measures, please visit the CHP's pages:

- The influenza page (<https://www.chp.gov.hk/en/features/14843.html>)
- Prevention of Seasonal Influenza Infographic (https://www.chp.gov.hk/files/pdf/prevention_of_seasonal_influenza.pdf)
- Video on “Prevent diseases · Maintain good hygiene” (<https://www.youtube.com/watch?v=sJFekuVwJ-s>).

Should you have any enquiries, please contact the staff of the General Office at 2497 7110.

< To be continued, please see attached 未完，請見附頁 >

Po Leung Kuk Lo Kit Sing (1983) College
保良局羅傑承(一九八三)中學


Law Wing Chung, Principal 羅穎忠校長
22nd September, 2025 二零二五年九月二十二日



衛生防護中心（中心）建議學校應在本流感季節期間每天為所有學生在抵校後量度體溫，以識別發燒學童。於每天早上，家長須提醒 貴子弟回校前完成以下程序：

- 量度體溫。
- 透過 eClass 家長/學生流動應用程式為 貴子弟填寫網上體溫紀錄。

【Android 手機步驟如下：】

1. 打開 eClass 家長/學生流動應用程式。
2. 於主界面，按左上方「三橫」。
3. 在「三橫」功能選單中，選取「體溫紀錄」。
4. 跟據指示，填寫體溫記錄，並呈送紀錄。

【iOS 手機步驟如下：】

1. 打開 eClass 家長/學生流動應用程式。
2. 於主界面，按下方功能列上「更多」。
3. 在「更多」功能選單中，選取「體溫紀錄」。
4. 跟據指示，填寫體溫記錄，並呈送紀錄。

- 如在過程中未能找到「體溫紀錄」選項，請先登出帳戶，然後再登入，重覆以上步驟。

請注意，為防止流感及其他呼吸道傳染病的爆發，學童如出現發熱（口探高於 37.5°C，或耳探高於 38°C），不論是否有呼吸道感染病徵，都不應回校上課，並盡早求醫。

我們亦建議採取以下措施預防流感及其他呼吸道感染：

- 保持手部衛生，避免觸摸眼睛、口和鼻；
- 雙手一旦染污，應使用梘液和清水以正確方法洗手；
- 打噴嚏或咳嗽時應用紙巾掩着口鼻；
- 把用過的紙巾棄置於有蓋垃圾箱內，其後應徹底洗手；
- 保持室內空氣流通；
- 正確佩戴口罩，包括在佩戴口罩前及脫下口罩後保持手部衛生；
- 當出現呼吸道感染病徵，應戴上外科口罩，不應上學，避免前往人多擠迫的地方，並盡早求醫；
- 當需要接觸有發燒或呼吸道感染症狀的患者時應佩戴口罩；
- 在乘搭交通工具或在人多擠迫的地方逗留時亦應佩戴外科口罩；及
- 保持均衡飲食、恆常運動及充足休息，不要吸煙和避免過大的生活壓力，以建立良好身體抵抗力。

有關最新的流感資訊及預防措施，可參閱衛生防護中心專題網頁：

- 流感網頁 (<https://www.chp.gov.hk/tc/features/14843.html>)
- 預防流感信息圖表
(https://www.chp.gov.hk/files/pdf/prevention_of_seasonal_influenza.pdf)
- 「預防疾病 保持衛生 不求人」短片
(https://www.youtube.com/watch?v=V_PUyJy5sYI)

如有任何查詢，請致電 2497 7110 與校務處職員聯絡。