

CHP investigates seven outbreaks of upper respiratory tract infection

The Centre for Health Protection (CHP) of the Department of Health is today (November 16) investigating seven outbreaks of upper respiratory tract infection (URTI), affecting one child care centre and six primary schools. The CHP strongly appealed to members of the public and staff of institutions to stay alert and maintain strict personal and environmental hygiene as an increasing number of institutional URTI outbreaks has been recorded recently.

Details of the outbreaks are listed in the table below:

Type of school (District)	Number of people affected and details of medical attention	Earliest onset date	Symptoms
Case 1: Child care centre (Mong Kok)	16 boys and 15 girls (aged 7 to 38 months); 21 of them sought medical attention; all are in stable condition and none required hospitalisation	November 10	Fever, cough and runny nose
Case 2: Primary school (Wan Chai)	16 boys and 19 girls (aged 6 to 9); all are in stable condition and none required hospitalisation	November 6	Fever, cough, runny nose and sore throat
Case 3: Primary school (Kowloon City)	15 boys and 10 girls (aged 5 to 10) and one staff member; 15 of them sought medical attention; all are in stable condition and none required hospitalisation	November 6	Cough, runny nose and sore throat
Case 4: Primary school (Sham Shui Po)	11 boys and nine girls (aged 5 to 10); 13 of them sought medical attention; all are in stable condition and none required hospitalisation	November 1	Fever, cough, runny nose and sore throat

Case 5: Primary school (Yau Tsim Mong District)	12 boys and 11 girls (aged 7 to 9); 16 of them sought medical attention; all are in stable condition and none required hospitalisation	November 6	Cough, runny nose and sore throat
Case 6: Primary school (Sha Tin)	12 boys and 10 girls (aged 5 to 8); 18 of them sought medical attention; all are in stable condition and none required hospitalisation	November 10	Cough, runny nose and sore throat
Case 7: Primary school (Islands District)	12 boys and 11 girls (aged 5 to 9); 21 of them sought medical attention; all are in stable condition and none required hospitalisation	November 6	Cough, runny nose and sore throat

The schools are advised to adopt necessary infection control measures against respiratory infections and have been put under medical surveillance.

Taking account of the epidemic situation of COVID-19 and the increasing number of URTI outbreaks in schools recently, as a prudent and precautionary measure, the CHP will arrange distribution of deep throat saliva specimen bottles for schools with URTI outbreaks and provide COVID-19 testing to all staff members and students of the affected classes, and will advise the schools to suspend affected classes for at least three days until test results are available.

The public should maintain good personal and environmental hygiene against influenza and other respiratory illnesses.

- Receive seasonal influenza vaccination for personal protection;
- A surgical mask can prevent transmission of respiratory viruses from ill persons. It is essential for persons who are symptomatic (even if having mild symptoms) to wear a surgical mask;
- Wear a surgical mask when taking public transport or staying in crowded places. It is important to wear a mask properly, including performing hand hygiene before wearing and after removing a mask;
- Avoid touching one's eyes, mouth and nose;
- Wash hands with liquid soap and water properly whenever possibly contaminated;
- When hands are not visibly soiled, clean them with 70 to 80 per cent alcohol-based handrub;
- 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;
- When having respiratory symptoms, wear a surgical mask, refrain from work or attending class at school, avoid going to crowded places and seek medical advice promptly; and
- Maintain a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

Members of the public, particularly children, the elderly and those with chronic diseases, should wear a face mask and consult a doctor promptly if they develop symptoms of respiratory tract infection.