

Housing Channel

Title: Prevention of Flu

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It's the peak flu season in Hong Kong now

To prevent the spread of influenza

all public housing residents must stay alert

Please maintain a clean living environment

and pay attention to personal hygiene

Ways to prevent flu include

Avoid touching birds and their droppings

If you have had physical contact with birds or fowl

wash your hands with soap and water at once

When you sneeze or cough

cover your mouth and nose

and then wash your hands immediately

Keep your hands clean at all times

Wash them in the correct way with soap

After washing, dry them with paper towels

Do not share towels with other people

Ensure the interior is well-ventilated

Avoid going to crowded places

Exercise regularly and have a balanced diet

Have sufficient sleep and rest

to boost your immune system

If you have symptoms of respiratory diseases

or have a high fever

put on a mask and see the doctor at once

You may go to the
Centre for Health Protection website
for more information on flu prevention

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Centre for Health Protection website
<http://www.chp.gov.hk>