

## **Stay vigilant in the fight against influenza**

Dear colleagues and students,

As the Christmas and New Year holidays are upon us, and while you are preparing for the festive season, we would like to remind you to maintain vigilance against influenza, as the virus is most prevalent at this time of the year.

To prevent influenza or other respiratory tract infections, you are advised to take note of the following health tips:

- bolster immunity by adhering to a good diet, enjoying regular exercise and adequate rest, reducing stress and avoiding smoking;
- maintain good personal hygiene, wash hands after sneezing or coughing and wear a mask when experiencing symptoms of respiratory infection;
- maintain good ventilation;
- avoid visiting crowded places with poor ventilation, especially during peak flu season.

Limited stocks of surgical masks are available at the Facilities Management Office. Enquiries about departmental orders can be directed to Mr Thomas Wong (tel: 3442 6843 / email: [fmtw@cityu.edu.hk](mailto:fmtw@cityu.edu.hk)).

May I take this opportunity to wish you a Merry Christmas and a Prosperous 2008!

Dr Ellen Ko  
Vice-President for Administration  
Chairman of the Ad-hoc Group on Prevention of Avian Flu

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