

Prevention against Influenza Pandemic/ Avian Flu (For Resident)

Dear Resident,

Please stay vigilant of the possible outbreak of Influenza Pandemic / Avian Flu. All residents are reminded to cooperate at all times to prevent infection by:

1. Practicing Healthy Lifestyle

- Maintain good and environmental personal hygiene, wash hands frequently and properly, do not share towels.
- Maintain healthy lifestyle, keep a balanced diet, have regular exercise and adequate rest and sleep.
- Keep windows open for better ventilation.
- Clean your own room and washroom regularly.

2. Acting Responsibly

- Keep a face mask handy, wear it when you are in crowded places.
- Use serving utensils when having meals with others.
- Help clean the communal areas and keep the environment clean.
- Avoid taking unnecessary trips to infected areas/ regions.
- Consult doctors promptly if you have symptoms of influenza after returning from trips, especially from the endemic areas

3. Caring for Others

- If a hall member is sick, especially displaying fever or other respiratory symptoms, he/ she should consult a doctor as soon as possible and stay home until recovery as far as possible.
- The sick person should wear a face mask to avoid infecting others.
- The sick person (or the roommate) should inform his/ her respective Residence Tutor/ Master of the situation.
- Roommate of the sick person is suggested to put on a face mask for protection. If the roommate feels uncomfortable to stay, he/ she can choose to stay home, or inform the respective Residence Tutor for further assistance.

4. Staying Alert of New Developments

Stay alert of new developments. Respect all temporary house rules or arrangement promulgated by the Residence Masters or SRO. For updated information on

Influenza Pandemic and Avian Flu, please visit the following websites:

- Campus Prevention of Avian Flu (CityU): <http://www.cityu.edu.hk/avianflu>
- Centre for Health Protection: www.chp.gov.hk
- Department of Health: www.dh.gov.hk
- The HKSAR Government Website on Prevention of Avian Influenza:
www.info.gov.hk/info/flu/eng/index.htm
- Health Tips for Travellers: www.info.gov.hk/info/flu/eng/files/healthtips.htm
- Travel Health Advice: www.travelhealth.gov.hk/eindex.html
- World Health Organization: www.who.int

Keep well and stay healthy!

Student Residence Office

City University of Hong Kong

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