



裘錦秋中學(屯門)
Ju Ching Chu Secondary School (Tuen Mun)

地址：香港屯門楊青路 28 號

Address: 28 Yeung Tsing Road, Tuen Mun, Hong Kong

網址 Web site: <http://www.jcctm.edu.hk> 電話 Tel.: (852)-2461 1555 傳真 Fax: (852)-2464 6161 電郵 E-mail: mail@jcctm.edu.hk

家長通告
2025-2026/044
2025 夏季流感季節應變措施

敬啟者：

根據衛生署衛生防護中心公布，香港進入 2025 夏季流感季節。隨着新學期開始，學校出現的流感樣疾病爆發個案顯著增加。為保障學生健康，我們期盼各位家長除了須保持家居清潔衛生，還請各位家長與我們通力合作，提醒學生時刻保持個人和校園環境衛生。

謹請留意以下各項，並切實執行：

1. 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。

由 15/9(一)起請家長每天須在子女離家上課前為他們量度體溫，並於「eClass 體溫記錄頁面」記錄每天測量的體溫數據，直至另行通知。

此外，衛生署衛生防護中心建議採取以下預防措施：

- 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；
- 當需要接觸有發燒或呼吸道感染症狀的患者、乘搭交通工具或在人多擠迫的地方逗留時應佩戴外科口罩；高危人士到訪公眾地方時應佩戴 外科口罩；
- 當出現呼吸道感染病徵，應戴上外科口罩，不應上班或上學，避免前往人多擠迫的地方，並盡早求醫；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。

如有查詢，請致電 2461 1555 與校務處聯絡。

此致
貴家長

裘錦秋中學（屯門）

陳月平校長謹啟

二零二五年九月十一日

註：附件一



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Parents Circular

2025-2026/044

2025 Summer Influenza Season and Additional Measure on Temperature Monitoring

Dear Parents/Guardians,

According to the Health Department's Centre for Health Protection, Hong Kong has entered the 2025 summer influenza season. With the new school term beginning, there has been a significant increase in cases of influenza-like illnesses in schools. To ensure the health of our students, we urge all parents to maintain cleanliness and hygiene at home and to work together with us to remind students to keep personal and campus environments clean.

Please pay attention to the following points and implement them diligently:

Students who have a fever (oral temperature above 37.5°C or ear temperature above 38°C), regardless of whether they show respiratory infection symptoms, should not attend school.

Starting from September 15 (Monday), parents are required to measure their children's temperature daily before they leave home for school and record the temperature data on the "eClass Body Temperature Records Page" until further notice. The following measures are advised:

- 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;
- Wear a mask when getting into contact with persons with fever or respiratory symptoms; taking public transportation or staying at crowded places; and high risk persons should wear a surgical mask when visiting public place;
- When having respiratory symptoms, wear a surgical mask, refrain from attending classes at school, avoid going to crowded places and seek medical advice promptly; and
- Build up good body immunity by having a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

Should you have any enquiries, please contact the school office at 2461 1555.

Yours faithfully,

Chan Yuet Ping

Principal

11 October 2025

Note: Attachment 1