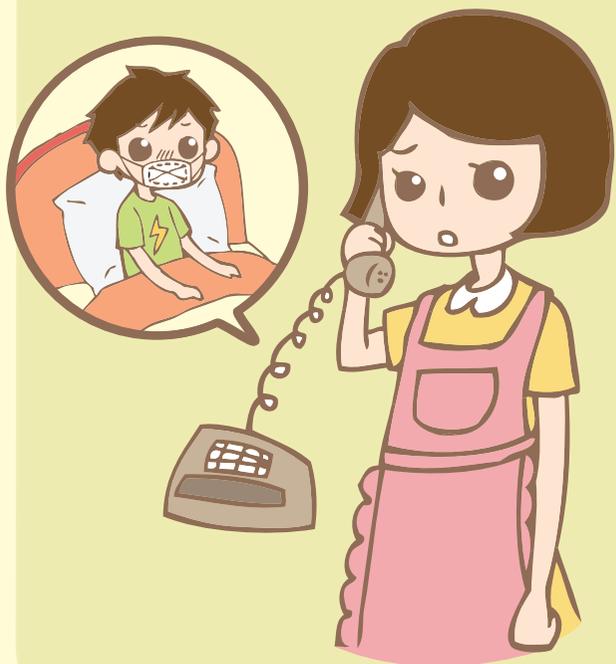


If your child suffers from flu...

If your child has a combination of the symptoms of fever, headache, fatigue, cough, sore throat, runny and stuffy nose, muscle pain, diarrhea, vomiting, etc., you should help your child to put on a medical face mask and take him/her to see a doctor as soon as possible. Give medicine to your child according to the doctor's prescription and take good care of him/her. Ask for a sick leave from school if necessary; keep the child at home to rest, so as to reduce the possibility of disease transmission.

Inform the school about the illness of your child. Take further initiatives to familiarise yourself with measures to help your child fight against influenza, particularly originating from school. Also closely communicate and collaborate with the school.



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Fighting against seasonal influenza with your children



Understanding seasonal influenza

Parents should have a fundamental knowledge of the symptoms and transmission of seasonal influenza as well as methods of preventing the spread of influenza.

Influenza, commonly referred to as the “flu” is an acute respiratory infectious disease.

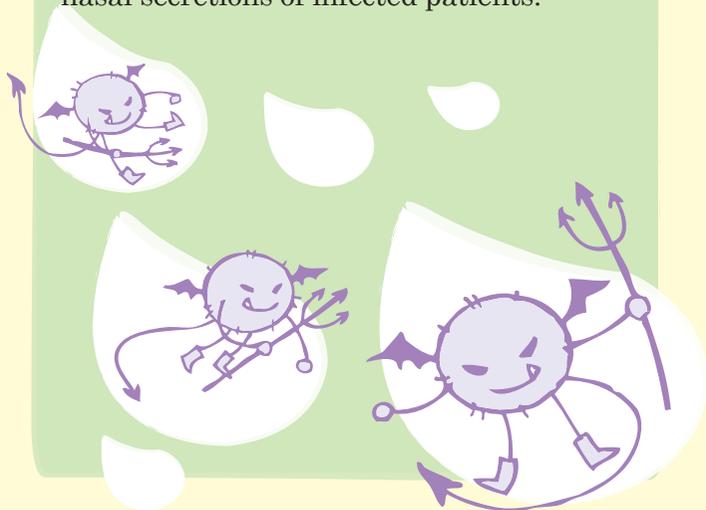
The peak season is usually between January and March every year.

The incubation period is usually 1 to 3 days; it is contagious between 1 day before and 7 days after falling ill.



Method of transmission

Infection is mainly spread by air or droplets of saliva; it can also be transmitted by direct or indirect contact with the oral or nasal secretions of infected patients.



Preventive measures

1. Maintaining good air circulation

During the peak season of influenza, teach children to open windows wherever possible, so as to maintain good indoor ventilation and reduce the possibility of disease transmission.



2. Pay attention to personal hygiene

Teach children to develop good personal hygiene habits, including:

- Cover nose and mouth with tissue paper when coughing or sneezing; or if there is no tissue paper around, cover the nose and mouth with the elbow instead of the palm.
- Throw used tissue paper into the toilet and flush it away; or throw it into a covered rubbish bin.
- Wash hands frequently with soap and water for 15 to 20 seconds, or wash hands with an alcohol hand sanitizer.



3. Keep a watch on the state of health



Be observant of the state of health of your children.

4. Develop a healthy lifestyle

Teach children to develop a healthy lifestyle and habit, such as “early to bed and early to rise”, appropriate exercise and a balanced diet; avoid excessive fatigue and smoking, so as to strengthen the body’s resistance to infection.

5. Avoid going to crowded public places or places with poor ventilation



6. Take influenza vaccination every year

