

In view of the increase in cases of novel coronavirus pneumonia in Wuhan and exported cases to other cities and countries, as well as the anticipated increase in travel volume in the lead up to the Chinese New Year holidays, our school would like every student and staff to take the following precautionary measures:

- Watch out for the common signs of infection which include fever, cough, tightness of the chest, shortness of breath, lung inflammation and fluid in the lungs (chest scan), diarrhoea and other gastrointestinal symptoms.
- Fill up the travel declaration form.
- Bring a digital thermometer to school every day.
- Observe good personal hygiene at all times.
- Drink more water.
- Have enough sleep.
- Eat nutritious food.
- Take in more Vitamin C.
- Avoid contact with live animals including poultry and birds.
- Avoid consumption of raw and undercooked meat.
- Avoid close contact with people who are unwell or showing symptoms of illness.
- Do not come to school if you are unwell especially so for those who have just come back from China and other affected countries. See a doctor and rest at home.
- Put on a mask if you have slight runny nose or a bit of coughing and you need to get clearance from the school nurse before you can attend class lessons.
- Cover your nose and mouth when sneezing or coughing.