

We have been aware of 7 cases of H7N9 influenza infection in Mainland China recently, all IFT students and staff are recommended to take heed of the following preventive advice against the H7N9 influenza and Novel Coronavirus:

關注內地近日出現 7 宗感染 H7N9 流感個案，為預防流感、新冠狀病毒等疾病，學院建議所有學生及教職員採取以下預防措施：



Keep hands clean and wash hands properly with soap (Alcohol dispensers are available at the entrance of I-Building, T-Building, Educational Restaurant Building and Taipa campus for sterilizing hands if necessary)

保持雙手清潔及用皂液正確洗手(如有需要，可使用設於啟思樓、協力樓、教學餐廳大樓及氹仔校區入口處之酒精消毒液作消毒雙手)

Avoid direct contact and eat diseased (dead) poultry or other animals. Poultry, eggs and meats should be thoroughly cooked before eating

避免接觸和食用病(死)禽畜或其他動物，禽鳥、雞蛋及肉類應徹底煮熟方可進食



Cover the nose and mouth while sneezing or coughing, and wash hands with soap afterwards

打噴嚏或咳嗽時應掩著口鼻，隨後應立即用皂液洗手

Maintain good ventilation (e.g. open windows at all times if the air-conditioner is not on)

保持空氣流通(如空調沒有啟動,請保持窗戶常開)



Wear a mask when respiratory symptoms develop, promptly consult doctors and stay home for rest in order to lower the opportunity for spreading the disease (Masks are also available at the entrance of I-Building, T-Building, Educational Restaurant Building and Taipa Campus)

如有呼吸道感染病徵，應佩戴口罩及盡早求醫，並留在家中休息以減低傳播病毒的機會(如有需要，啟思樓、協力樓、教學餐廳大樓及氹仔校區入口處均有口罩提供)

Apart from the above advice, building up good body immunity by having a proper diet, regular exercise and adequate rest, reducing stress and avoiding smoking are also some of the precautionary measures to prevent respiratory infection.

除了上述預防措施之外，保持均衡飲食、適量運動、充足休息、避免過度疲勞及避免吸煙亦能增強自身抵抗力以避免患上流感。

Moreover, Central Services will closely follow up the disinfectant of the whole campus and the air-conditioning system.

此外，總務部亦會密切跟進全院清潔及冷氣系統的消毒。

Your kind cooperation will ensure a healthy campus, thank you!

閣下的衷誠合作可確保一個健康的校園，謝謝!