



澳門特別行政區政府
Governo da Região Administrativa Especial de Macau

衛生局
Serviços de Saúde

Guidelines on Influenza Prevention in Crèches, Schools and Similar Establishments at the Height of Influenza Season

Introduction of Influenza

Influenza, also known as flu, is an acute, highly contagious respiratory disease. It is caused by various types of influenza viral strains. Three types of influenza viruses are recognized: A, B and C. In Macao, influenza A (H1N1 and H3N2) and influenza B are most commonly seen, and the peak season normally falls on January to March.

Clinical features

The symptoms include fever, headache, myalgia, running nose, sore throat and cough. Most patients with influenza recover in 2-7 days; however, elderly, children and persons with chronic diseases are more likely to develop complications like bronchitis and pneumonia.

Mode of transmission

The disease is mainly spread among people via direct inhalation of droplets from patients. The infection may be spread from person to person by direct contact with the secretions of infected persons, or through air in crowded or poorly ventilated areas.

Incubation period

Short, usually around 1 to 3 days.

Communicable period

The disease has the greatest communicability during the initial 3 days of illness, and the period of communicability is from 1 day before to 7 days after the onset of symptoms.



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In order to prevent influenza, crèches, schools and the public should adopt the following measures:

Coordination and Management:

- Pay attention to the epidemic information promulgated by the MSAR Government and coordinate with the preventive measures recommended;
- Timely promulgate and update information related to disease prevention to staff, students as well as their parents;
- Pay attention to the health status of students; students who have fever or feeling unwell should be advised to consult doctor and take rest at home;
- Avoid crowdedness in organizing activities.

Environmental Hygiene:

- Windows of classrooms and other compartments should be opened to maintain good ventilation;
- Keep toilets clean, well-ventilated and odor free; clean and disinfect toilets at least once a day according to health conditions;
- Clean and disinfect toys, furniture, floor and frequently touched surfaces at least once daily;
- Provide toilets with liquid soap, disposal tissue towels or hand dryers.

Personal Hygiene:

- Wash hands frequently to keep hands clean;
- Cover nose and mouth with tissue paper when sneezing or coughing, dispose soiled tissue paper in a lidded rubbish bin and wash hands afterwards;
- Do not share towels with others;
- Caregivers, people attending hospitals and clinics and those who have respiratory symptoms should wear a mask.

Management of Sick Children/Staff

- Children and staff who have fever or flu-like symptoms should stay and rest at home;
- Inform the Education and Youth Affairs Bureau or the Social Welfare Institute,



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and the Center for Disease Control and Prevention of the Health Bureau (Tel: 28533525; Fax: 28533524) when there is a large number of children or staff appear to have similar symptoms, unusual symptoms of infection or when there is a sudden increase of absentees.

Centre for Disease Control and Prevention (Technical Unit)