

**Prevention of the Spread of Influenza or Communicable Diseases in Schools:**  
**Points to Note for Physical Education Teachers**

**I. Teaching Considerations**

1. When conducting Physical Education (PE) lessons or co-curricular activities, appropriate precautionary measures should be taken so that students can have suitable physical exercise to enhance their body immunity.
2. Students should be reminded to be aware of personal health and body condition. When they feel sick or unwell, they should seek medical advice immediately and should not participate in PE lessons or co-curricular activities.
3. Students are reminded to observe personal hygiene, especially when taking part in PE activities with body contact, short length face-to-face activities or sharing of sports equipment.
4. Students do not need to wear a face mask in open area or a well ventilated indoor environment.
5. Students could be reminded to bring a clean marked storage bag for placing the mask taken off.
6. Teachers should observe and pay constant attention to the mental and physical conditions of students, especially those with cardiac, vascular or respiratory diseases.
7. Students should be reminded to observe personal hygiene. After PE lessons, they must clean their contaminated skin thoroughly, including washing their hands properly. Adequate time should therefore be allowed for students to clean themselves. They are advised not to share personal items such as towels, etc.

**II. Environment and Facilities**

1. Indoor teaching and activity venues must be kept clean and well ventilated at all times.
2. Sports equipment, sports venues and changing rooms should be regularly disinfected.
3. Students must bring their own drinking water or containers to get water from the drinking fountains. They should not share the water containers with other people or drink directly from the drinking fountains.
4. Liquid soap and paper towels should be available in the changing rooms and the changing rooms should be kept well ventilated.
5. To avoid overcrowding of students in changing rooms which are not spacious or well ventilated, students should be allowed to wear sports uniform for school days when there are PE lessons, alternatively, changing clothes before and after the PE

lesson can be done in groups.

### **III. Relevant Websites**

1. For the latest information on various pandemic influenza and communicable diseases, please visit the Centre for Health Protection website: [www.chp.gov.hk/](http://www.chp.gov.hk/).
2. For the latest information on the water quality of public swimming pools, please visit the Leisure and Cultural Services Department website: [www.lcsd.gov.hk/beach/b5/swim-watqal.php](http://www.lcsd.gov.hk/beach/b5/swim-watqal.php).
3. For the latest information on the guidelines and prevention of influenza (including human swine influenza/avian flu) and other communicable diseases (including SARS) in schools, please visit the Education Bureau website: [www.edb.gov.hk/index.aspx?langno=2&nodeID=240](http://www.edb.gov.hk/index.aspx?langno=2&nodeID=240)

