

11th April 2003

By Fax & Post

TO: All ASA Affiliated Clubs

Dear Clubs,

RE: Matters in relation to SARS

Further to our notice dated 28 March 2003 and in view of the outbreak of atypical pneumonia and the continuous rising of the infected cases in Hong Kong, you are advised to keep a close monitor on members' health condition. Coaches / Swimmers shall cease training if they have any symptom of atypical pneumonia and they should consult doctor immediately and report to the ASA office. Members are also advised to maintain a good personal hygiene and please find attached health advice from the LCSD for your reference.

You will also be notified once the LCSD confirms the date of opening of public swimming pools. We will also keep you informed of the latest arrangement of coming competitions to be held in public swimming pools and please do not hesitate to contact the ASA office at 2572 8594 should you have any inquiry.

Best regards,

Ronnie Wong
Hon. Secretary

c.c. President / Vice President / Hon. Treasurer / Asst. Hon. Sec.
Exe. Comm. Members

Encl. Appendix I Health Advice from LCSD

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康樂文化署轄下文娛場館使用者
預防呼吸道感染的健康指引

附頁一
Appendix I

文娛場館的使用者請採取以下預防呼吸道感染的措施：

- 保持良好的個人衛生習慣，打噴嚏或咳嗽時應掩着口鼻；
- 保持雙手清潔，打噴嚏、咳嗽和清潔鼻子後要用規液洗手；
- 洗手後，以用後即棄的紙巾抹乾；
- 用過的紙巾應妥善棄置；
- 切勿與人共用毛巾；
- 注意均衡飲食、定時運動、有足夠的休息、減輕壓力和避免吸煙，以增強身體的抵抗力。

如懷疑患上或不幸患上呼吸道感染病徵：

- 有呼吸道病徵的病人宜戴上口罩，減低傳染病擴散的機會；
- 如有呼吸道感染病徵，應盡早找醫生診治，充分休息及避免使用文娛場館設施。

The Leisure and Cultural Services Department
Health Advice on the Prevention of Respiratory Tract Infections
for Users of Performing Venues

Users of performing venues should take the following precautionary measures against respiratory infection:

- Maintain good personal hygiene. Cover nose and mouth when sneezing or coughing.
- Keep hands clean. Wash hands with liquid soap after sneezing, coughing or cleaning the nose.
- Use disposable tissue towels for drying hands after washing.
- Dispose of used tissue paper properly.
- Do not share towels.
- Build up body immunity with a balanced diet, regular exercise, adequate rest and stress alleviation. Do not smoke.

Those who are suspected of developing or have unfortunately developed respiratory symptoms should note:

- For patients who have developed respiratory symptoms, they are advised to wear masks to minimize the chance of spreading the disease.
- For those who have developed respiratory symptoms, consult your doctor promptly. Take adequate rest and avoid using the performing venues.

致各屬會：

有關非典型肺炎事項

接著本會於三月廿八日的信件通知各會有關泳池暫停開放及泳總暫停訓練的消息，有見本港典型肺炎的擴散及不斷上升的感染個案，本會現呼籲各會員密切關注各會會員的健康狀況。如教練或泳員懷疑感染典型肺炎或患上呼吸道感染病徵，必須盡快找醫生診治及停止訓練，亦請屬會負責人向泳總報告有關個案。本會在此建議會員留意保持個人衛生，並附上康文署的健康指引以供參考。有關典型肺炎的資料可瀏覽衛生署網頁 www.info.gov.hk/dh/apc.htm

如得到康文署有關公眾泳池重開的消息，本會定會儘快通知各會員。有關本會即將舉行的比賽或訓練的最新安排，請留意泳總的公佈。如有任何疑問，歡迎致電 25728594 與本會職員聯絡。

香港業餘游泳總會
義務秘書

王敏超啟

二 三年四月十一日

副本抄送： 會長 / 副會長 / 義務司庫 / 副義務秘書
執行委員會