



芙蓉中華中學
CHUNG HUA HIGH SCHOOL

Jalan Tun Dr. Ismail, 70200 Seremban,
Negeri Sembilan Darul Khusus, Malaysia.

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编号: PO/AN/2025-032

日期: 2025 年 7 月 21 日

敬致全体教职员、学生及家长:

通告: 烟霾来袭, 请提高健康防护意识

鉴于近期烟霾来袭, 根据最新空气质量监测, 截至今日早上, 全国多地空气素质持续恶化。为保障全体师生的健康与安全, 校方特此呼吁:

- (1.) 请全体师生**多饮水**以保持身体水分, 预防身体不适;
 - (2.) **尽量避免或减少户外活动**, 尤其在高温或空气品质欠佳的时段;
 - (3.) 若必须在户外活动, **建议佩戴口罩**, 以降低吸入污染物的风险;
 - (4.) 敬请全体师生关注自身体状况, 若发现不适, 应立即寻求协助或就医。
2. 校方将持续关注空气质量的最新动态, 并视情况**适时调整教学与活动安排**。
 3. 请大家密切关注学校官方网站及各项官方通报平台, 及时掌握相关讯息。


感谢大家的配合, 共同守护校园的健康与安全。

敬祝

平安健康

校长



 敬启
蔡亲炀博士



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To: All students, teachers and parents

Haze Alert – Please Strengthen Personal Health Precautions

Due to the recent haze, the latest air quality monitoring indicates that air conditions in many parts of the country have continued to deteriorate as of this morning. In light of this, and to safeguard the health and well-being of all students and teachers, the school hereby advises the following:

- **Ensure adequate hydration by drinking plenty of water** to prevent dehydration and discomfort.
- **Minimise or avoid outdoor activities**, especially during periods of high temperatures or when air quality is poor.
- **Wear a face mask** if it is necessary to be outdoors so as to reduce exposure to harmful pollutants
- **Monitor your health condition closely** and seek immediate assistance or medical attention if you feel unwell

The school will continue to closely monitor updates on air quality and will adjust class and activity arrangements accordingly when necessary.

Please stay updated via the school's official website and announcement platforms for the latest information.

Thank you for your cooperation in safeguarding the health and safety of our school community.

Wishing you good health and safety.

Regards,

(Dr. Sua Sin Zang)
Principal

