

CHP investigates case of severe paediatric influenza A infection

The Centre for Health Protection (CHP) of the Department of Health is today (March 12) investigating a case of severe paediatric influenza A infection and reminded the community to heighten vigilance against influenza. The CHP appealed to members of the public to receive seasonal influenza vaccination (SIV) in a timely manner to better protect themselves during the influenza season.

The case involves a 14-year-old girl with good past health. She had developed a fever and cough with sputum since March 8, and had sought medical attention at a private doctor on the same day. She attended St Paul's Hospital today due to shortness of breath and oxygen desaturation, and was given a referral to the accident and emergency department of Ruttonjee Hospital. She was admitted to the paediatric intensive care unit of Pamela Youde Nethersole Eastern Hospital. Her respiratory specimen was positive for influenza A (H1) virus upon laboratory testing. The clinical diagnosis was influenza A infection complicated with pneumonia. She is now in critical condition.

Initial enquiries by the CHP revealed that the patient had not received SIV for this season and had no travel history during the incubation period. Her home contacts are currently asymptomatic. The CHP's investigations are ongoing.

A spokesman for the CHP said, "Influenza can cause serious illnesses in high-risk individuals and even healthy persons. SIV is one of the most effective means to prevent seasonal influenza and its complications, as well as reducing influenza-related hospitalisation and death. SIV is recommended for all persons aged 6 months or above except those with known contraindications. Persons at higher risk of getting influenza and its complications, including the elderly and children, should receive SIV early. As it takes about two weeks to develop antibodies, members of the public are advised to receive SIV early for protection against seasonal influenza. Please see details of the vaccination schemes on the [CHP's website](#)."

A person who gets influenza and COVID-19 at the same time may be more seriously ill and would have a higher risk of death. It is important to receive both SIV and COVID-19 vaccination as soon as possible, in particular for children and elderly persons residing in the community or residential care homes. The public should also maintain good personal and environmental hygiene against influenza and other respiratory illnesses, and note the following:

- Surgical masks can prevent transmission of respiratory viruses from ill persons. It is essential for persons who are symptomatic (even if having

mild symptoms) to wear a surgical mask;

- For high-risk persons (e.g. persons with underlying medical conditions or persons who are immunocompromised), wear a surgical mask when visiting public places. The public should also wear a surgical mask when taking public transport or staying in crowded places. It is important to wear a mask properly, including performing hand hygiene before wearing and after removing a mask;
- Avoid touching one's eyes, mouth and nose;
- Wash hands with liquid soap and water properly whenever possibly contaminated;
- When hands are not visibly soiled, clean them with 70 to 80 per cent alcohol-based handrub;
- Cover the mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissue paper properly into a lidded rubbish bin, and wash hands thoroughly afterwards;
- Maintain good indoor ventilation;
- When having respiratory symptoms, wear a surgical mask, refrain from work or attending classes at school, avoid going to crowded places and seek medical advice promptly; and
- Maintain a balanced diet, perform physical activity regularly, take adequate rest, do not smoke and avoid overstress.

â€‹The public may visit the CHP's [influenza page](#) and weekly [COVID-19 & Flu Express](#) for more information.