

CHP investigates imported case of severe paediatric influenza B infection

The Centre for Health Protection (CHP) of the Department of Health is today (December 3) investigating an imported case of severe paediatric influenza B infection.

The 17-year-old girl, who is a tourist from Singapore with good past health, has presented with fever, sore throat, vomiting and diarrhoea since November 25. She was admitted to United Christian Hospital on November 29 and was transferred to the paediatric intensive care unit for further management on the same day. She is now in a stable condition.

Her nasopharyngeal aspirate tested positive for influenza B virus upon laboratory testing. The clinical diagnosis was influenza B complicated with shock.

Initial enquiries revealed that the patient had received influenza vaccination in Singapore. She travelled to Hong Kong on November 25 and her home contacts and a travel collateral remain asymptomatic so far. The CHP's investigations are ongoing.

The public should maintain good personal and environmental hygiene for protection against influenza and other respiratory illnesses:

- Receive seasonal influenza vaccination for personal protection;
- 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 as an effective alternative;
- Wash or clean hands frequently, especially before touching the mouth, nose or eyes, or after touching public installations such as handrails or door knobs;
- Cover the nose and mouth when sneezing or coughing, and wash hands thoroughly afterwards;
- Dispose of soiled tissue paper properly in a lidded rubbish bin;
- Put on a surgical mask when respiratory symptoms develop;
- Maintain good indoor ventilation;
- Avoid going to crowded or poorly ventilated public places; high-risk individuals may consider putting on surgical masks when staying in such places; and
- Maintain a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

For more information, please visit the CHP's [influenza page](#) and weekly [Flu Express](#).