

## **Human Swine Influenza Pandemic Mitigation Phase Guidelines for High Risk Groups**

### ***1) Young children under 6 years***

- Avoid contact with other children who are unwell or when he/she is unwell himself/herself
- Avoid sharing toys, towels, eating utensils etc. with other children
- Sick children should stay home
- Parents should be watchful about fever and flu-like symptoms in young children, bring them to see a doctor early if the child is sick
- Do not take aspirin unless prescribed by a doctor
- Take extra precaution with children who may have an underlying medical condition or are maintained on long-term medications

### ***2) Persons with chronic diseases***

- Maintain good personal hygiene, especially handwashing
- Avoid contact with persons with flu-like symptoms
- Avoid overcrowded places. Maintain good ventilation of indoor environments
- Be mindful of fever and flu-like symptoms, seek medical attention early
- Inform doctor of your medical condition when you consult him for flu-like illness
- Do not smoke

### ***3) Elderly***

- Same as for persons with chronic diseases
- The elderly should be watched closely because they may not present with typical symptoms of influenza
- Elderly homes should remain highly vigilant of infection control measures and report influenza outbreaks to the Centre for Health Protection promptly

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