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疫苗接種計劃2009 積極備戰 預防傳染病 Vaccination Programme 2009 Meeting the Challenge of Infectious Diseases



當全球包括本港正高度關注人類豬型流感疫苗接種安排，衛生防護中心也同時著手更新其他疫苗計劃，以加強保障市民健康。

今年，衛生署推行的疫苗接種計劃將擴展涵蓋更多對象組別及增加疫苗接種類別，包括將肺炎球菌疫苗納入現行的「兒童免疫接種計劃」，以及首次為本港長者提供季節性流感及肺炎球菌疫苗注射資助。所有免疫接種計劃均由衛生防護中心的項目管理及專業發展處負責統籌及聯同有關單位合作執行。

增加計劃類別及服務對象

項目管理及專業發展處陳少梅醫生表示，以往衛生署為八個特定組別人士提供免費流感疫苗接種。而去年，更針對兒童感染流感後住院率較高的情況，展開了「兒童流感疫苗資助計劃」。鑑於

While the world, including Hong Kong, focuses on the development of human swine influenza vaccination, the Centre for Health Protection (CHP) has not loosened its grip on other aspects. It keeps updating other vaccination schemes to strengthen the protection of citizens' health.

This year, Department of Health (DH) extends its vaccination schemes to cover more vaccines and target groups. The pneumococcal vaccine is included in the existing Childhood Immunisation Programme (CIP). A new vaccination subsidy scheme will also be launched to provide subsidy to eligible elderly for seasonal influenza and pneumococcal vaccinations. All vaccination schemes are coordinated by



長者因流感和肺炎而住院，以及出現嚴重併發症的比率較高，衛生防護中心轄下「疫苗可預防疾病科學委員會」建議六十五歲或以上長者接種季節性流感及肺炎球菌疫苗。因此，衛生署在今年將進一步透過「長者疫苗資助計劃」鼓勵長者接種這兩種疫苗，以保護長者健康。

同時，肺炎球菌疫苗由今年9月1日起已

Programme Management and Professional Development Branch (PMPDB) of CHP and co-executed by the units concerned.

Extended Coverage and New Schemes

Dr Tina CHAN of PMPDB says DH has been providing free influenza

vaccination to eight target groups. In response to the higher influenza-related hospitalisation rate of young children, DH introduced the Childhood Influenza Vaccination Subsidy Scheme (CIVSS) last year. This year, DH will initiate the Elderly Vaccination Subsidy Scheme (EVSS) to encourage Hong Kong elders to receive seasonal influenza and pneumococcal vaccinations, following the recommendation made by Scientific Committee on Vaccine Preventable Diseases under CHP in light of greater ratio of elderly being hospitalised and higher risk of complications. The Committee suggests that elders aged 65 or above should receive seasonal influenza and pneumococcal vaccinations.

Moreover, the pneumococcal vaccine has been included in the updated CIP starting 1 September 2009. Babies born on or after 1 July 2009 can receive free vaccinations at Maternal and Child Health Centres. Dr CHAN estimates that about 70,000 new-born babies each year will benefit.

Private Sector Collaboration

This year, the vaccination subsidy schemes continue to work in collaboration with private doctors. Around 1,200 private doctors enrolled in IVSS last year. Dr CHAN predicts the extension of vaccination subsidy to elders will encourage more doctors to participate this year. The e-Health System has also replaced manual data processing to increase the efficiency of management and implementation of the subsidy schemes.

兒童接種流感及肺炎球菌疫苗



今年，衛生署繼續為年齡介乎六個月至未滿六歲及擁有香港居民身分的兒童提供「兒童流感疫苗資助計劃」。計劃將於2009年10月19日開始。合資格的兒童前往已登記參與計劃的私家醫生診所接種流感疫苗，可獲政府每劑港幣80元的資助。

另外，由2009年9月1日起，兒童接種肺炎球菌疫苗的安排如下：

- * 如兒童在2009年7月1日或以後出生，將根據新修訂的「兒童免疫接種計劃」安排接種疫苗。
- * 如兒童在2007年9月1日至2009年6月30日出生，可透過一次過性質的補種計劃免費接種疫苗，注射期將直至2011年3月31日為止。

Influenza and Pneumococcal Vaccinations for Children

DH continues its CIVSS this year for children who are Hong Kong residents and aged between 6 months and less than 6 years old. The Scheme will start on 19 October 2009. Eligible children are entitled to a HK\$80 Government subsidy per dose of seasonal influenza vaccine received from enrolled private doctors.

The arrangement of pneumococcal vaccination for children starting 1 September 2009 is as follows:

- * Children born on or after 1 July 2009 can receive the vaccination as part of the revised CIP.
- * Children born between 1 September 2007 and 30 June 2009 can receive the vaccination under a one-off catch-up arrangement which will last until 31 March 2011.



納入兒童免疫接種計劃內。所有於2009年7月1日或之後出生的嬰兒，均可前往母嬰健康院免費接種肺炎球菌疫苗。陳醫生估計每年約有七萬名新生嬰兒受惠。

各方合作 準備就緒

今年的疫苗資助計劃會繼續透過與全港私家醫生合作來進行，去年共有1,200名醫生參加「兒童流感疫苗資助計劃」。陳醫生估計，由於今年增加了針對長者的資助計劃，相信會有更多醫生加入。在處理資助資料方面，往年以人手處理的做法將改為透過電子醫健通平台（e-Health System）進行，令計劃的管理及運作更有效率。

陳醫生稱，項目管理及專業發展處已就有關資助計劃開展各項準備工作，包括向私家醫生宣傳有關計劃，提醒醫生及時訂藥和安排人手；製作標記，分發給參加計劃的診所；通過傳媒、電視和電台和派發單張向公眾宣傳，解釋各個資助計劃的詳情等等。市民可透過衛生署設立的查詢熱線(2125 2125)，或參閱衛生防護中心網頁<http://www.chp.gov.hk>了解最新資訊。

同心協力 保障健康

陳醫生表示，流感疫苗和肺炎球菌疫苗在外國均使用多年，副作用少，安全而有效，公眾大可放心接種。她同時呼籲衛生署員工身體力行，不但自己接種所需要的疫苗，更要主動向合適的服務對象和親友推介，令更多人受惠於各項計劃。

項目管理及專業發展處去年開始執行疫苗接種資助計劃，隨著資助計劃不斷擴展，該處面對的工作挑戰越來越多，人手相應增加，與其他單位和機構合作亦日益多元化。陳醫生表示，能服務市民和與更多機構合作是很開心的事情，同事們都樂意多聽意見，並希望與不同群體接觸，與他們成為良好的工作伙伴。Ⓜ

長者疫苗資助計劃

為鼓勵長者接受疫苗注射，衛生署於2009年10月19日開始，為六十五歲或以上的本港居民提供疫苗資助。符合香港居民資格的長者可以以優惠價，前往已登記參與計劃的私家醫生診所接種季節性流感疫苗及肺炎球菌疫苗。每劑季節性流感疫苗的資助額為港幣130元，而每劑肺炎球菌疫苗的資助額則為港幣190元。



Dr CHAN informs that the preparatory work has been carried out by PMPDB. This includes inviting enrollment of private doctors; reminding doctors to order vaccines and arrange manpower in a timely manner; producing and distributing logos for enrolled clinics; explaining details of each subsidy scheme to the public via mass media, such as TV and radio, as well as information pamphlets. The public can obtain updated information through the hotline set up by DH (2125 2125), or by visiting CHP website at www.chp.gov.hk.

Health Protection through Concerted Efforts

Dr CHAN says that the influenza and pneumococcal vaccines have been used in foreign countries for many years. They have been proven to be

Elderly Vaccination Subsidy Scheme

To encourage Hong Kong residents aged 65 or above to get vaccinated, DH introduces EVSS on 19 October this year. Eligible elders can receive subsidised seasonal influenza and pneumococcal vaccinations from private doctors enrolled in the Scheme. The subsidy for each dose of seasonal influenza vaccine is HK\$130 and pneumococcal vaccine HK\$190.

effective and safe with minimal side effects. The public are encouraged to receive them. She also appeals to DH colleagues to receive the indicated vaccinations themselves and encourage eligible clients and relatives to strengthen personal protection by receiving vaccinations under the subsidy schemes.

PMPDB has been responsible for the implementation of the vaccination subsidy scheme since last year. With the extension of the schemes, the Branch is facing more challenges ahead, involving more manpower and cooperation with various units and institutions. Dr CHAN has the pleasure to serve the community and work with the various organisations. The Branch also looks forward to receiving feedback and comments; and achieving partnership through working with different parties. Ⓜ

「2009 有『營』廚藝大比併」 EatSmart Restaurant Cooking Competition 2009



衛生署一向致力營造良好的飲食環境，以助公眾選擇健康飲食，從而預防各種與不良飲食習慣有關的疾病。為配合公眾對健康飲食的訴求，本署於2008年全面推出「有『營』食肆」運動。這運動既令參予的食肆提升體貼客人和創新的形象，亦可以使廣大市民品嚐到健康美味的菜式，可真是一舉兩得，至今已經有超過500間食肆加入。

為了表揚全港傑出的「有『營』食肆」，本署於今年特意舉行「2009有『營』廚藝大比併」，以健康、美味為評分標準，務求打破「健康食物不好吃」的謬誤。是次比賽反應熱烈，共51間「有『營』食肆」提交超過100道菜式參賽。

The Department of Health (DH) is committed to fostering an environment which facilitates the public to adopt healthy eating with a view to preventing diet-related chronic diseases. To meet the public demand for healthy eating, the DH launched the 'EatSmart@restaurant.hk Campaign' in 2008. The Campaign strives to promote the image of enrolled restaurants which offer caring and innovative services to their patrons on the one hand, and to make healthier and tasty dishes more readily available on the other. So far, more

than 500 restaurants have enrolled in 2009 to become 'EatSmart Restaurants'.

This year, the DH continued her efforts in promoting healthy eating through the 'EatSmart@restaurant.hk Campaign' and organised a territory wide 'EatSmart Restaurant Cooking Competition 2009' to encourage the innovation of more delicious and healthy recipes, with a view to correcting the misconception that 'healthy dishes do not taste good'. With the overwhelming support of

「家禽組」冠軍

五色野米雞卷

Poultry Champion

Chicken Roll with Assorted Wild Rice



「海鮮組」冠軍

焗南瓜海鮮糙米飯

Seafood Champion

Baked Brown Rice with

Pumpkin and Seafood



「鮮肉組」冠軍

幻彩玉蓮台

Meat Champion

Steamed Meatballs with Lilies and Soybean Sticks



「蔬果組」冠軍

杞子圓肉浸菠菜

Fruit & Vegetables Champion

Spinach with Chinese Wolfberries and

Dried Longans in Chicken Broth






票王大獎

烈火戰羊

The Most Popular Dish Award

Lamb Racks with Italian White Sauce

今次比賽分「海鮮組」、「蔬果組」、「鮮肉組」和「家禽組」4個組別進行，所有參賽「有『營』菜式」均須符合「3少之選」或「蔬果之選」的要求。經本署審核及公眾投票後，最終由立法會議員余若薇小姐和何秀蘭小姐、李明達先生、沈祖堯教授、紀曉華先生、關琬潼小姐、林澄光先生和袁彩雲小姐組成的名人評審團以試菜方式按食物的味道、外觀、材料配搭及創意來決定各組別的冠、亞、季及優異獎。

市民可在衛生署健康飲食專題網站 www.eatsmart.gov.hk 觀看是次比賽的花絮和得獎食肆的資料，還可搜尋最新的「有『營』食肆」，參考有「營」菜譜，閱讀名人、名廚、營養師和食客的撰文，以及獲取其他實用資訊。 




51 EatSmart Restaurants, more than 100 entries have been received for the competition.

The entries were categorised into four groups: 'Seafood', 'Fruit and Vegetables', 'Meat' and 'Poultry'. All groups had to fulfill the criteria of '3 Less' or 'More Fruit and Vegetables'. After assessment by the professional staff of DH in the first round, selected items were voted by the public and sample tasted by a panel of celebrity adjudicators namely the Honourable Audrey Eu and Cyd Ho, Mr Dick Lee, Professor Joseph Sung, Mr Walter Kei, Ms Shadow Kwan, Mr Michael Lam and Ms Fiona Yuen. The champion, first and second runners-up and merit award of each category have finally been determined according to taste, appearance, use of ingredients and creativity.

The public are invited to visit the healthy eating thematic website of the DH at www.eatsmart.gov.hk to share



the fun of the competition, search for EatSmart Restaurants in an updated list, learn about EatSmart Recipes, enjoy the sharing of celebrities' Smart Talks and obtain useful nutritional information. 



「3少之選」是指菜式選用較少脂肪或油分、鹽分及糖分的用料或烹調方法。

'3 less choice' means that the dish has been prepared with less fat or oil, salt and sugar.



「蔬果之選」則指菜式的材料全屬蔬果類，或按體積計，蔬果類是肉類的兩倍或以上。

'High fibre choice' means that fruit and vegetables are the sole ingredients of the dish, or they occupy at least twice the amount of meat in the dish.



疫苗可預防疾病科學委員會的新建議

New Recommendations by Scientific Committee on Vaccine Preventable Diseases

流行性感冒（流感）是一種由不同類型流感病毒引致的疾病，傳染性極高。在本港，流感一般於一至三月和七、八月較為流行。為了準備迎接即將來臨的季節性流感高峰期，疫苗可預防疾病科學委員會最近發表了名為「就2009至2010年度流感季節的流感疫苗接種建議」的文件。

該建議文件指出接種流感疫苗是預防流感及其併發症的有效方法之一。季節性流感疫苗須每年接種，保護效能則部分取決於疫苗的毒株與現正流行的毒株的吻合程度。根據多項科學考慮因素，科學委員會就2009至2010年度本地季節性流感疫苗的使用，制定了各項建議，當中包括疫苗組合、接種疫苗注意事項、使用劑量，以及建議的接種疫苗對象。

有關建議現已上載至衛生防護中心網頁

http://www.chp.gov.hk/files/pdf/SCVPD_09_flu_vaccine_recommendation_chi.pdf，歡迎公眾查閱。Ⓜ

Influenza is a highly infectious disease caused by various types of influenza viruses. Locally, the disease is usually more common in periods from January to March and from July to August. To prepare for the coming seasonal peak of influenza, Scientific Committee on Vaccine Preventable Diseases (SCVPD) has recently issued 'Recommendations on Seasonal Influenza Vaccination for the 2009/10 Season'.

The recommendations state that influenza vaccination is one of the effective means in preventing influenza and its complications. The seasonal

influenza vaccine requires annual administration and the protective efficacy varies depending partly on whether the vaccine strain matches with the circulating strain. Based on a range of scientific considerations, SCVPD developed recommendations on the use of seasonal influenza vaccines for the 2009/10 season in the local context, which include vaccine composition, vaccine precautions, dosing schedule and recommended target groups.

The recommendations are now available on the CHP website http://www.chp.gov.hk/files/pdf/SCVPD_09_flu_vaccine_recommendation.pdf for public circulation. Ⓜ

出版速遞 Off the Press

家庭傭工衛生手冊

Hygiene VCD and Handbook for Domestic Helpers

衛生防護中心製作了名為「家庭傭工衛生手冊」的視像光盤，提供個人和家居衛生的實用指引，以及基本的防疫措施，藉以減低傳染病散播的風險。此光盤已派發到各有關機構作宣傳教育，並在各健康教育中心以港幣14元發售。

光盤的內容亦被編輯成手冊，供市民免費索取或下載：http://www.chp.gov.hk/files/her/household_personal_hygiene_handbook_chi.pdf。如有任何疑問，歡迎致電2572 1476或2417 6505。

The Centre for Health Protection has produced a VCD titled 'Hygiene Handbook for Domestic Helpers'. It provides practical guidelines for domestic helpers on household and personal hygiene and basic infection control to reduce the spread of infections. The VCD has already been distributed to relevant organisations for health promotion. It is also available for sale at Health Education Centres at a cost of HK\$14.

The content of the VCD is edited into an explanatory booklet, which is provided free of charge upon request or can be downloaded from: http://www.chp.gov.hk/files/her/household_personal_hygiene_handbook_eng.pdf. For enquiry, please call 2572 1476 or 2417 6505.



活動快拍 Snapshots

08.07.2009

「第二期現代城市領導者專題研究班」成員到訪衛生防護中心，他們包括來自江西、陝西和甘肅的官員。本中心代表向專題研究班成員介紹

了香港應付重大衛生事故和疾病爆發的應變措施，並特別與他們就防控人類豬流感的措施進行交流。

Members of 'Workshop for Modern City Leaders II' which comprised Jiangxi, Shaanxi and Gansu officials visited CHP and was briefed on Hong Kong's contingency and preparedness plans for major public health emergencies, in particular the prevention and control of human swine influenza.



24.08-04.09.2009

來自廣東和浙江的公共衛生人員通過衛生防護中心舉辦的交流計劃，了解香港傳染病的防控機制。

Public health officials from Guangdong and Zhejiang participated in an attachment programme organised by CHP to enhance their understanding of the infectious disease prevention and control mechanism in Hong Kong.

14-18.08.2009

於2009/10年度疫苗計劃簡介會上，衛生防護中心總監曾浩輝醫生和項目管理及專業發展處主任單丹醫生向有意參與各個疫苗計劃的醫生作詳細介紹。



Dr Thomas TSANG, Controller of CHP and Dr Jaime SIN, Head of Programme Management and Professional Development Branch introduced the vaccination schemes 2009/10 in the briefing sessions for medical practitioners.



28.07.2009

社區聯絡部和觀塘健康城市督導委員會成員到訪區內「有『營』食肆」，品嚐有「營」菜式。

CLD joined the members of Kwun Tong Healthy City Steering Committee to visit local EatSmart Restaurants and tasted healthy dishes.



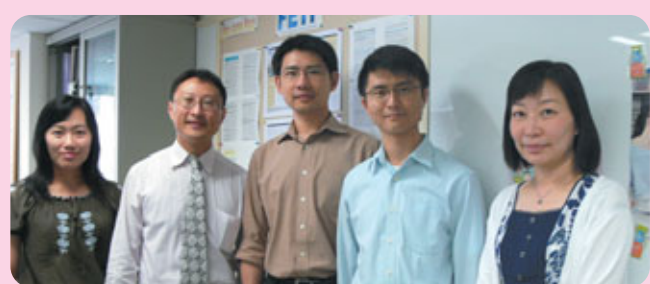
08 & 29.09.2009

社區聯絡部代表出席由社會福利署和香港社會服務聯會合辦的防疫簡介會，向社福界同工講解流感的最新資訊和防護方法。

CLD officers provided information on flu pandemic and protective measures to the staff of NGOs in the briefing sessions co-organised by Social Welfare Department and Hong Kong Council of Social Service.



07.2009



現場流行病學培訓計劃第三期課程正式展開。

The third course of the Field Epidemiology Training Programme was launched.

活動快拍 Snapshots



01.09.2009

衛生署署長林秉恩醫生出席深水埗區議會，向區議員介紹本署的主要衛生政策。

Dr PY LAM, Director of Health, attended the meeting of Sham Shui Po District Council to introduce the Department's major health initiatives to District Councillors.

25.07.2009

家庭健康服務部代表參加「東區健康城市」專題講座，介紹「子宮頸普查計劃」。

Family Health Service officers promoted the Cervical Screening Programme through the platform of Eastern Healthy City Project.



18.08.2009

社區聯絡部代表在民政事務總署舉辦的「全城動 - 義工響應全城清潔運動 開展禮暨講座」中，帶領義工示範正確的潔手方法。

CLD officers led volunteers to demonstrate the proper way of hand washing in the ceremony of Clean Hong Kong Campaign organised by Home Affairs Department.



08-13.09.2009

衛生防護中心特別預防計劃的同事，參與在印尼峇里舉行的第九屆亞太區國際愛滋病會議和會前社區論壇。紅絲帶中心於會議展覽場館設置攤位，展示香港近年如何應對在男男性接觸者社群中不斷上升的愛滋病疫情。

Staff of Special Preventive Programme, CHP participated in the 9th International Congress on AIDS in Asia and the Pacific and the pre-Congress Community Forums held in Bali, Indonesia in August. An exhibition booth was set up by the Red Ribbon Centre in the Congress venue to showcase how Hong Kong has responded to the rising HIV epidemic among MSM community in recent years.



2 & 31.07.2009

社區聯絡部人員分別到黃大仙和沙頭角主持防疫講座，向當區居民灌輸正確的衛生措施。

CLD staff delivered community health talks to promote good hygiene practice among residents of Wong Tai Sin and Sha Tau Kok.



編者的話 Editor's Note

金風送爽，正是郊遊登高的好季節。然而，在這天氣爭秋奪暑的時候，大家切記注意身體健康。

因應即將來臨的季節性流感高峰期，我們應預先做好準備。政府透過擴大季節性流感疫苗和肺炎球菌疫苗資助計劃，鼓勵兒童與長者接種疫苗，希望更有效保護市民健康。除了積極預防流感，大家亦可趁秋高氣爽、天朗氣清的日子，培養經常運動和健康飲食的

習慣，保持家人和自己的身心健康。

As the autumn approaches, it is seasonable time to go hiking in the countryside. However, we have to take extra care of our health.

As the peak of seasonal influenza is coming, we have to get prepared in advance. The Government has extended the Subsidy

Schemes for seasonal influenza and pneumococcal vaccinations to encourage children and the elderly to receive vaccination to strengthen the protection against infections. Besides taking active precautions, we should do regular exercise and adopt healthy eating. Stay healthy for yourself and your family, and enjoy the pleasant weather.