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香港九龍亞皆老街147C衛生防護中心大樓2樓220室
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如有意見，可傳真至3188 0594，或電郵至
rcag@dh.gov.hk給本刊編輯部。

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保持警戒 同心抗疫 Appeal for Vigilance Against Pandemic



踏入2009年12月，政府開始為目標組別人士接種人類豬型流感(豬流感)疫苗，積極備戰即將到來的第二波爆發。

衛生防護中心總監曾浩輝醫生說：「現在本港可說是處於高峰期前夕，環顧全球，歐洲、美國和日本都已經歷豬流感第二波，以往香港的流感高峰期通常在每年2、3月間，今年有可能因為豬流感而提前到來，我們必須高度戒備，保護市民健康。」

曾醫生指出全世界都正受豬流感疫情的影響，香港的防護重點已不在口岸防疫，而是令香港市民保持身體健康，增強防疫能力。疫苗注射扮演著一個十分關鍵的角色。

Starting December 2009, the Government launched the Human Swine Influenza (swine flu) Vaccination Programme for certain target groups of Hong Kong residents in preparation for the imminent second wave of outbreak.

'This could be the lull before the peak for Hong Kong at the moment. Places like Europe, the United States, and Japan all experienced a second wave of swine flu. In the past, peak season of influenza often occurred in February and March in Hong Kong. However, it could come earlier this year because of swine flu. We have to stay



衛生署
Department of Health



推行豬流感疫苗 注射的挑戰

香港特區政府已購入300萬劑豬流感疫苗，預計全港有200萬為目標組別人士，合資格接受免費或資助疫苗注射。要在短時間內為眾多市民接種疫苗並不簡單，畢竟香港從未推行過如此大型的接種計劃，曾醫生預期執行時會遇到一定的挑戰，尤其當有報導指接種疫苗後出現不良反應的個案，將削弱市民對疫苗的信心。

做好監察 保證疫苗安全

對於來自其他國家或地區有關接種疫苗後出現不良反應的報告，曾醫生指出大部分個案與疫苗無關。雖然如此，衛生防護中心會認真關注事件，並採取嚴格的措施以確保疫苗安全。公立和私營醫院已特地建立監察系統，一旦發現吉巴氏綜合症的個案，將第一時間交由來自衛生防護中心科學委員會和各醫院的專家進行全面的科學調查，以判斷個案是否與接種疫苗有關，並會按專家的評估繼續跟進工作。

vigilant to protect the health of the public,' said Dr Thomas TSANG, Controller of the Centre for Health Protection (CHP).

Dr TSANG pointed out that swine flu is now affecting the whole world. Therefore, port health measures are no longer the mainstay of prevention in Hong Kong. The focus should be on maintaining the health of the general public and strengthening the capacity to fight against the pandemic. Vaccination plays a critical role in this regard.

The Challenge of Swine Flu Vaccination

HKSAR Government has purchased 3 million doses of swine flu vaccine. An estimated 2 million people fall within the target groups eligible for free or

subsidised vaccination. It is not simple to vaccinate such a large number of people in a short period of time. After all, Hong Kong has never carried out a vaccination programme of this size before. He expects considerable challenges in implementation, especially since public confidence in the vaccine tends to be undermined by reports of serious adverse reactions.

Assure Vaccine Safety through Surveillance

Regarding reports of adverse reactions to vaccination in other countries and areas, Dr TSANG pointed out that most of the incidents were not related to vaccination. Nonetheless, CHP takes the issue seriously and adopts a stringent approach to vaccine safety. Specifically, a surveillance system is established in both public and private hospitals to identify cases of Guillain-Barré Syndrome for prompt investigations. A thorough and



過去經驗 未來承擔

曾醫生回顧抗疫所累積的經驗，包括過往禽流感、「沙士」和現在的豬流感等。「沙士」是極具挑戰性，最初病毒不明，而且死亡率高。特別令人傷痛是有醫護人員在抗疫時奉獻了他們的生命。

另一方面，應付豬流感亦有其獨特的困難。豬流感感染人數眾多，是「沙士」的很多倍，而豬流感也勢將成為本土病。可幸是香港的抗疫準備和醫療基建在過去數年間已加強不少，「沙士」期間得到的抗疫經驗亦尤其寶貴。

曾醫生指出要應付如豬流感的疫症，必須做好很多工作：專業的前線調查、高效的疫症爆發管理、靈活的疾病監察、統籌專家的意見和科學化制定政策和對應措施；而最重要是有效的風險傳達，建立市民大眾的信任。現在，他察覺到自己用很多時間面對傳媒和市民講解疫情。

曾醫生說：「衛生防護中心的首要任務和終極使命是保障市民健康。與疫症打仗固然困難，但更難是令市民認同我們的工作。幸運是衛生防護中心有著香港最頂尖的科學家支持，同時我們亦提供一個平台，讓專家為我們建議最佳的做法。身為總監，我經常提醒自己確保這個平台充分發揮作用。」

新年願景

新年伊始，曾醫生感謝各位同事克盡己任。曾醫生說：「未來還有更多的挑戰，我希望大家保持健康，多抽時間陪伴親人，並繼續盡心盡力，服務市民。」



scientific assessment will be carried out by experts from the Scientific Committees of CHP and various hospitals to ascertain the relationship between the case and vaccination. Follow up actions will ensue according to their assessment.

Build on Past Experience

Dr TSANG reflected on experience gained in previous epidemics like avian influenza, SARS and the present swine flu. SARS was extremely challenging because the virus was unknown at the beginning and it carried a high mortality. It was especially saddening because some healthcare workers lost their lives.

On the other hand, the swine flu poses special problems of its own. The number of infections is many times that of SARS, and unlike SARS, swine flu is here to stay. Fortunately, Hong Kong's epidemic preparedness and infrastructures have improved substantially in recent years, and the experience gained in SARS is

particularly valuable.

Dr TSANG says many different things have to be done well to tackle an epidemic like swine flu: professional frontline investigations, efficient outbreak management, robust disease surveillance, consolidating expert opinions, scientific formulation of policies and countermeasures, and above all, effective risk communication to build trust with the community. Now he finds himself spending many hours and days facing the media and the public to explain the disease situation.

'The first and ultimate mission of CHP is to protect people's health. It is hard to fight against diseases, but sometimes it is harder to convince people you are doing the right things. Fortunately, CHP is blessed with support from the best science experts in Hong Kong and we provide a platform for them to advise what are the best things to do. As Controller, I always remind myself to ensure the function of this platform is fulfilled,' said Dr TSANG.

New Year Wishes

In the new year, Dr TSANG thanks colleagues for their dedication and hard work. 'There are a lot of challenges ahead. I hope that we will maintain good health, spend enough quality time with our loved ones, and continue serving the community with the best of our efforts,' Dr TSANG said. 

感染控制科學委員會的新建議 New recommendations by Scientific Committee on Infection Control



感染控制科學委員會一直致力就保障醫護人員、病人和一般市民免受傳染病影響的感染控制措施和監測，向衛生防護中心總監提供科學依據。繼早前發表「預防手術部位感染的建議」後，委員會最近亦發布了「預防血管內置導管相關性血流感染的建議」，供醫護人員參考。

使用血管導管是現今醫學不可或缺的技術，但是存在出現感染性併發的風險，例如血管內置導管相關性血流感染。這是血管內置導管相關性血流感染常見的醫護相關性感染之一，故此委員會聯同本地專家和國際知名醫院感染控制專家Dr Victor D. ROENTHAL，制定了預防有關感染的建議，以助醫護人員制定預防有關感染的策略和方案。

以上建議已上載到衛生防護中心網頁，歡迎查閱。[\(HP\)](#)

The Scientific Committee on Infection Control (SCIC) has always strived to provide Controller, CHP with scientific advice on infection control practice and surveillance which aims to keep healthcare workers, patients and average citizens from infectious diseases. After releasing 'Recommendations on Prevention of Surgical Site Infection', the SCIC has recently issued 'Recommendations on Prevention of Intravascular Catheter Associated Bloodstream Infection' for reference of healthcare professionals.

Although the use of vascular catheters is an indispensable part of modern medicine practice, it may put patients at risk of infectious complications. One example of these complications is

Intravascular Catheter Associated Bloodstream Infection (CABSI) which is a common complication. In this connection, the SCIC, together with Dr Victor D. ROENTHAL, an internationally renowned expert on hospital infection control, as well as some other local experts developed the 'Recommendations on Prevention of CABSI' which provide healthcare professionals with specific recommendations on reducing the occurrence of CABSI and strategies on minimising these hazards when using different intravascular catheters.

These recommendations have been uploaded to the CHP website. You are welcome to browse through it. [\(HP\)](#)

2009東亞運動會演習 Exercise for 2009 East Asian Games



衛生防護中心於2009年10月29日參與一項由2009東亞運動會（香港）有限公司（東亞運公司）主辦的演習，測試有關各機構在處理有關東亞運動會的公共衛生事故的整體準備和應變能力。

參與是次演習的機構包括東亞運公司、衛生署、食物環境衛生署、消防處、醫療輔助隊，以及其中一間供運動員和隨團人員住宿的酒店。

是次演習模擬20名代表團人員在下榻酒店內早膳後出現食物中毒病徵。經初步檢查後，當值的醫療輔助隊醫生向衛生防護中心呈報酒店內爆發懷疑食物中毒事故。衛生防護中心隨即向病人和同桌用膳的人士展開調查。由於事故牽涉酒店內食肆，食物環境衛生署職員亦到場參與調查，就清潔和消毒工作給予意見，並向食肆負責人講解食物安全的健康訊息。

演習有助加強有關部門和機構的溝通，並提升前線人員於東亞運動會期間處理公共衛生事故的整體應變能力。

衛生防護中心並制定了一套預防及控制傳染病爆發的應變計劃，為東亞運動會不同階段的應變行動作出指引，以應對比賽舉行期間爆發傳染病的情況。[\(HP\)](#)

The Centre for Health Protection (CHP) participated in an exercise organised by 2009 East Asian Games (HK) Limited (EAG Company) on 29 October 2009 to test the overall preparedness and response of concerned parties to public health incidents relating to the 2009 East Asian Games.

Participants from EAG Company, Department of Health, Food and Environmental Hygiene Department (FEHD), Fire Services Department, Auxiliary Medical Service (AMS) and one of the accommodation venues for athletes and team officials took part in the exercise.

The exercise scenario unfolded when 20 delegates reported symptoms of food poisoning after having breakfast at their accommodation hotel. After initial assessment, the AMS medical doctors on duty notified CHP of a suspected food poisoning outbreak. Upon receipt of the report, CHP took immediate actions to interview the patients and people who ate at the same tables. As the incident was associated with food premises in the hotel, staff of FEHD were called in to take part in the investigation and to give advice to the operators on cleansing and disinfection as well as instruction in food safety.

The exercise helped to strengthen communication among relevant departments and organisations and raise their overall preparedness for handling public health incidents during the East Asian Games.

CHP also developed a health contingency plan for prevention and control of infectious disease outbreak for 2009 East Asian Games, providing guidelines on response to infection disease outbreak during different stages of the Games.[\(HP\)](#)



活動快拍 Snapshots

08.11.2009

食物及衛生局副局長梁卓偉教授和衛生署副署長譚麗芬醫生出席民建聯婦女事務委員會發起的「愛自己、愛生命 請支持器官捐贈」推廣活動，鼓勵市民支持器官捐贈，讓有急切需要的病人有機會重獲新生。

Prof Gabriel LEUNG, Under Secretary for Food and Health and Dr Gloria TAM, Deputy Director of Health attended 'Love Yourself, Love Your Life, Support Organ Donation', a promotional event on the Centralised Organ Donation Register, organised by the Women Affairs Committee of the Democratic Alliance for the Betterment and Progress of Hong Kong, to urge the public to support organ donation so that lives can be saved.



08.10.2009



粵東地區的醫療和衛生福利高級管理人員到訪衛生防護中心，了解中心的架構和職能。

A delegation from East Guangdong,

comprising senior health and welfare administrators, visited CHP to gain an understanding of the organisation and the functions of CHP.

20.10.2009

越南衛生官員代表團訪問衛生防護中心，就傳染病防控工作進行交流。代表團參觀了中央呈報辦公室、緊急應變中心和模擬病房等設施。

A delegation of health officials from Vietnam visited CHP to share experience in the prevention and control of infectious diseases. The delegation visited the Central Notification Office, Emergency Response Centre and Simulation Ward.



19.10.2009

兒童流感疫苗資助計劃和長者疫苗資助計劃正式推行當日，食物及衛生局局長周一嶽醫生和疫苗計劃大使羅蘭女士向傳媒推廣新疫苗計劃。

On the day of commencement of the Childhood Influenza Vaccination Subsidy Scheme and the Elderly Vaccination Subsidy Scheme, Dr York CHOW, Secretary for Food and Health, and Vaccination Schemes' Ambassador Ms LAW Lan met the media to promote the new vaccination schemes.

26.11.2009

社區聯絡部舉辦了以「如何推廣社區心理健康」為主題的健康促進交流會，邀請三位臨床心理學家：黃蔚澄博士、歐葉麗賢女士及羅澤全先生，向參加者講解「香港防止自殺概覽」、「親職教育」和「快樂人生社區健康推廣計劃」，並分享推廣社區心理健康的寶貴工作經驗。

CLD hosted the Health Promotion Sharing Forum with the theme on 'Promoting Psychological Well-being in the Community'. Three Clinical Psychologists, namely Dr Paul WONG, Mrs Francis AU and Mr Eddie LO, were invited to give an overview on Prevention of Suicide in Hong Kong, the Parenting Programme and the Happy Living Community Campaign as well as to share their valuable working experiences in promoting psychological well-being in the community.



活動快拍 Snapshots

29.11.2009

紅絲帶中心與深圳市防治艾滋病工作委員會辦公室和深圳市疾病預防控制中心合作，在深圳舉行「防艾少年行」預防愛滋病大型公益活動。活動中播放了由「聯合國愛滋病規劃署中國香港親善大使」楊千嬅小姐參與拍攝的「安全套隨身 旅遊好安心」電視宣傳短片。



Red Ribbon Centre, Shenzhen Working Committee for AIDS Prevention & Control and Shenzhen Centre for Disease Control and Prevention worked together to hold a large-scale HIV prevention variety show for teenagers in Shenzhen. A TV trailer titled 'Travel Smart, Play Safe' featuring Miss Miriam YEUNG, UNAIDS National Goodwill Ambassador for Hong Kong, China, was broadcast during the show.

4 & 6.11.2009

為準備在2010年把疾病和有關健康問題的國際統計分類第十次修訂版之官方更新融入本港死亡及病患數據系統中，非傳染病部舉辦了2個一天工作坊，讓91位來自公私營醫療服務機構的編碼員了解當中的主要改變。

To prepare for the adoption of official updates on the Tenth Revision of the International Classification of Diseases and Related Health Problems (ICD-10) into the local mortality and morbidity system in 2010, the Non-communicable Disease Division organised two one-day workshops for the existing coders to keep them abreast of the major changes. A total of 91 staff from the public or private healthcare organisations attended.



21.10.2009

社區聯絡部動員18區的非政府機構，合作舉辦「有『營』食客」社區推廣計劃培訓工作坊。

CLD lined up the support of non-governmental organisations in 18 districts to organise educational workshops under 'EatSmart Customer Community Campaign'.

29.10.2009

社區聯絡部積極參與由民政事務總署舉辦的「全城動 - 義工響應全城清潔運動 - 婦女 Easy Clean 計劃」，培訓各區義工掌握正確的衛生操作。

CLD actively participated in the 'Easy Clean Programme-Clean HK Campaign' organised by Home Affairs Department to train district volunteers in good hygiene practice.



活動快拍 Snapshots

15.11.2009

社區聯絡部、香港防痨心臟及胸病協會和多個社區團體合辦「心臟病與都市生活2009展覽」，向公眾推廣保護心臟健康的訊息。

CLD, the Hong Kong Tuberculosis, Chest and Heart Disease Association and various community groups co-organised the 'Heart Exhibition 2009 - Heart Health & City Life' to promote messages on cardiovascular health.



4 & 6.11.2009

衛生署聯同教育局舉行「健康飲食在校園」運動新聞簡報會，向學校和家長作出呼籲，期望透過家、校、社區合作，共同營造一個可持續環境，讓兒童培養健康飲食習慣。

Together with EDB, DH held a press briefing on 'EatSmart@School Campaign' to call on schools and parents to work together with the community to foster a sustainable environment conducive to the development of healthy eating habits by our next generations.



16.10.2009

感染控制處與瑪嘉烈醫院合辦「長期護理服務之感染控制：理論與實踐」醫療社區合作論壇，圓桌會議由陳章明教授主持，專家小組成員與參加者分享了在社區機構如何達到感染控制目標的觀點和經驗。

A medico-social collaboration forum on 'Infection Control in Long Term Care Facilities: Principle and Practice' was jointly organised by the Infection Control Branch and the Princess Margaret Hospital. A round table discussion chaired by Prof Alfred CHAN was conducted. Expert panel members shared their experience and views on how to achieve objectives in infection control in community institutions with the participants.

22.11.2009

社區聯絡部參與「南區健康安全城市計劃」的「健康家庭日」，向居民推廣恆常運動和健康飲食的訊息。

CLD participated in the Healthy Family Day of Southern District Healthy and Safe City Project to promote messages on regular exercise and healthy eating.



編者的話 Editor's Note

2009東亞運動會已於12月13日完滿結束，香港隊的成績實在激勵人心。今期通訊報導衛生署與東亞運動會各單位舉行的聯合演習，為應付東亞運動會期間可能爆發傳染病做好準備，全力協助東亞運動會順利進行及保障每位運動員的健康，令各運動員在比賽中發揮最高水平。

另外，政府已展開人類豬型流感疫苗接種計劃，今期通訊訪問了衛生防護中心總監曾浩

輝醫生，了解中心如何做好準備，與市民並肩抗疫。

The 2009 East Asian Games (EAG) concluded successfully on December 13. The Hong Kong delegation's achievement is indeed inspiring. This issue covers a joint exercise by DH and various parties of the EAG in preparation for possible communicable disease outbreak during the

Games as so to protect athletes' health, enabling them to achieve their best results in the Games.

Besides, the Government has launched the Human Swine Influenza Vaccination Programme. We have Dr TSANG Ho-fai, the Controller of CHP to share with us how CHP prepares for the fight against the pandemic.

