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## 預防勝於治療 梁乃江教授的金科玉律 Prevention Is Better Than Cure - Prof LEUNG Nai Kong's Golden Rule

衛生防護中心疫苗可預防疾病科學委員會主席梁乃江教授指出，全港有超過一百萬人屬於受流感感染的高危一族，因此一個有效的流感防疫接種計劃，對香港的公共衛生至為重要。

「防疫接種有助預防併發症，減輕公共醫療負擔及降低流感引起的死亡率。」梁教授說。梁教授曾參與防疫注射諮詢委員會（疫苗可預防疾病科學委員會的前身），並擔任「確認全港消滅脊髓灰質炎野株病毒委員會」之主席。該委員會確認港府能有效地保持小兒麻痺症絕跡於香港，曾獲世界衛生組織致函表揚，可見梁教授對香港公共衛生的貢獻至鉅。

梁教授亦是備受尊崇的臨床兒科醫生，並擔任香港大學醫學院名譽教授和香港中文大學兒科學系名譽臨床教授。他表示，防患未然

As more than one million people in Hong Kong fall into the high risk categories in terms of flu infection, an effective influenza vaccination programme is of vital importance to the well-being of the HKSAR, according to Professor LEUNG Nai Kong, Chairman of the CHP's Scientific Committee on Vaccine Preventable Diseases (SCVDP).

"Vaccination helps to prevent complications, alleviate the public health care burden and cut down on the death rate of influenza infection," said Professor LEUNG, who was a long-standing member of the Advisory Committee on Immunisation (the former body of the SCVDP), and chairs the National Committee for the Certification of Wild Poliovirus Eradication in Hong Kong, which has received worldwide acclaim from the World Health Organization (WHO) for the successful and continued eradication of poliomyelitis in Hong Kong.

是健康的金科玉律。

## 金科玉律

「預防勝於治療，免疫接種是最重要的傳染病預防方法。」梁教授表示。

梁教授回憶道，香港在六十年代的社會衛生條件欠佳，傳染病肆虐，白喉、小兒麻痺症及麻疹等引起各種併發症，導致大量的病人死亡及殘廢，全賴防疫接種才能有效地控制疫病傳播。

近年，新病症如沙士、腸病毒及新型流感等的出現，令梁教授更肯定防疫注射的工作，一定不能停下來。防疫注射的效用，往往是立竿見影，對高危一族尤為重要，可減少併發症、死亡率及醫療負擔。

## 流感疫苗

談及流感，梁教授表示：「流感病毒經呼吸道感染，在香港這個人口密集的城市能以高速度傳播。」對於容易引發流感併發症的高危人士而言，流感帶來重大的疾病負擔。接受流感防疫注射，是預防流感及其併發症的有效方法之一。

為控制流行性感冒，疫苗可預防疾病科學委員會每年會因應流感病毒的轉變，及參考世界衛生組織的建議，釐定應接種的疫苗種類，並提議高危人士接受防疫接種。委員會以科學為基礎作出專業建議，指出本港以下八類人士應該於二零零五至零六年度接種流感疫苗：

- 居於安老院舍的長者
- 殘疾人士院舍的長期室友
- 65歲或以上的長者
- 長期病患者
- 醫護人員
- 家禽業從業員
- 6至23個月的幼兒
- 懷孕期間的婦女(妊娠第二及第三期)

據估計，本年度屬於以上類別之本港人士超過一百萬人，他們應接受流感疫苗接種。

## 健康保障

「根據衛生署二零零三年的研究顯示，於本港出生的一至五歲兒童接種疫苗的覆蓋率，超過百分之九十八。香港人打預防針的概念很強，即使許多於本地出生，但居於大陸的孩子，亦會依時回港接種防疫針；但香港人不能因此而自滿，因為本港的流動人口多，港人出入境頻繁，接觸新疾病的機會很高。委員會亦希望香港的各衛生服務界別，包括衛生署、公共醫院及私人醫生等能合作發展一個中央數據庫，紀錄每個人由出生到成長的防疫注射紀錄，這對下一代的健康成長，以至日後的個人發展，都有幫助。」梁乃江教授說。

## 科學委員會與防護中心

疫苗可預防疾病科學委員會在預防傳染病方

The well-respected clinical paediatrician, who is also Honorary Professor of the Faculty of Medicine in the University of Hong Kong, and Honorary Clinical Professor of the Department of Paediatrics in the Chinese University of Hong Kong, maintained that the golden rule is prevention.

## Golden rule

"Prevention is better than cure, and vaccination is the best way to prevent infectious diseases," said Professor LEUNG.

He recalled the days in the 1960s when public hygiene was unsatisfactory and communicable diseases were rampant in Hong Kong. Lots of lives were cut short or crippled by diseases such as diphtheria, poliomyelitis and measles, and it was vaccination that effectively curbed the spread of various epidemics.

Today, with the emergence of diseases like SARS, enterovirus and new strains of influenza, Professor LEUNG said he is more convinced than ever that efforts on mass vaccination must go on. The effect of vaccination is often fast and obvious. This is especially true in preventing the morbidity and mortality of high risk populations, as well as reducing related medical cost.

## Influenza vaccination

"Influenza is spread through the respiratory tract, and such infection can spread with a high speed in a crowded city like Hong Kong," he said. Influenza causes significant disease burden in some population groups where it is associated with increased risk of complications. Influenza vaccination is one of the effective means of preventing influenza and its complications.

In the control of influenza infection, the SCVDP advises on high risk groups and the type of vaccine for use based on genetic changes in the viruses and the recommendation from the WHO. The SCVDP deliberates based on scientific evidence, and has recommended the following 8 target groups to receive influenza vaccination in Hong Kong for the year 2005-2006:

- Elderly persons living in residential care homes
- Long-stay residents of institutions for the disabled
- Elderly persons aged 65 years or above
- Persons with chronic illnesses



- Health care workers
- Poultry workers
- Children aged 6 to 23 months
- Pregnant women (2nd or 3rd trimester)

It is estimated that over a million people in the local population will be falling into the above recommended groups of clients.

## Safeguarding health


"According to a survey conducted by the Department of Health (DH) in 2003, the coverage rates of vaccination programmes for children aged 1 to 5 years born in Hong Kong were greater than 98%. Hong Kong people have a very strong sense of need for vaccination. Even children staying in the Mainland will regularly come back to Hong Kong for their shots. However, that does not mean that we can stop there and be contented. The population here is highly mobile and people visit foreign places frequently, meaning the chances for contracting new diseases are high. The SCVDP also hopes that the public health sector, including the DH, public hospitals and private practitioners, will join hands to develop a central database that includes the vaccination records of the population throughout their life courses. This database would be helpful for the healthy growth and personal development of children," said Professor LEUNG.

## Scientific Committee & the CHP

As fortifications to public health against

面，有如長城般，扮演著守衛的角色。委員會的成員十分具代表性，包括學術界代表、醫管局的醫生、傳染病專家、微生物專家、私人執業醫生及衛生署的醫生。成員會分組搜集資料，草擬議題，交由委員會討論及作決定；更會兼任其他科學委員會的成員，並協助促進本地及內地的資訊交流。


梁教授亦認同衛生署衛生防護中心的工作。對內，防護中心得到中央科學顧問委員會、各科學委員會及其獨當一面、經驗豐富的成員提供專業意見，集思廣益；對外，防護中心是市民及鄰近公共衛生組織溝通的重要媒介。

最後，梁教授呼籲香港市民謹記沙士教訓，注重個人、環境及食物衛生，保持均衡飲食，多運動、不吸煙，令健康更有保障。並寄語衛生防護中心，要多與外地相同類型的組織作培訓交流，豐富有關防疫方面及公共衛生的知識，讓中心發揮更大效能，保障香港市民健康。 

communicable diseases, the SCVPD comprises iconic representatives from different sectors, including the academic sector, doctors from the Hospital Authority, specialists on communicable diseases, microbiologists, private practitioners and the DH. Members of the SCVPD work in groups to collect information and draft the agenda for discussion and action by the Committee regarding different diseases. They also participate in other Scientific Committees to facilitate exchange of information both locally and overseas.

Professor LEUNG also commended the work of the CHP. He saw that the CHP has been empowered by the advisory structures, namely the Board of Scientific Advisors and the Scientific Committees, which put together experts from various fields to provide the CHP with their collective and professional

advice. Moreover, the CHP serves as an important link between Hong Kong and public health authorities in adjacent areas and countries.

Lastly, Professor LEUNG reminded the public to learn from the SARS experience and observe personal, environmental and food hygiene. They should also protect their health by eating a balanced diet, living more actively and saying no to smoking. As for the health professionals, Professor LEUNG encouraged the staff in the CHP to strengthen their training and connections with other similar organisations in the world, so as to enrich their knowledge on vaccination and public health. In this way, the CHP shall work with greater effectiveness for the protection of Hong Kong's health. 


## 科學委員會天地

### Scientific Committees Corner

衛生防護中心成立了七個科學委員會，其成員包括衛生署及其他機構的專家，旨在匯集不同專業的知識及經驗。每個委員會就特定類別的傳染病或風險因素，建議有關的公共衛生策略。

在眾多傳染病之中，由於愛滋病及性病這兩種傳染病，在對社會的影響及預防策略上互有關連，因此當局在本年八月成立愛滋病及性病科學委員會，負責就愛滋病及性病這兩個息息相關的公眾健康問題，根


據科學實證向政府提供預防、治療和控制方面的建議。

除此之外，科學委員會在七月及八月的會議上，就多項事宜進行商議，其中包括討論醫院的感染控制架構，並已通過「本港醫院感染控制系統的建議」。有關建議已上載到衛生防護中心的網頁。 

There are seven Scientific Committees under the CHP. The Scientific Committees bring

together professional knowledge and experience from across disciplines and institutions and comprise experts within and outside the Department of Health. Each committee will guide the development of strategies for public health management of specified groups of infectious diseases or risk factors.

Among the large number of infectious diseases, HIV and sexually transmitted infections (STI) are particularly linked in terms of their societal implications and preventive strategies. Hence, the Scientific Committee on AIDS and STI was set up in August 2005 to advise the Government, in the light of scientific evidence, on the prevention, care and control of these two closely related public health problems.

Among the various issues deliberated at the meetings of the Scientific Committees in July and August, the infection control infrastructure in hospitals was discussed and the "Recommendation on Hospital Infection Control System in Hong Kong" was endorsed. The recommendation can be found on the CHP website. 



# 走訪衛生防護中心 Venues in Focus

## 傳染病中央呈報辦公室 Central Notification Office for Communicable Diseases



中央呈報辦公室員工緊守崗位  
CENO Team in operation

中央呈報辦公室的職能猶如傳染病的報案中心，旨在方便呈報，促進實時監測，讓疾病調控小組得以迅速反應。

中央呈報辦公室於二零零四年六月一日成立，一直提供「一站式」的服務，接收及處理傳染病的呈報，並特設多種呈報渠道，例如：傳真、電話、郵遞及電郵等，以供各界別醫護工作者選擇。自本年三月一日起，網上中央呈報辦公室

(<http://www.chp.gov.hk/ceno>)更投入服務，提供一個既方便又可靠的電子平台，讓註冊醫生於網上即時呈報個案。至今，已有超過七百位醫生使用這個系統。網站內還可找到有關呈報傳染病的資料，例如：呈報渠道、監測類別及監測定義等。Ⓜ

Central Notification Office (CENO) of the Centre for Health Protection was set up on 1 June 2004 to centralise all infectious disease notifications and monitoring in Hong Kong. CENO aims to facilitate notification, enable real-time monitoring of notification pattern, and facilitate initiation of rapid responses by outbreak teams.

CENO provides a one-stop service and multiple channels for notification, including fax, phone, mail and e-mail, and starting 1 March this year, a new

channel called CENO On-line was launched. CENO On-line (<http://www.chp.gov.hk/ceno>) is a secure and convenient electronic platform for online reporting of infectious diseases by registered doctors. So far, over 700 doctors have used this electronic platform. You may also find notification-related information on the website, such as notification channels, types of diseases to be reported and the surveillance case definitions. Ⓜ



首席醫生（監測）蔡敏欣（左一）及中央呈報辦公室團隊

Dr Teresa CHOI (first left), Principal Medical & Health Officer (Surveillance Section), with the CENO Team

## 項目巡禮 Programmes in Focus

### 每日二加三 The Campaign of "2 Plus 3 A Day"

「每日二加三」運動旨在鼓勵均衡飲食，提倡成年人每天應進食最少兩份水果及三份蔬菜。本署聯同食物環境衛生署及醫療輔助隊舉辦了「齊齊二加三」嘉年華會，並於數個街市設立了巡迴展覽和攤位遊戲，以推廣此活動。Ⓜ

The campaign of "2 Plus 3 A Day" aims to promote balanced diet with daily minimal intake of 2 servings of fruits and 3 servings

of vegetables for adults. A carnival was organised in collaboration with Food and Environmental Hygiene Department and Auxiliary Medical Service to promote the campaign. Roving exhibitions and game stalls have also been set up in various market places. Ⓜ



## 傳染病資訊系統計劃

### Communicable Disease Information System (CDIS) Programme




總監梁栢賢醫生(右二)在八月九日就開發傳染病資訊系統(CDIS)進行顧問研究一事簽署顧問合約。

Dr P Y LEUNG, Controller (second right) signing a consultancy agreement on 9 August for conducting a consultancy study on the development of a Communicable Disease Information System (CDIS).

嚴重急性呼吸系統綜合症(SARS)專家委員會報告中建議，「應常設一個更先進的跨機構數據管理系統，以便進行控制傳染病的工作。」為回應報告的建議，當局計劃開發傳染病資訊系統(CDIS)，作為本港有效控制傳染病的資訊設施。顧問公司於八月十八日展開一項為期32星期的顧問研究。顧問小組將研究現行的系統，並就CDIS總體結構及策略的長遠發展，以及符合未來二至三年運作需要的方案，提供建議。


顧問小組由不同專科界別的專家組成，包括衛生資訊系統、臨床工作、公共衛生、資訊科技及地理資訊系統方面的本地及海外專家。

為進行有關研究，顧問小組將於短期內訪問衛生防護中心轄下各分處及醫院管理局等合作夥伴，並透過發出問卷、安排會面、設立使用者討論小組及主持研討會等途徑，解釋CDIS詳情及徵詢有關人士的意見。 

In response to the recommendation in the SARS Expert Committee Report that "an enhanced information management system should be established across the sectors for effective communicable disease control on a permanent basis", a Communicable Disease Information System (CDIS) is proposed as an information strategy for Hong Kong to achieve effective communicable disease control. A consultancy team has been commissioned to conduct a 32-week consultancy study which commenced on 18 August. The consultancy team will examine current systems and recommend an architecture and strategy for the development of the CDIS in the long term together with solutions to meet

operational requirements in two to three years' time.

The consultancy team is multi-disciplinary, comprising local and overseas experts in areas of health informatics, clinical practices, public health, information technology and geographic information system.

As part of the study programme, the consultancy team will shortly visit CHP branches and CDIS partners, such as the Hospital Authority, and explain the CDIS and invite views through issuing questionnaires, scheduling interviews, setting up users' discussion groups and holding seminars. 



社會醫學(傳染病)顧問醫生曾浩輝(中間)在八月十八日主持展開CDIS顧問研究的會議。

Dr Thomas TSANG (centre), Consultant Community Medicine (Communicable Disease), chairing the kick-off meeting of the CDIS consultancy study on 18 August.

# 項目巡禮 Programmes in Focus

## 曼谷健康促進憲章


### Bangkok Charter for Health Promotion

衛生署於八月初派員前往泰國曼谷參加第六屆全球健康促進會議。此會議由世界衛生組織及泰國衛生部聯合舉辦，會中並通過了一份曼谷健康促進憲章。

曼谷健康促進憲章重點提出了全球健康形勢出現的轉變，以及各國為達到憲章目標而面臨的挑戰：包括與日俱增的傳染病和慢性病（如心臟病、中風、癌症和糖尿病等）所造成的負擔；及全球化對健康帶來的影響，例如日益嚴重的不公平現象、都市化加劇以及

環境惡化等，而這些挑戰均與香港息息相關。

衛生署秉承曼谷健康促進憲章的理念，誠邀各界夥伴，為促進全球健康出一分力。

於九月二日，衛生防護中心邀請世界衛生組織鄧國組博士為員工簡介曼谷健康促進憲章。鄧博士提及健康的決定因素，在全球一體化下的健康推廣策略，並呼籲各界對公共健康有所承擔。 

The Department of Health (DH) participated in the 6th Global Conference on Health Promotion in Bangkok, Thailand early in August. The conference, co-hosted by the World Health Organization (WHO) and the Ministry of Public Health of Thailand, adopted the Bangkok Charter for Health Promotion.


The Bangkok Charter highlights the changing context of global health and the challenges of achieving its aims, including the growing burden of communicable and chronic diseases which



鄧博士講解曼谷健康促進約章  
Dr KC TANG lecturing on the Bangkok Charter

include heart disease, stroke, cancer and diabetes. There is also the need to address and harness the health effects of globalisation such as widening inequalities, rapid urbanisation and the degradation of environments, which are all relevant for Hong Kong.

With reference to the Bangkok Charter, the DH invites everyone to join in a worldwide partnership to promote health.

On 2 September, Dr KC Tang of the WHO was invited to brief DH staff on the Bangkok Charter. Dr Tang highlighted the determinants of health, introduced the strategies for health promotion in a globalised world and invited all sectors to pledge support to promoting health for all. 



衛生署署長林秉恩醫生（中）及衛生防護中心總監梁栢賢醫生（右）出席鄧博士之講座  
Dr PY LAM (middle), Director of Health, and Dr PY LEUNG (right), Controller, with Dr KC TANG


## 衛生防護中心 裝修迎挑戰

### CHP Building under renovation to meet new challenges




衛生防護中心正進行裝修工程，以便為市民提供更優質服務。

衛生防護中心的調查、控制和資源中心，將由部份前九龍醫院護士訓練學校宿舍改建而成。因應中心的操作需要和調遷安排，改建工程正分期執行。第一期工程包括地下的信息發布中心；一樓的緊急應變中心及緊急熱線中心。工程已於本年一月

中旬開始，並於八月份完成移交。當訊息系統及有關設備裝置完成後，該等中心設備可望於本年底正式投入服務。預計整項工程可於二零零六年底完成。 

With the aim of providing quality services to the public, a refurbishment project has been launched in the CHP Building.

Part of the former Kowloon Hospital School of General Nursing & Quarters has been allocated to the Department of Health (DH) for conversion into an investigation, control and resources centre of CHP. To cope with the DH's operational needs and decanting arrangements, the conversion project will be carried out in phases. Phase I works, covering the renovation of the Risk Communication

Centre (G/F), the Emergency Response Centre and the Emergency Hotline Centre (1/F), have already commenced in mid-January 2005. Phase I has been handed over to the DH in August 2005. Installation of information and supporting systems are in progress, which will be in operation later this year. The whole project is anticipated to be completed by late 2006. 



# 活動快拍 Snapshots of Events

13-14.7.2005

粵港澳防治傳染病專家組第五次會議

5th Meeting of the Expert Group on the Prevention and Control of Infectious Diseases (Guangdong, Hong Kong & Macao)

新聞發佈會  
Conferência de Imprensa  
14-7-2005



來自廣東、澳門及香港的衛生部門代表，於澳門出席粵港澳防治傳染病專家組第五次會議。

Health authority representatives from Guangdong, Macao and Hong Kong met in Macao for the Fifth Tripartite Meeting of Guangdong-Hong Kong-Macao Expert Group on the Prevention and Control of Infectious Diseases.

18.7.2005

中文大學醫科學生參觀衛生防護中心。

Medical students of the Chinese University of Hong Kong visited the CHP.



21.7.2005

廿二位深圳市疾病預防控制中心人員到訪衛生防護中心。

22 professionals from the Shenzhen Centre for Disease Control and Prevention paid a visit to the CHP.



20.7.2005



十二名來自廣東省現場流行病學培訓項目的公共衛生人員，在防護中心完成為期七天的培訓課程，並交流粵港兩地經驗。

A team of 12 public health professionals from

the Guangdong Field Epidemiology Training Programme completed a 7-day training in the CHP. The attachment facilitated experience sharing between Guangdong and Hong Kong.

8&22.8.2005

海南省海口市衛生防疫站辦公室到訪衛生防護中心。

Official visit by the Hainan Health Authority.



10.8.2005

一系列的《防備流感大流行講座》於六月展開，旨在向各界別介紹政府的有關政策及措施，相片攝於為社團舉辦的交流會中。

A series of "Open forums on Government Preparedness Plan for Influenza Pandemic" was launched in June to introduce the Government's policy and measures against flu pandemic. The photo was taken at the briefing session for community groups.



16.8.2005

二十位來自中國多個省市的官員和宣明會中國辦事處的成員到灣仔胸肺科診所參觀，了解肺結核病在香港的情況及其對愛滋病人的影響。

Twenty Chinese Government officials and staff members of World Vision China visited Wanchai Chest Clinic to learn more about tuberculosis in Hong Kong and its effect on AIDS patients.



# 活動快拍 Snapshots of Events

3.9.2005



香港中文大學公共衛生學院院長葛菲雪教授於「建立預防及控制非傳染病策略性框架」會議中分享經驗。來自學術界、衛生及醫療界、商界、教育及社工界、政府及非政府組織的專家超過四十位。

Prof Sian GRIFFITHS, Director of the

School of Public Health, Chinese University of Hong Kong spoke at the Expert Group Meeting on establishing a Strategic Framework on Prevention and Control of Non-communicable Diseases (NCD). The meeting successfully pooled professional inputs from over 40 experts in the academic sector, health care and medical sector, private sector, education and social work sector, government agents and non-governmental organisations.

4.9.2005

紅絲帶中心和香港電台第二台開展了「要有一套」安全性行為推廣運動，直至本年12月，將有一連串的活動，其中包括新的宣傳片播放。

Red Ribbon Centre launched Safer Sex 2005 in collaboration with

Radio 2, RTHK.

A series of activities, including a new API, will be featured till December 2005.



7.9.2005

胸肺科的護士現正接受一短期訓練，學習如何替病人進行肺功能測試。她們親身接受測試，以便在日後替病人測試時，能給予更清晰的指示。

In the Tuberculosis & Chest Service, training sessions have been arranged for nurses to acquire the skill to perform spirometry for patients in the clinic. Nurses perform the test on themselves in order to give clearer instructions to patients in actual operation.



25.9.2005

鑑於印尼近期出現人類感染禽流感個案，即使在三號強風訊號生效時，衛生防護中心仍派醫護人員往維多利亞公園，派發單張予印尼及少數族裔人士，提醒他們對禽流感提高警覺。

During the issue of typhoon signal no. 3, medical and nursing staff of the CHP urged Indonesians and other ethnic minorities

at Victoria Park to stay on guard against bird flu in view of the recent human avian influenza cases in Indonesia.



## 編者的話 Words from the Editor

隨著CHP的成長，CHP通訊所要報導的人和事也愈來愈多。今期新增的「科學委員會天地」，讓你對這個由專家組成的諮詢架構有更深入的认识。

如想了解中央呈報辦公室，這個監測本港傳染病的呈報中心的運作，就千萬別錯過今期的「走訪衛生防護中心」了！

今期很榮幸能夠訪問梁乃江教授。梁教授是殿堂級的兒科醫生，地位崇高。他笑容親切，待人友善，訪問前準備充足，回答問題有條不紊，並主動提議在流感防疫注射海報前留影。他竭盡所能及認真的態度，尤其是擇善而固執，積極推動疫苗防疫注射的工作，以大眾福祉為依歸的精神，令編者非常敬佩。

大家如對「CHP通訊」有任何意見，可傳真或電郵至本刊編輯部。傳真號碼為2591 6127，電郵地址為rcag@dh.gov.hk。☎

CHP grows by the day, and so is the number of events worth presenting to you through the CHP newsletter. Starting this issue, we are including a new section, "Scientific Committees Corner", to familiarise you with the CHP advisory structures.

Don't miss this issue's "Venues in Focus", which features the Central Notification Office (CENO), the vital organ for communicable disease detection in Hong Kong.

Also featured in this issue is the interview with

Professor LEUNG Nai Kong, a renowned paediatrician. He is a very respected doctor, and yet at the same time a very pleasant and friendly scholar. He attended the interview with great preparation and was very eager to provide us with answers in details. He even initiated to be photographed with the poster for influenza vaccination as the backdrop. His serious attitude, perseverance and unswerving determination to protect Hong Kong's health through the promotion of vaccination deserve our admiration and respect.

We welcome suggestions. Please fax them to our Editorial Board at 2591 6127 or email to rcag@dh.gov.hk. ☎