

## 目錄 Contents

- 感染控制 由洗手開始  
司徒永康醫生專訪  
Infection Control Starts in Your Hands  
Interview with  
Dr SETO Wing Hong P.1-3
- 科學委員會天地  
Scientific Committees Corner P.3
- 走訪衛生防護中心  
Venues in Focus P.4
- 項目巡禮  
Programmes in Focus P.4-6
- 活動快拍  
Snapshots of Events P.7-8
- 編者的話  
Words from the Editor P.8

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## 感染控制 由洗手開始

### 司徒永康醫生專訪

#### Infection Control Starts in Your Hands

#### Interview with Dr SETO Wing Hong

最近，禽流感成為全球人類最關注的健康議題。它真的會透過人傳人的途徑傳播嗎？醫院這個高危的地方，又會否成為病毒傳播的溫床？衛生防護中心感染控制科學委員會主席司徒永康醫生，是推行醫院感染控制及相關訓練工作的先鋒。他指出，香港經歷「沙士」之後，令感染控制的工作更受重視。感染控制可由最基本開始，如洗手及戴口罩等。

### 感染控制 實證為本

究竟感染控制是什麼？「感染控制是指如何控制醫院及衛生醫療相關的感染。病人在接受醫療措施及治病的過程中，要承受感染控制的危機，例如病人與病人之間透過呼吸機感染；又

Recently, avian influenza has become the hottest public health issue around the world. Will it spread from human to human? Will hospitals, high risk in their own right, be the breeding grounds for a pandemic? Dr SETO Wing Hong, Chairman of the Scientific Committee on Infection Control (SCIC) of the CHP and a pioneer in hospital infection control and related training work, said that the basics, like handwashing and wearing masks, are what you need to start off efforts on infection control. He also feels that infection control has become all the more prominent after Hong Kong survived SARS.

### Evidence-based infection control

What is infection control in the first place? "Infection control is about how to contain hospital and health

或病人做手術時，細菌從自己皮膚感染到內臟。所以，要做好感染控制，就要預防受別人或病人本身的致病原感染。」司徒醫生說。

「感染控制於五十年代開始講求科學理據，即所謂的循證醫學。」司徒醫生表示，衛生防護中心的感染控制科學委員會討論所有有關感染控制的議題，肯定所有相關建議都是有科學根據及實際可行的。

## 以古鑑今 防備大流行

司徒醫生指出，香港政府的檔案記錄了三次大的流感潮，分別在1918年、1957年及1968年發生。這些資料顯示，雖然每次流感潮都有許多人患上流感，但死亡率相當低，而且死者多數是長者。

而2003年的「沙士」，屬高度人傳人的疫病。感染的人數雖小，但患者病情嚴重，死亡率很高。司徒醫生相信，香港經過「沙士」一疫，在感染控制方面已作好準備，迎接禽流感的挑戰。「相信基本而良好的感染控制工作已很有效，例如佩戴口罩及洗手。在醫院裡，醫護人員工作忙、壓力大，要確切實行洗手程序有點困難。因此，最近世界衛生組織積極推廣以含酒精成分的搓手液清潔雙手，我們也會致力研究，找出方便及有效率的方法，讓醫護人員可以將感染控制措施付諸實行。」

談及禽流感似乎有爆發成災之勢，司徒醫生認為禽流感爆發至人傳人的機會雖然存在，但要禽流感病毒與人類流感病毒進行「洗牌」，卻是一件很複雜的事情。「大家最緊張的是病毒『洗牌』後會演變成流感大流行，但香港既能在上幾次疫潮中安然渡過，我們就應以史為鑑，做好防範流感的準備，無須過度驚慌。」

觀乎近月政府及社會各界紛紛推出並實行防備流感措施，市民的健康似乎得到了較大保障，但政府亦已作出最壞打算，為一旦爆發疫症作出準備；市民也絕對不能掉以輕心，並應盡好本份，注意個人衛生及與醫護人員合作，做好感染控制的工作。

## 抗生素與感染控制

近年，濫用抗生素亦成為一個嚴重的感染控制問題，就此司徒醫生表示要三管齊下：一、減少濫用抗生素，以免令細菌衍生抗藥品種；二、加強感染控制措施；三、切實執行監測的工作。在這方面，香港是以感染控制小組的形式運作，由醫生領導，由護士執行有關工作。

care associated infection," said Dr SETO. "During health care or treatment processes, a patient will be subject to risks of cross infection caused by, for example, the use of respirator, or infection of internal organs as a result of bacteria invading through the skin in an operation. Therefore, to improve on the infection control measures in a hospital, we have to prevent human-to-human infection and those caused by bacteria on the patients themselves."

"The origin of modern infection control dates back to the 1950s. Infection control is about scientific evidence, i.e. this is an evidence-based discipline," Dr SETO explained. He also said that the SCIC is responsible for deliberating on issues that relate to infection control and making sure that suggestions are made in a scientific and evidence-based manner.

## What history says about pandemics

Government records show that Hong Kong has three documented major flu epidemics in 1918, 1957 and 1968. Judging from these reports, the three epidemics in the history of Hong Kong have affected lots of people, but the death tolls were very low, with the elderly making up the majority of the deceased.

There is a great contrast when these epidemics are compared with SARS in 2003, a highly contagious disease that spread within a relatively small human population but resulted in very severe illness and a high death rate. "Having survived SARS demonstrates that we are well prepared in the area of infection control for the challenges posed by avian influenza," Dr SETO said confidently. "Good basic infection control measures are good enough, e.g. a rigid compliance with mask use and handwashing. However, it could be difficult for health care professionals in a hectic hospital setting to achieve full compliance with the proper handwashing procedures. That is why the World Health Organization (WHO) recently encourages the use of alcohol handrub. We should really put more effort into researching for more convenient and effective infection control measures, so that health care workers can stick to them."

As for avian influenza, which poses a pandemic threat, Dr SETO's view is that the chance for



Dr SETO and CHP staff in a video conference with WHO on the launch of a global hand hygiene initiative. 在一項世界手部衛生的活動中，司徒醫生與衛生防護中心員工透過視像會議與世衛與會者揮手。

avian flu to become an outbreak exists but is relatively low, because it is a very complicated process for avian influenza virus to perform genetic "shuffling" with human influenza virus strains. "Our biggest concern is for the virus to 'shuffle' its genes and start off an influenza pandemic, but as we look back on our history, we can find that Hong Kong has survived three influenza pandemics. What we should do now is to learn our lessons from history, hone our influenza preparedness and stop fretting."

In the past few months, the Government and various stakeholders have been rolling out and implementing measures for preventing influenza, which have, to some extent, further safeguarded the health of the general public. Nonetheless, the Government is also preparing itself for the worst case scenario and is constantly enhancing its influenza pandemic preparedness. Therefore, we as the members of the public should do our part and stay vigilant. By paying attention to personal hygiene and cooperating with medical professionals, we should be able to improve on our infection control efforts.


## Antibiotics and infection control

Recently, antibiotics abuse has also become one of the highlighted problems for infection control. Dr SETO made it clear that three things need to be done regarding this issue: (1) We should cut down on the use of antibiotics to avoid the emergence of a resistant strain; (2) We should reinforce infection control measures, and; (3) We should make sure our surveillance system is well functioning. In Hong Kong, infection control is performed by the infection control team in the hospital. An infection control team is led by doctors and supported by infection control nurses.

## 感染控制先鋒

一談到感染控制，司徒醫生就如數家珍，如此濃厚的興趣，原來是有跡可尋的。他醫科畢業後曾到倫敦接受微生物學的訓練，並於1981年到美國史丹福大學醫學院感染控制小組工作；及後於美國疾病控制及預防中心接受培訓，深受美國監測的概念影響。他早於1985年在香港瑪麗醫院工作時，便開展感染控制的工作，是這方面的先鋒，也順理成章成為感染控制的專家，世衛早於八十年代已邀請他就有關議題作顧問。如果懸壺濟世是有遺傳的話，便可從司徒醫生三代從醫得到印証，因為司徒醫生的父親及兒子都是醫生。

## 加強培訓 服務增值

司徒醫生寄語衛生防護中心要有附加價值，於執掌重大醫療事故的調查工作方面可向美國疾控中心取經，並可專注於向醫院提供實驗室的支援；透過科學委員會匯聚專家，發揮所長，確保防護中心工作的科學理據；收集及交流醫院的資料；以及向公眾進行健康教育。他相信防護中心需要時間成長進步，並應多派員接受培訓，建立專門領域的知識。 

## A pioneer in the local scene


The way Dr SETO delivered his viewpoints on infection control says a lot about his keen interest in the subject. After graduation, Dr SETO was trained in the area of microbiology in London. He later on worked in the infection control unit of the School of Medicine, Stanford University, and received training in the Centers for Disease Control and Prevention (CDC) Attachment Programme. Being strongly influenced by the surveillance system adopted by the US, he pioneered the practices in the local infection control scene when he went back to Hong Kong and served in Queen Mary Hospital in 1985. With such a background, it is only natural for him to become an expert in the area. He was invited by the WHO as a consultant on related issues as early as in the 1980s.

Dr SETO also shared his family history of medical practice, that of his father's and his son's.

## Getting trained for value-added services

Dr SETO would like to see CHP provide




value-added services on infection control. He said that the CDC should make a good role model for the CHP in terms of how major public health incidents should be handled and investigated. The CHP should be specialising in laboratory support; harnessing expertise from various backgrounds through the Scientific Committees; ensuring that claims are made based on evidence; collecting information from different hospitals and facilitating information exchange; and performing public health education. He was also convinced that it takes time for the CHP to mature, and with more training given to its staff, the CHP should be able to benefit from a workforce with well-established professional competence. 

# 科學委員會天地

## Scientific Committees Corner

衛生防護中心與各關注本港衛生防護的組織及伙伴緊密合作。為匯聚不同醫學專家及組織的寶貴經驗與意見，衛生防護中心內有一個三層的科學顧問架構。這架構以中央科學顧問委員會為首，其下是各個科學委員會，而委員會轄下則有專責項目，以配合研究及發展各科學委員會關注的課題。

由衛生防護中心總監擔任主席的中央科學顧問委員會，成員包括七個科學委員會的主席及其他醫學專家。透過各專家成員的積極參與，並配合其對疾病預防及控制的通識卓見，中央科學顧問委員會適切地協助制定全面及有效的衛生防護政策與體制。


自衛生防護中心在去年六月成立至今，中央科學顧問委員會共舉行了三次會議。最近的一次會議剛於九月舉行，並就下列議題進行討論：政府流感防疫注射計劃的進程，日本腦炎、登革熱及流感的評估和策略綱領，以及幼童免疫注射計劃是否採用新的混合疫苗。 

The CHP enjoys a close collaboration with various stakeholders and partners who are concerned about health protection in Hong Kong. The collaboration takes the form of a three-tier Scientific Advisory Structure. The top tier is the Board of Scientific Advisers. The second tier consists of the Scientific Committees which in turn are supported by specific Programmes tailor-made to address issues brought up by the Scientific Committees.

The Board of Scientific Advisers is chaired by the Controller of CHP and comprises medical experts including Chairmen of the seven Scientific Committees. Through active participation of experts who collectively provide a broadened perspective to disease prevention and control, the Board advises the Controller on formulation of comprehensive and effective health protection strategies.



中央科學顧問委員會的第三次會議於九月舉行，並就公共衛生議題展開討論。  
The latest meeting of the Board of Scientific Advisers was held in September, at which public health issues were discussed.

Since the set up of CHP in June 2004, a total of three Board of Scientific Advisers meetings were held. The latest meeting held in September discussed the progress of Government Influenza Vaccination Programme, the assessment and strategic plan for Japanese encephalitis, dengue fever and influenza, and the switch to newer combined vaccines for the Childhood Immunization Programme. 

# 走訪衛生防護中心 Venues in Focus

## 緊急熱線中心

### Emergency Hotline Centre (EHC)

緊急熱線中心是一間多功能大堂，內設完善電話系統及培訓設施，可容納約四十人。在疾病爆發時，熱線中心是與普羅大眾初步接觸的第一線，接聽一切有關查詢的電話。在沒有疾病爆發的時候，該中心則接聽市民日常的查詢。中心亦可用作培訓中心，使志願團體有能力協助處理大型疾病爆發的相關工作。Ⓜ

EHC is a multi-function hall facilitated with telephone system and training facilities. It can accommodate about 40 staff. During an outbreak, the EHC is the first line of contact with the public by handling all sorts of phone call enquiries. At normal times, the centre would handle day-to-day enquiries. It can also be used as a training centre for voluntary groups which would be enlisted to help in case of a major outbreak. Ⓜ



## 項目巡禮 Programmes in Focus

### 清潔衛生更安全

#### Clean Care is Safer Care

為減少醫護過程引起的感染，世界衛生組織推出「全球患者安全挑戰之清潔衛生更安全」宣傳活動。本港於十月十三日的開幕儀式上參與了全球視像會議，並會於來年開展一系列鼓勵大眾洗手的活動。Ⓜ

"Clean Care is Safer Care" is the theme for this year's Global Patient Safety Challenge, a

World Health Organization's initiative that aims at reducing health care-related infections worldwide. Hong Kong participated in the video conference of the launching ceremony held on October 13, which marked the start of a series of campaigns targeted at heightening the awareness of handwashing among the general public in 2006. Ⓜ



衛生福利及食物局局長周一嶽支持世界衛生組織的洗手活動。

Dr York CHOW, Secretary for Health, Welfare and Food, pledged support to the WHO's initiative to wash hands.

### 運動處方證書課程

#### Exercise Prescription Certificate Course

衛生署致力向大眾推廣體能活動，特與香港醫學會、康樂及文化事務署、民政事務署、運動推廣機構及非政府組織攜手推出運動處方計劃，並將於觀塘及將軍澳進行試驗計劃。香港醫學會更與衛生署及數個專業團體合作，於十月及十一月舉辦訓練課程，為本地醫生提供更多有關本計劃的詳細資料；每位參加訓練課程的人士均獲得一份由署方製作的計劃工具套。Ⓜ

Striving to promote physical activities among members of the public, the Department of Health (DH) has collaborated with the Hong Kong Medical Association (HKMA), Leisure

and Cultural Services Department, Home Affairs Department, sports facilitators and non-governmental organisations to implement the Exercise Prescription Project, of which a pilot project will be carried out in Kwun Tong and Tseung Kwan O. To better equip local medical practitioners with more in-depth knowledge on the project, HKMA joined hands with DH and some professional bodies to organise a training course in October and November. A "Toolkit for Exercise Prescription Project" was also produced and distributed to every participant of the training course. Ⓜ



運動處方計劃的工具套  
Toolkit for Exercise Prescription Project




醫生出席本訓練課程  
Medical practitioners attending the training course


## 衛生署網站獲嘉許

### Websites of the Department of Health awarded for web accessibility

衛生署轄下多個部門網站，在「網絡無障礙行動2005」的頒獎典禮中，獲得多項獎狀，實在值得鼓舞。

「網絡無障礙行動2005」由互聯網專業協會主辦，致力縮窄數碼隔膜，改善互聯網頁的易讀程度，讓更多不同階層、不同背景和不同需要的人士，能享用互聯網所提供的多元化服務和資訊。 

Websites of service units under the umbrella of the Department of Health (DH) were awarded for web accessibility at the Web Care Campaign 2005.

The Web Care Campaign, initiated by Internet Professional Association (iProA), aims at encouraging organisations to enhance their websites for easy access by people with different needs, so that everyone has equal opportunities in the enjoyment of information and services made available via the Internet. 



中央健康教育組總監蔡遠寧博士（左一）接受「網絡無障礙行動」金獎殊榮。

Dr Ray CHOY (far left), Head of Central Health Education Unit, accepted the Gold Prize of Web Care Campaign 2005.

#### 金獎：

##### Gold Prize：

衛生防護中心  
Centre for Health Protection  
[www.chp.gov.hk](http://www.chp.gov.hk)

中央健康教育組  
Central Health Education Unit  
[www.cheu.gov.hk](http://www.cheu.gov.hk)

長者健康服務  
Elderly Health Services  
[www.info.gov.hk/elderly](http://www.info.gov.hk/elderly)

#### 銀獎：

##### Silver Prize：

子宮頸普查計劃  
Cervical Screening Programme  
[www.cervicalscreening.gov.hk](http://www.cervicalscreening.gov.hk)

醫療儀器管制辦公室  
Medical Device Control Office  
[www.mdco.gov.hk](http://www.mdco.gov.hk)

放射衛生部  
Radiation Health Unit  
[www.info.gov.hk/dh-rhu](http://www.info.gov.hk/dh-rhu)

學童牙科保健服務  
School Dental Care Service  
[www.school dental.gov.hk](http://www.school dental.gov.hk)

胸肺科  
Tuberculosis & Chest Service  
[www.info.gov.hk/tb\\_chest](http://www.info.gov.hk/tb_chest)

控煙辦公室  
Tobacco Control Office  
[www.tco.gov.hk](http://www.tco.gov.hk)

旅遊健康服務  
Travel Health Service  
[www.travelhealth.gov.hk](http://www.travelhealth.gov.hk)



[www.chp.gov.hk](http://www.chp.gov.hk)



[www.cheu.gov.hk](http://www.cheu.gov.hk)



[www.info.gov.hk/elderly](http://www.info.gov.hk/elderly)

## 流感知多少？

### How well do you know about influenza?

城中最熱門的健康議題非禽流感莫屬，但大家熱烈討論之餘，對季節性流感、禽流感和流感大流行之間的分別又知多少？三者在本質上其實並不相同。

#### 季節性流感

季節性流感爆發，是由早已在人類身上流傳的流感病毒亞型所引起。在香港，這種情況通常出現於每年一至三月及七、八月。健康的人士患上季節性流感後，通常會於二至七日內自行痊癒。


#### 流感大流行

流感大流行每隔約十至五十年出現一次，並會隨時爆發，其起因是由於流感病毒進行重大的基因改變。流感大流行通常會造成大規模感染，患者病情較為嚴重，死亡率較高，並對社會及經濟造成較大影響。世界衛生組織表示，現階段全球並無任何地方出現流感大流行，但防備及監測工作不容鬆懈。

#### 禽流感

禽流感通常出現在雀鳥身上，家禽及候鳥患上此病的機會甚高。

為了促進市民對流感的認識及提高衛生意識，衛生防護中心早前展開大規模的宣傳活動，包括製作宣傳短片於電視、電台及公共

交通工具播放，並印刷及派發海報、單張等，以及接受報紙及雜誌的訪問。市民如果想知道更多流感的資訊，可透過以上方式取得健康訊息，或瀏覽衛生防護中心的網站 [www.chp.gov.hk](http://www.chp.gov.hk)。 

Flu is definitely the hottest topic in the city recently. While everyone is talking fervently about it, can you distinguish between "seasonal influenza", "avian influenza" and "influenza pandemic"? They are actually very different in nature.

#### Seasonal Influenza

Seasonal influenza outbreaks are caused by subtypes of influenza virus that are already in existence among people. In Hong Kong, it is more prevalent in periods from January to March and from July to August every year. For healthy individuals, seasonal influenza is usually self-limiting with recovery in two to seven days.

#### Influenza Pandemic


Influenza pandemic occurs roughly every 10 to 50 years and may strike anytime. It emerges as a result of influenza virus undergoing major genetic changes. Influenza pandemic is usually associated with a great number of cases, higher

severity of illness, a higher death toll and consequently greater social and economic disruption.

The World Health Organization has advised that there is no influenza pandemic anywhere in the world at this stage, although vigilance and surveillance need to remain high.

#### Avian Influenza

Avian influenza mostly occurs in birds and the risk of avian flu in poultry and migratory birds remains high.

To raise public awareness about influenza and promote hygienic practices among the general public, the CHP launched a large-scale publicity campaign, including production of announcements of public interest which were disseminated through television, radio, public transport and other channels, and pamphlets and posters. Media interviews were also lined up. If you want to know more about influenza, check out the health messages available through these channels or visit the CHP's website at [www.chp.gov.hk](http://www.chp.gov.hk) 



有關流感的各式單張  
Pamphlets on influenza

# 活動快拍 Snapshots of Events

8-9.2005



感染控制處為署方負責感染控制的同事舉辦了四場感染控制的培訓。  
Infection Control Branch conducted 4 sessions of infection control training for departmental infection control officers.

25.9.2005

約二百名老師、社工及家長，參與了由紅絲帶中心、香港電台性本善網站和香港教育專業人員協會舉辦「家校本性教育」研討會。

About 200 teachers, social workers and parents attended Sex Education Forum - "Tackling questions about sex", which was co-organised by the Red Ribbon Centre, RTHK Sex Education Online, and Hong Kong Professional Teachers' Union.



25-28.9.2005

兩位社會衛生科的護士長出席了在北京舉行的第七屆京港醫學交流會議，會議內容主要是關於性病和性健康，亦同時參觀了性文化博物館。

Two nursing officers from the Social Hygiene Service attended the Beijing / Hong Kong Medical Exchange Seventh Meeting. The programme covered sexually transmitted infections and sexual health, as well as a visit to the Sex Culture Museum.



9-10.2005

「我愛無煙灣仔」及「我愛無煙中西區」反吸煙巡迴展覽，旨在加強香港的禁煙活動。

Anti-smoking roving exhibitions were organised in Wan Chai District and the Central and Western District to promote the message of a smoke-free Hong Kong.



17.10.2005

社區聯絡部與基督教家庭服務中心及基督教聯合那打素社康服務合作，於觀塘創紀之城宣傳「二加三蔬果推廣計劃」。

Community Liaison Division joined hands with Christian Family Service Centre and United Christian Nethersole Community Health Service to promote "2+3 Fruit and Vegetable Programme" at Millennium City, Kwun Tong.



26.10.2005

杭州市衛生局衛生監督處人員到衛生防護中心參觀學習。

A study visit to the CHP by Health Supervision Agency, Board of Health of Hangzhou City.



# 活動快拍 Snapshots of Events

31.10.2005

歐洲委員會擴大總署署長（準成員國）Timo Summa先生（左二）來港參加禽流感會議。



Mr Timo Summa (second from left), Director (Acceding Countries), Enlargement Directorate-General, European Commission joined the meeting on avian influenza.

2-3.11.2005

廣東省衛生應急考察組成員參觀瑪嘉烈醫院、公共衛生檢測中心及衛生防護中心，並參與粵港防控禽流感和大流行工作會議。

Health contingency delegates from Guangdong visited Princess Margaret Hospital, Public Health Laboratory Centre and the CHP. They also attended a meeting on avian influenza and influenza pandemic preparedness of Guangdong and Hong Kong.



31.10.2005

國家質量監督檢驗檢疫總局進出口食品安全局局長李元平先生（右二）參觀衛生防護中心。

Official visit by Mr Li Yuan Ping (second from left), Director of Import and Export Food Safety Bureau, General Administration of Quality Supervision, Inspection and Quarantine.



11-12.2005

社區聯絡部出席灣仔區議會會議，解釋衛生署在預防流感上扮演的角色與措施。

Community Liaison Division attended Wan Chai District Council meeting to explain the role and measures of the Department of Health in the prevention against influenza.




## 編者的話 Words from the Editor

最近的新聞，鋪天蓋地談論禽流感。它是否會爆發成災？它會人傳人嗎？面對禽流感，市民難免惶恐不安，市面許多私家診所的流感疫苗甚至「賣斷市」。究竟流感是怎麼樣的一種病？市民可以如何預防？今期的「項目巡禮」會為你作詳細介紹，讓你認清流感的真面目。

今期的「人物專訪」則有幸請來衛生防護中心的感染控制科學委員會主席司徒永康醫生接受訪問。司徒醫生是推行醫療感染控制及相關訓練工作的先鋒，來自醫學世家的他對禽流感自有精闢獨到的見解，不容錯過。

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。

最後，聖誕佳節臨近，編者謹祝大家身體健康！

The media is churning out news about avian influenza on a daily basis. Will it turn into a nasty outbreak? Will it spread from human to human? With the threat of avian influenza just around the corner, it is natural to see a growing public concern over the issue. The resultant panic has even caused severe depletion of flu jab stockpile in some general practices. What sort of disease is flu actually? How do we prevent it? Check out "Programmes in Focus" of this issue to find out more about the facts of influenza.

We are also honoured to feature an interview with Dr SETO Wing Hong, Chairman of the Scientific Committee on Infection Control. Dr SETO, from a family where both his father and his son are doctors, is a pioneer in hospital infection control and related training work. He has a unique way of seeing avian influenza, so don't miss it!

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

Last but not least, with the Yuletide spirit in the air, the Editorial Board wishes you a very happy and healthy Christmas! 