

# Seasonal Influenza Vaccination & Pneumococcal Vaccination

## 季節性流感疫苗及肺炎球菌疫苗接種

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衛生署  
Department of Health

# 季節性流感

## Seasonal Influenza

- 病毒引起的傳染病  
An infectious viral disease
- 一般會在二至七天內自行痊癒  
It is usually self-limiting with recovery in 2 to 7 days
- 但嚴重時，可能會出現支氣管炎和肺炎等併發症，甚至導致死亡  
However, it can be a serious illness and **may be complicated** by bronchitis, chest infection, or even death in the most serious cases
- 高峰期一般常見於冬季一至三或四月和夏季七至八月  
Peak seasons are usually in periods from **January to March / April** and from July to August



# 季節性流感

## Seasonal Influenza

- 2017/18 年度，流感季節於一月開始，二月初達至高峰期  
Influenza season started in January and peaked in early February in 2017/18 season
- 成人流感嚴重個案（需入住深切治療部或死亡）共 570 個（包括 382 個死亡個案）  
Total 570 cases (including 382 deaths) were severe adult influenza cases (ICU admission or death)
  - 約 72% 影響 65 歲或以上長者，87% 死亡個案是 65 歲或以上長者  
About 72% of cases affected elderly aged 65 years or above, and the percentage was 87% for death cases
  - 只有 26% 有接種 2017/18 年度季節性流感疫苗  
Only 26% had received seasonal influenza vaccine (SIV) for 2017/18 season

# 接種季節性流感疫苗

## Seasonal Influenza Vaccination

- 接種流感疫苗是其中一種預防流感及其併發症的有效方法，亦可減低因流感而入院留醫和死亡個案

Influenza vaccination is an **effective means** to prevent the infection, its complications and associated hospitalization and death

- 除個別有已知禁忌症的人士外，所有 6 個月或以上人士都應接種流感疫苗作個人保護

**All members of the public aged 6 months or above**, except those with known contraindications, **should receive** SIV for personal protection



# 接種流感疫苗優先組別

## Priority Groups for Influenza Vaccination

在 2018/19 年度，疫苗可預防疾病科學委員會建議本港以下人士**優先**接種流感疫苗：

In 2018/19 season, the Scientific Committee on Vaccine Preventable Diseases recommends the following **priority groups** for SIV in Hong Kong:

- 孕婦
- 居於安老院舍的長者
- 居於殘疾人士院舍的長期宿友
- 50 歲或以上的人士
- 有長期健康問題的人士
- 醫護人員
- 6 個月至 11 歲
- 家禽業從業員
- 從事養豬或屠宰豬隻行業的人士
- Pregnant women
- Elderly persons living in residential care homes
- Long-stay residents of institutions for the disabled
- Persons aged 50 years or above
- Persons with chronic medical problems
- Health care workers
- Children between the age of 6 months to 11 years
- Poultry workers
- Pig farmers and pig-slaughtering industry personnel

# 何時接種流感疫苗？

## When to Get Influenza Vaccination?

- 流行的流感病毒株可能會不時改變  
The circulating influenza strains change from time to time
- 流感疫苗的成分，須根據每年流行的病毒株而更新  
The vaccine composition is updated in accordance with the circulating strains every year
- 2018/19 年度季節性流感疫苗的成分與 2017/18 年度的不同  
The vaccine compositions of 2018/19 seasonal influenza vaccine are different from those in 2017/18
- 應每年接種流感疫苗  
Should receive influenza vaccination every year



# 何時接種流感疫苗？

## When to Get Influenza Vaccination?

- 接種疫苗後身體約需**兩星期**產生抗體來預防流感病毒  
It takes about **2 weeks** after vaccination for antibodies to develop in the body to provide protection against influenza virus
- 應在冬季流感季節**高峰期前**盡早接種  
Should receive influenza vaccination early and **before the winter influenza peak season**



# 流感疫苗的種類

## Types of Influenza Vaccine

- 三價和四價均獲建議在香港使用

Both **trivalent** and **quadrivalent** are recommended for use in Hong Kong

- 類甲型/密歇根/45/2015(H1N1)pdm09病毒  
an A/Michigan/45/2015 (H1N1)pdm09-like virus
- 類甲型/新加坡/INFIMH-16-0019/2016 (H3N2) 病毒  
an A/Singapore/INFIMH-16-0019/2016 (H3N2)-like virus
- 類乙型/科羅拉多/06/2017病毒  
a B/Colorado/06/2017-like virus
- 類乙型/布吉/3073/2013病毒  
a B/Phuket/3073/2013-like

- 如採用三價疫苗，當中的乙型流感成份應包括類乙型/科羅拉多/06/2017病毒

If trivalent vaccine is being used, the influenza B component shall contain a B/Colorado/06/2017-like virus



# 滅活流感疫苗

## Inactivated Influenza Vaccine

- 滅活流感疫苗 (注射式) 含有已死亡病毒，**不會引致流感**  
Inactivated influenza vaccine (injection) contains dead virus and **will not cause influenza**
- 對任何疫苗成分或接種任何流感疫苗後曾出現**嚴重過敏**反應的人士，**不宜接種**  
People who have a history of **severe allergic reaction** to any vaccine component or a previous dose of any influenza vaccine are **not suitable** to receive the vaccine



# 可能有的副作用 (滅活流感疫苗)

## Possible Side Effect (Inactivated Influenza Vaccine)

- 可能在接種處出現**痛楚**、**紅腫**外，一般並無其他副作用  
Usually well tolerated apart from occasional **soreness**, **redness** or **swelling** at the injection site
- 部分人士可能在接種疫苗後六至十二小時內出現**發燒**、**肌肉疼痛**、**疲倦等症狀**，但這些症狀通常會在兩天內減退  
Some recipients may experience **fever**, **muscle pain** and **tiredness** beginning 6 – 12 hours after vaccination and lasting up to 2 days



# 可能有的副作用 (滅活流感疫苗)

## Possible Side Effect (Inactivated Influenza Vaccine)

- 一些罕見但嚴重的不良情況，也可能在接種疫苗後出現，如：  
Influenza vaccination may **rarely** be followed by serious adverse events, such as:
  - 「吉-巴氏綜合症」(每 100 萬個接種疫苗人士中約有 1 至 2 宗個案)  
Guillain-Barré Syndrome (about 1 to 2 case per million vaccinees)
  - 嚴重過敏反應 (每分發 1,000 萬劑疫苗中有 9 宗個案)  
Severe allergic reaction (9 in 10 million doses distributed)
- 不過，接種流感疫苗與這些不良情況**不一定有因果關係**  
However, influenza vaccination may **not necessarily have causal relations** with these adverse events



# 流感疫苗安全可靠

## Influenza Vaccine is Safe and Effective

- 疫苗經過反覆試驗及品質檢測，**證實安全可靠**

The vaccine has undergone repeated testing and quality assessment to **ensure that it is safe and reliable**

- 流感疫苗內雖含有卵清蛋白 (即雞蛋白質)，但製造過程經反覆純化，卵清蛋白含量極少。即使**對雞蛋敏感的人士**，**在一般情況下亦能安全接種**

Influenza vaccine contains ovalbumin (a chicken protein), but the manufacturing process involves repeated purification and the ovalbumin content is very little. **Even people who are allergic to eggs are generally safe to receive vaccination**

- 現時在香港註冊的流感疫苗**並不含水銀或鋁**

The influenza vaccines currently supplied for use in Hong Kong **do not contain a mercuric compound or aluminum**



# 接種流感疫苗的好處

## Benefits of Influenza Vaccination

- 50 至 64 歲人士因感染甲型流感 (H1N1)pdm09 病毒而需要進入深切治療部或死亡的風險比較高

Persons aged 50-64 years have a higher risk of ICU admission and death associated with influenza

- 疫苗可預防疾病科學委員會建議 65 歲或以上的長者接種季節性流感疫苗，因為他們因流感而出現併發症、入院留醫和死亡的風險較高

The Scientific Committee on Vaccine Preventable Diseases recommends seasonal influenza vaccination for elderly aged 65 years or above because of their high risk of complications, excess hospital admissions and death from influenza



# 肺炎球菌疫苗接種

## Pneumococcal Vaccination



# 肺炎球菌感染

## Pneumococcal Infection

- 泛指由肺炎球菌（又稱肺炎鏈球菌）引致的疾病

A wide range of diseases caused by the bacterium streptococcus pneumoniae (or more commonly referred as pneumococcus)

- 一般只引起較輕微的竇炎和中耳炎，但亦可以引致較嚴重甚至能致命的侵入性肺炎球菌疾病如血性肺炎、敗血病和腦膜炎等

Pneumococcus is a common cause of mild illnesses such as sinus or middle ear infections, it may also cause severe or even life-threatening invasive pneumococcal diseases (IPD) such as bacteremic pneumonia, sepsis, and meningitis

- 幼兒及長者患上侵入性肺炎球菌疾病後，病情通常較為嚴重

The outcomes for IPD are usually more severe among young children and elderly persons



# 肺炎球菌疫苗接種

## Pneumococcal Vaccination

- 接種肺炎球菌疫苗是預防肺炎球菌疾病其中一種**最有效**的方法  
One of the **most effective** means of preventing pneumococcal diseases is by **pneumococcal vaccination**
- 肺炎球菌感染一般以抗生素治療。由於此病菌對抗生素的抗藥性逐漸增加，因此預防肺炎球菌感染比治療更為重要  
The treatment of pneumococcal infections usually involves the use of antibiotic(s). But there is a problem of increasing resistance of the bacterium to antibiotics, which makes prevention of pneumococcal infections important





# 肺炎球菌疫苗接種

## Pneumococcal Vaccination

- 兩種類型的肺炎球菌疫苗

Two types of pneumococcal vaccines

- 13 價肺炎球菌結合疫苗 (十三價疫苗)

13-valent pneumococcal conjugate vaccine (PCV13)

- 十三價疫苗能有效對抗侵入性肺炎球菌疾病和肺炎球菌引致的非侵入性肺炎；其功效對預防由肺炎球菌引致的非侵入性肺炎比二十三價肺炎球菌多醣疫苗較好

PCV13 is effective against both IPD and non-invasive pneumococcal pneumonia and has a better efficacy against non-invasive pneumococcal pneumonia when compared with 23-valent pneumococcal polysaccharide vaccine

- 23 價肺炎球菌多醣疫苗 (二十三價疫苗)

23-valent pneumococcal polysaccharide vaccine (23vPPV)

- 二十三價疫苗包含更多種血清型，理論上提供了額外的保護
- 23vPPV contains more serotypes and theoretically offers extra protection

# 哪些人應接種肺炎球菌疫苗？

## Who should Get Pneumococcal Vaccines?

- 疫苗可預防疾病科學委員會建議兩歲或以上有**高風險情況**人士\* 應接種一劑十三價疫苗，一年後再接再種一劑二十三價疫苗

The Scientific Committee on Vaccine Preventable Diseases recommends **high-risk individuals**\* aged 2 years or above to receive a single dose of PCV13, followed by a single dose of 23vPPV 1 year later

- **65 歲及以上**而沒有高風險的情況\*的人士，疫苗可預防疾病科學委員會建議接種一劑十三價疫苗**或**一劑二十三價疫苗

For elderly **aged 65 years or above** without high-risk conditions\*, The Scientific Committee on Vaccine Preventable Diseases recommends either a single dose of PCV13 **or** a single dose of 23vPPV



# 哪些人應接種肺炎球菌疫苗？

## Who should Get Pneumococcal Vaccines?

\*高風險情況包括：

\***High-risk conditions include:**

- 曾患侵入性肺炎球菌病  
History of invasive pneumococcal disease
- 缺乏免疫功能：  
Immunocompromised states:
  - 無脾臟、愛滋病、原發性免疫力缺乏症  
Asplenia, HIV / AIDS , primary immunodeficiency
  - 與癌症和器官移植有關的免疫功能缺乏  
Immunodeficiencies related to malignancies and transplantation
  - 與使用免疫功能抑制劑或類固醇有關的免疫功能缺乏  
Immunodeficiencies related to use of immunosuppressive drugs / systemic steroid
- 裝有人工耳蝸  
With cochlear implants
- 慢性疾病：  
Chronic disease
  - 慢性心臟、肺部、肝或腎病  
Chronic cardiac, pulmonary, liver or renal disease
  - 糖尿或腦脊髓液滲漏  
Diabetes mellitus or CSF leakage

(高血壓本身並非高風險情況)

(Essential hypertension per se is not considered as a high-risk condition)

# 肺炎球菌疫苗常見問題

## Frequently Asked Questions on Pneumococcal Vaccine

問： 哪些人不適合接種肺炎球菌疫苗？

Q： Who are not suitable to receive pneumococcal vaccines?

答： 如曾在接種肺炎球菌疫苗後或對該疫苗的成分或含有白喉類毒素的疫苗出現嚴重過敏反應，則不應繼續接種。

A： Severe allergic reaction following a prior dose of pneumococcal vaccine or to the vaccine component or any diphtheria toxoid-containing vaccine is a contraindication to further doses of vaccine.



# 肺炎球菌疫苗常見問題

## Frequently Asked Questions on Pneumococcal Vaccine

問：肺炎球菌疫苗可否在某些醫療程序前或後接種？

Q：Can pneumococcal vaccines be given prior to / after certain medical procedures?

答：在許可的情況下，應在進行脾臟切除手術前最少兩星期完成肺炎球菌疫苗接種。在理想情況下，肺炎球菌疫苗應該在化療／放射治療之前或完成之後給予，但是在長期使用化療藥物的過程中，仍然可以按照臨床需要給予。請與你的醫生商討最合適的肺炎球菌接種。

A：For individuals who will undergo elective splenectomy, pneumococcal vaccines should be given at least 2 weeks before the procedures if possible. Pneumococcal vaccines should ideally be given before or after completion of chemotherapy / radiotherapy but they may still be given as clinically indicated during long term use of chemotherapeutic agents. Please discuss with your doctor on the most appropriate vaccination regimen.

# 肺炎球菌疫苗常見問題

## Frequently Asked Questions on Pneumococcal Vaccine

問：接種肺炎球菌疫苗可能會出現甚麼不良反應？

Q：What are the adverse events associated with pneumococcal vaccines?

答：肺炎球菌疫苗已獲**證實安全**。常見不良反應包括接種疫苗部位可能在接種後短時間內出現輕微腫脹及疼痛，但大部分反應在兩天內會自然消退。如接種十三價疫苗，一些可能會出現輕微發熱、疲勞、頭痛、發冷或肌肉疼痛。

A：Pneumococcal vaccines have been demonstrated to be **safe**. Common adverse reactions include slight swelling and tenderness at the injection site shortly following injection but most resolve within 2 days. Some may experience mild fever, fatigue, headache, chills, or muscle pain if receiving PCV13.



謝謝  
**Thank you**

