



兒童接種季節性流感疫苗 – 季節性流感疫苗接種

Children Receive Seasonal Influenza Vaccination – Seasonal Influenza Vaccination

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衛生署
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為何要接種季節性流感疫苗

Why receive seasonal influenza vaccination

- 流行性感冒(簡稱流感)是一種由流感病毒引致的急性呼吸道疾病，一般在一月至三月/四月及七月至八月較為常見

Influenza is an **acute illness of the respiratory tract** caused by influenza viruses. It is more common in periods from January to March/April and from July to August.

- 流感可以引致較重病情，出現支氣管炎、肺炎或腦病變等併發症，甚至死亡。嚴重感染或流感併發症亦有可能發生在健康人士身上。

Influenza can be a serious illness and may be **complicated by** bronchitis, pneumonia, encephalopathy, or even death. Serious infection or complications can also occur in healthy individuals.



為何要接種季節性流感疫苗

Why receive seasonal influenza vaccination

- 接種季節性流感疫苗(流感疫苗)是其中一種預防季節性流感(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

Seasonal influenza vaccination (Influenza vaccination) is an **effective means** to prevent seasonal influenza (influenza), its complications and associated hospitalization and death

- 海外的研究顯示，小童接種流感疫苗可以**減少缺課和流感在社區的傳播**

Overseas studies have shown that vaccinating young school children can **reduce school absenteeism and influenza transmission in the community**

- 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

All members of the public aged **6 months or above**, except those with known contraindications, should receive influenza vaccination



流感疫苗安全有效

Influenza vaccine is safe and effective

- 流感疫苗經過反覆試驗及品質檢測，證實**安全有效**

Influenza vaccines have undergone repeated testing and quality assessment to ensure that it is **safe and effective**

- 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，卵清蛋白含量極低。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 (an egg protein), but the manufacturing process involves repeated purification and the ovalbumin content is very low. Even people who are **allergic to eggs** are generally **safe to receive vaccination**

- 現時在香港供應的流感疫苗並**不含水銀或鋁**

Influenza vaccines currently supplied for use in Hong Kong **do not contain mercury or aluminum**



何時接種流感疫苗？

When to get influenza vaccination?

- 流感疫苗的成分**每年**會根據流行的病毒株而**更新**，以加強保護

The composition of influenza vaccines is **updated every year** in accordance with the circulating strains to enhance protection

- 上一季度接種疫苗後建立的**免疫力**會**隨著時間降低**

Immunity built up after vaccination in the last season will **decrease over time**

- 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 **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 vaccination early and **before winter influenza peak season**

- **9歲以下從未接種**過流感疫苗的兒童，應接種**兩劑**，而兩劑疫苗的接種時間至少相隔**4個星期**

Children **under 9 years** old who have never received influenza vaccine should receive **2 doses** at a minimum interval of 4 weeks



流感疫苗的種類

Types of influenza vaccine

- 流感疫苗類別

Type of influenza vaccines

1. 滅活流感疫苗

Inactivated Influenza Vaccine (IIV)

2. 滅活(噴鼻式)流感疫苗

Live Attenuated Influenza Vaccine (LAIV)

- 滅活流感疫苗和減活流感疫苗均獲疫苗可預防疾病科學委員會建議使用
- Both **inactivated influenza vaccine (IIV)** and **live attenuated influenza vaccine (LAIV)** are recommended for use by Scientific Committee on Vaccine Preventable Diseases
- 滅活流感疫苗和減活流感疫苗**都是有效的**，但兩種疫苗的適用人士有一些不同
- Both IIV and LAIV are **effective**, but there are some differences in their indications



滅活流感疫苗

Inactivated influenza vaccine

- **適用人士：6個月或以上人士** (除非有已知禁忌症)，包括健康人士、懷孕婦女及有長期健康問題的人士

Indications: 6 months or above (except those with known contraindications), including healthy people, pregnant women and people with chronic medical problems

- **不宜接種：**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

Not suitable to receive the vaccine: people who have a history of **severe allergic reaction** to any vaccine component or a previous dose of any influenza vaccine



滅活流感疫苗可能有的副作用

Possible side effects of inactivated influenza vaccine

- 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 **soreness, redness or swelling** at injection site
- 部分人士可能在接種後六至十二小時內出現**發燒、肌肉疼痛、疲倦**等症狀，但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
- 如出現**風疹塊、口舌腫脹或呼吸困難**等較為罕見的嚴重過敏反應，患者必須立即求醫
Immediate severe allergic reactions like hives, swelling of the lips or tongue, and difficulties in breathing are rare and require emergency consultation



滅活流感疫苗可能有的副作用

Possible side effects of 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
- 有研究顯示在感染流感後出現吉-巴氏綜合症的風險（每100萬個感染者有17.20宗個案），遠比接種流感疫苗後（每100萬個接種疫苗的人士中有1.03宗個案）為高
Studies have shown that the risk of Guillain-Barré Syndrome after influenza infection (17.20 per million) is much higher than after influenza vaccination (1.03 per million)



減活流感疫苗(噴鼻式)

Live Attenuated Influenza Vaccine (nasal spray)

- 「減活流感疫苗」只建議供年齡為**2-49歲**的**非懷孕**及**非免疫力低**，又沒有其他禁忌症的人士使用，詳情請向醫生查詢。

Live attenuated influenza vaccine can be used for people **2-49 years of age except** those who are **pregnant, immunocompromised** or with other contraindications (please refer to Question 18 for details). Please consult your doctor for details.



不宜接種減活流感疫苗的人士

Persons who are contraindicated for live attenuated influenza vaccine

誰不宜接種減活流感疫苗？

- 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；
- 正服用亞士匹林或含水楊酸鹽藥物的兒童和青少年；
- 患有哮喘或在過去12個月內曾患上喘鳴的兩歲至四歲兒童；
- 因任何原因導致免疫功能減弱的兒童及成人；
- 免疫系統嚴重受抑制而需在受保護的環境下接受護理的人士之緊密接觸者和照顧者；
- 懷孕；及
- 在過去 48 小時曾服用流感抗病毒藥物

Who should not receive live attenuated influenza vaccine (LAIV)?

- History of severe allergic reaction to any vaccine component or after previous dose of any influenza vaccine;
- Concomitant aspirin or salicylate-containing therapy in children and adolescents;
- Children 2 years through 4 years who have asthma or who have had a history of wheezing in the past 12 months;
- Children and adults who are immunocompromised due to any cause;
- Close contacts and caregivers of severely immunosuppressed persons who require a protected environment;
- Pregnancy; and
- Receipt of influenza antiviral medication within previous 48 hours



減活流感疫苗(噴鼻式) 可能有的副作用

Possible side effects of Live Attenuated Influenza Vaccine (nasal spray)

最常見的副作用包括：

The most common adverse reactions:

- 鼻塞或流鼻水(所有年齡人士)、發燒(兒童)和喉嚨痛(成人)

Nasal congestion or runny nose (in all ages), **fever** (in children) and sore throat (in adults)

- 五歲以下兒童患上反覆喘鳴或任何年齡的哮喘患者，在接種減活流感疫苗後可能會**增加喘鳴的風險**

Children aged below five years with recurrent wheezing / persons of any age with asthma may be at **an increased risk of wheezing** following administration.



獲建議優先接種流感疫苗的群組

Recommended priority groups for influenza vaccination

2020/21 年度，疫苗可預防疾病科學委員會建議以下人士**優先接種**流感疫苗

In the 2020-21 season, the Scientific Committee on Vaccine Preventable Diseases recommends the following **priority groups** for influenza vaccination

- 孕婦
Pregnant women
- 居於護理院舍 (例如安老院舍和殘疾人士院舍)的人士
Residents of Residential Care Homes (for elderly [RCHE] or for persons with disability [RCHD])
- 50 歲或以上的人士
Persons aged 50 years or above
- 有長期健康問題的人士
Persons with chronic medical problems
- 醫護人員 (包括安老院舍和殘疾人士院舍的護理人員)
Healthcare workers (including care workers in RCHEs and RCHDs)
- **6 個月至 11 歲兒童**
Children aged 6 months to 11 years
- 家禽業從業員
Poultry workers
- 從事養豬或屠宰豬隻行業的人士
Pig farmers and pig-slaughtering industry personnel



更多資訊 More Information

衛生防護中心網頁
The Centre for Health Protection website

<https://www.chp.gov.hk/tc/features/18877.html>
<https://www.chp.gov.hk/en/features/18877.html>

聯絡我們 **Contact Us**

項目管理及疫苗計劃科

Programme Management & Vaccination Division (PMVD)

電話 Phone: 2125 2125

傳真 Fax: 2713 9576

電郵 Email: vacs@dh.gov.hk

地址：九龍亞皆老街147C號衛生防護中心二樓

Address : 2/F, Centre for Health Protection, 147C Argyle Street, Kowloon.

謝謝

Thank you

