

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

2023年8月
August 2023



衛生署
Department of Health

內容

Contents

接種季節性流感疫苗 Seasonal influenza vaccination

- 為何要接種季節性流感疫苗？
Why receive seasonal influenza vaccination?
- 流感疫苗安全有效
Influenza vaccine is safe and effective
- 何時接種流感疫苗？
When to get influenza vaccination?
- 流感疫苗的種類
Types of influenza vaccine
- 可能有的副作用
Possible side effects

為何要接種季節性流感疫苗

Why receive seasonal influenza vaccination

- 季節性流行性感冒(簡稱流感)是一種由流感病毒引致的急性呼吸道疾病

Seasonal influenza is an **acute illness of the respiratory tract** caused by influenza viruses.

- 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, its complications, and influenza related hospitalization and death



為何要接種季節性流感疫苗

Why receive seasonal influenza vaccination

- 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



獲建議優先接種流感疫苗的群組

Recommended priority groups for influenza vaccination

2023/24 季度，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 2023-24 season, the Scientific Committee on Vaccine Preventable Diseases recommends the following **priority groups** for influenza vaccination

- 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)
- 50 歲或以上的人士
Persons aged 50 years or above
- 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])
- 有長期健康問題的人士
Persons with chronic medical problems
- **6 個月至 18 歲兒童/或 18 歲或以上就讀於香港中學的青少年**
Children aged 6 months to 18 years/or 18 years old or above attending a secondary school in Hong Kong
- 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

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(重組流感疫苗除外)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 (except for recombinant 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 a mercuric compound or aluminum**

何時接種流感疫苗？

When to get influenza vaccination?

- 流行的季節性流感病毒株可能會不時改變
The circulating seasonal influenza strains may change from time to time
- 上一季度接種疫苗後建立的免疫力會隨著時間降低，在下一季度可能會降至沒有保護作用的水平
Immunity built up in a vaccinated person in the prior season will decrease over time and may become too low to provide protection in the next season
- 季節性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
Seasonal influenza vaccine composition is updated every year in accordance with the circulating strains to enhance protection
- 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

- 應該在**冬季流感季節開始前**儘快接種

Should get vaccinated **before the arrival of winter influenza season** as soon as possible

- 即使未能在冬季流感季節前接種，**仍可儘快接種**

Even if seasonal influenza vaccination is not received before the winter influenza season, **it can still be received as soon as possible**

- **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** with 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. 減活(噴鼻式)流感疫苗
Live Attenuated Influenza Vaccine (LAIV)
3. 重組流感疫苗
Recombinant influenza vaccine (RIV)

- 以上疫苗均獲疫苗可預防疾病科學委員會建議在香港使用。
All above stated vaccines are recommended for use in Hong Kong by SCVPD
- 以上疫苗都是有效的疫苗，但三種疫苗的適用人士有一些不同
All above stated vaccines are effective, but there are some differences in their indications

滅活流感疫苗

Inactivated influenza vaccine

- 以注射方式接種

Given by injection

- 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 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)
- 5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 5 years with recurrent wheezing / persons of any age with asthma may be at an increased risk of wheezing following administration.

重組流感疫苗

Recombinant influenza vaccine

- 以注射方式接種

Given by injection

- 適用人士：18歲或以上人士

Indication: 18 years of age or above

- 不宜接種：對任何重組疫苗成分曾出現過敏反應的人士

Not suitable to receive the vaccine: People who have a history of **hypersensitivity** to any vaccine component of the RIV



重組流感疫苗可能有的副作用

Possible side effects of recombinant influenza vaccine

- 接種處可能出現痛楚和壓痛

Injection-site reactions such as **tenderness** and **pain**

- 接種者也可能出現頭痛、疲倦、肌肉疼痛和關節痛等症狀

Recipients may also experience **headache, fatigue, muscle pain and joint pain**



疫苗接種常見問題

FAQ for vaccine administration

2019冠狀病毒病疫苗可否與季節性流感疫苗**同時接種**？

Can COVID-19 vaccine be **given together** with seasonal influenza vaccine (SIV)?

- 在知情同意下，新冠疫苗可與季節性流感疫苗(包括滅活流感疫苗、減活流感疫苗及重組流感疫苗)**同時接種**，或**之前或之後**的任何時間接種。

COVID-19 vaccines can be **co-administered with, or at any time before or after**, SIV (including inactivated influenza vaccine, live attenuated influenza vaccines and recombinant influenza vaccine) under informed consent.

疫苗接種常見問題

FAQ for vaccine administration

季節性流感疫苗可與麻疹、流行性腮腺炎及德國麻疹 (MMR) 混合疫苗一同接種嗎？

Can seasonal influenza vaccine be given together with Measles, Mumps and Rubella (MMR) vaccine?

滅活流感疫苗或重組流感疫苗: 可在同一天或相隔任何日子接種, 使用與MMR混合疫苗不同的針筒及在不同部位接種

滅活流感疫苗: 相隔四星期接種

IIV or RIV: Administered simultaneously or at any interval with MMR vaccine, with a different syringe and at a different injection site than that of MMR vaccine

LAIV: Administered at least four weeks apart

疫苗接種常見問題

FAQ for vaccine administration

兒童患有哮喘是否不應接種流感疫苗，以免哮喘發作？

Should children having **asthma** avoid influenza vaccination in case it gives him an asthmatic attack?

- 患有肺部疾病如哮喘的人士，由於在感染流感時會有較高出現併發症的風險，所以應該接種滅活流感疫苗

People suffering from lung diseases such as asthma are recommended to **receive IIV** because of an **increased risk of complications** associated with influenza

- 而患有哮喘或在過去12個月內曾患上喘鳴的兩歲至四歲兒童則不應接種滅活流感疫苗

Children **2 years through 4 years** who have asthma or who have had a history of wheezing in the **past 12 months** should **not receive LAIV**

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/100634.html>

<https://www.chp.gov.hk/en/features/100634.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：九龍紅磡德豐街18-22號海濱廣場二座3樓

Address : 3/F, Two Harbourfront, 18-22 Tak Fung Street, Hung Hom, Kowloon

謝謝

Thank you

