

慎防一「叮」防蚊防蟲我至醒

Beware of **stings** – Protect ourselves
from vector-borne diseases

日本腦炎
Japanese
Encephalitis

瘧疾
Malaria

登革熱
Dengue Fever

斑疹熱
Spotted Fever

叢林斑疹
傷寒
Scrub Typhus



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編者的話 Editor's Note

蚊、蟎和蜱是可以傳播各種傳病媒介疾病的小生物。他們特別活躍於炎熱和多雨的夏季。適逢今年世界衛生日的主題是傳病媒介疾病，而東南亞是香港人的熱門旅遊地區，有些傳病媒介疾病更成為當地風土病；故此衛生署呼籲市民無論在香港或出外旅遊都要「慎防一『叮』」。

Mosquitoes, mites and ticks are small organisms that can transmit various vector-borne diseases; they are particularly active during the hot and rainy summer. The theme of this year's World Health Day is vector-borne diseases, some of which are endemic in many popular tourist destinations for Hong Kong people in the Southeast Asia; therefore, the Department of Health (DH) is calling on the public to stay vigilant and 'beware of **stings**' whether they are in Hong Kong or travelling abroad.

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如有意見，可傳真至3188 0594，電郵至
chp_newsletter@dh.gov.hk或郵寄至香港九龍亞
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慎防一「叮」 防蚊防蟲我至醒

Beware of **stings** – Protect ourselves from vector-borne diseases

「有一次，我入住了一家位於海邊的度假式酒店。在房間裏，我把露台玻璃門打開，欣賞大海和日落的美景，其間一直讓門開着。回到房間時，發現牆上有幾堆蚊子！我費了一番工夫才能把牠們清除……」

「有一次，我到歐洲旅行，看見一大片綠油油的草地，於是躺下享受日光浴，結果全身皮膚被蚊蟲叮咬。晚上回酒店查看，發現身上有超過200塊紅點……」

「我曾在一次歐洲度假中，我躺在一片綠油油的草地享受陽光。當我起床時，發現全身被小咬咬得遍體鱗傷。當我回到酒店後，我仔細檢查自己，發現身上有超過200個咬痕……」

「During a vacation trip in Europe, I lay down on a lush green meadow to enjoy the sunshine. When I got up, I found my body all covered in small bites. When I was back inside the hotel, I examined myself carefully and found over 200 of them...」

以上是電台節目主持人謝茜嘉小姐和阮子健先生在世界衛生日2014宣傳及公眾教育運動的記者會上的分享。

Radio programme hosts Miss Jessica Ho and Mr Ken Yuen shared their travel experiences at the press conference that marked the launch of the World Health Day (WHD) 2014 publicity and public education campaign.

每年的四月七日是世界衛生日，而二零一四年的主題是「傳病媒介疾病」。適逢夏季即將來臨，衛生署提醒市民無論在本港或外遊時都必須保持警覺，並採取適當措施預防傳病媒介疾病。

蚊叮蟲咬隨時致命

病媒是指蚊子、蜱或蟎這一類小生物，它們可以攜帶疾病，從一個受感染的人(或動物)傳播到另一個人，從一個地方傳播到另一個地方，由這些病媒所引致的疾病，即稱為「傳病媒介疾病」。

世界衛生組織的資料顯示，傳病媒介疾病的風險威脅全球超過一半的人口，並於每年導致超過一百萬人死亡。單是登革熱，便有超過二十五億人在一百多個國家中正面臨感染這病的風險；瘧疾則每年造成全球超過六十萬人死亡。

隨着貿易全球化及旅遊的普及，香港亦受到傳病媒介疾病的威脅。在香港常見的傳病媒介疾病包括登革熱、日本腦炎、瘧疾、叢林斑疹傷寒和斑疹熱。

WHD is celebrated on 7 April every year. The theme for WHD 2014 is 'Vector-borne diseases'. The DH calls on the public to stay vigilant and take necessary preventive measures against vector-borne diseases, whether in Hong Kong or overseas, as summer is approaching.

Bites and Stings Could be Fatal

Vectors are small organisms such as mosquitoes, mites and ticks that can carry disease from one infected person (or animal) to another person and place to place. The diseases caused by these vectors are called vector-borne diseases.

According to the World Health Organization, more than half of the world's population is at risk of vector-borne diseases, causing more than 1 million deaths annually. More than 2.5 billion people in over 100 countries are at risk of contracting dengue fever alone. Malaria causes more than 600 000 deaths every year globally.

With globalisation of trade and travel, Hong Kong is under the threat of various vector-borne diseases. In Hong Kong, common vector-borne diseases include dengue fever, Japanese encephalitis, malaria, scrub typhus and spotted fever.

表一：香港常見的傳病媒介疾病情況 (2004 – 2013)

Table 1: Common Vector-borne Diseases in Hong Kong (2004 – 2013)

疾病類別 Diseases	傳病媒介 Vector	個案數字 Local Epidemiology	備註 Remarks
登革熱 Dengue Fever	蚊子(伊蚊) <i>Aedes mosquitoes</i>	505	大部分是外地傳入個案，主要來自東南亞國家 Most cases were imported, mainly from Southeast Asian countries
日本腦炎 Japanese Encephalitis	蚊子(庫蚊) <i>Culex tritaeniorhynchus</i> mosquitoes	19	其中10宗為本地個案 10 local cases
瘧疾 Malaria	蚊子(按蚊) <i>Anopheles mosquitoes</i>	311	除了一宗舊症復燃的個案外，所有個案也是從外地傳入。 而最後一宗呈報的本土新感染個案是在1998年。 All cases were imported except a case of reactivation of old infection The last local indigenous case was reported in 1998
叢林斑疹傷寒 Scrub Typhus	蟎 Mites	191	大部分是本地感染個案 Most cases were local.
斑疹熱 Spotted Fever	蜱 Ticks	159	大部分是本地感染個案 Most cases were local.

資料來源 Source：衛生署 DH

傳病媒介疾病的患者，可能會出現發燒、頭痛、肌肉痛、紅疹，或在被蟎／蜱叮咬的部位出現皮膚潰瘍，但有些人可能沒有任何症狀。嚴重感染可能導致併發症，甚至死亡。

People who suffer from vector-borne disease may develop fever, headache, muscle pain, rash or a punch-out skin ulcer at the site of mite or tick bite, although some people may not have any symptoms at all. Serious infections may also occur and cause severe complications and even death.



提高警覺防治蚊蟲

為響應二零一四年世界衛生日，衛生署於四月開始舉行全港性的宣傳及公眾教育運動；合作伙伴約有50名，其中有來自醫護界及相關界別的機構，還有包括漁農自然護理署、發展局（工務科）、教育局、食物環境衛生署、民政事務總署、房屋署、地政總署和康樂及文化事務署等八個決策局及政府部門。是次運動口號為「慎防一『叮』——防蚊防蟲我至醒」，希望藉着是次運動提高廣大市民對病媒和傳病媒介疾病威脅的意識，並鼓勵家庭和社區採取以下的行動：

- 在家裏和旅行時，保護自己免受病媒和傳病媒介疾病威脅，和
- 防止病媒滋長。

市民如欲獲得更多關於世界衛生日及傳病媒介疾病的資料，可瀏覽衛生署衛生防護中心世界衛生日專頁（www.chp.gov.hk/whd）或致電衛生署24小時健康教育熱線（2833 0111）。

Stay Alert to Help Prevent Vector Proliferation

To echo WHD 2014, the DH has launched a territory-wide publicity and public education campaign that has been going on since April. It is run together with about 50 partners, which include supporting organisations from health care and related sectors, and eight government bureaux/departments, namely the Agriculture, Fisheries and Conservation Department, the Development Bureau (Works Branch), the Education Bureau, the Food and Environmental Hygiene Department, the Home Affairs Department, the Housing Department, the Lands Department and the Leisure and Cultural Services Department. The campaign, titled 'Beware of **stings** - Protect ourselves from vector-borne diseases', aims to raise awareness of the general public about the threat posed by vectors and vector-borne diseases and to stimulate families and communities to take the following actions:

- protect ourselves from vectors and vector-borne diseases while at home and when travelling, and
- prevent vector proliferation.

To learn more about the WHD and vector-borne diseases, please visit the WHD Page of the CHP of the DH (www.chp.gov.hk/whd) or call the DH's 24-hour Health Education Hotline (2833 0111).

個人及環境衛生調查顯示 市民未積極實行防蚊措施

Personal and Environmental Hygiene Survey 2014 Found the Public Not Protecting Themselves Enough from Mosquitoes Bites

衛生署於二零一四年一月至二月期間，以電話訪問形式進行了全港性的「個人及環境衛生調查」，其中一項目標是研究市民對傳病媒介疾病的知識、態度，和所採取的預防措施。

以下為調查主要結果：

- 分別有94%、80%及46%的受訪者能指出登革熱、日本腦炎及瘧疾等疾病是由蚊子傳播的；
- 84%以上的受訪者能正確指出，避免被蚊子叮咬及防止蚊子滋生是預防登革熱和日本腦炎的有效措施；
- 42%的受訪者錯誤以為注射疫苗是預防登革熱的有效措施；
- 51%的受訪者錯誤以為避免接觸患者是預防日本腦炎的有效措施；
- 超過85%市民認為自己在香港及外遊時「有可能或非常有可能」感染登革熱及日本腦炎；
- 在本地進行戶外活動時，54%的受訪者沒有在外露皮膚塗上蚊怕水或蚊怕膏，81%沒有在無空調的房間裏設置防蚊網或蚊帳。
- 到熱帶或亞熱帶地區外遊時，大約一半的受訪者沒有在外露皮膚塗上蚊怕水或蚊怕膏（51%），也沒有在無空調的房間裏設置防蚊網或蚊帳（50%）。

調查顯示雖然市民普遍對傳病媒介疾病有良好的知識，但未能身體力行採取有關預防措施，以降低感染風險。衛生署提醒市民，只需要採取簡單的預防措施，便可預防傳病媒介疾病。

The DH conducted a territory-wide personal and environmental hygiene survey via telephone interviews between January and February 2014. One of the survey objectives was to examine the general public's knowledge, attitude and practices in regard to vector-borne diseases.

The summary of the findings is as follows:

- 94%, 80% and 46% of the respondents were able to identify that dengue fever (DF), Japanese encephalitis (JE) and malaria were transmitted by mosquitoes respectively;
- More than 84% correctly pointed out that preventing mosquito bites and vector proliferation were effective measures to prevent DF and JE;
- 42% misunderstood that receiving vaccination was an effective preventive measure for DF;
- 51% misunderstood that avoiding contact with JE patients was an effective preventive measure;
- Over 85% of the respondents perceived themselves to be 'likely or very likely' to get DF and JE in Hong Kong or when travelling abroad;
- In the outings locally, 54% did not apply mosquito repellent on exposed parts of the body while 81% did not use mosquito nets or screens in rooms without air-conditioning;
- When travelling in tropical or subtropical areas, approximately half of the respondents neither applied mosquito repellent on exposed parts (51%) nor used mosquito nets or screens in rooms without air-conditioning (50%).

The survey reflects that the general public are well aware of the threats associated with vector-borne diseases but have not adopted appropriate preventive measures to reduce the risk of infection. We would therefore like to remind the public that by taking simple preventive measures, they can better protect themselves from vector-borne diseases.

世界衛生日2014記者招待會 Press Conference on World Health Day 2014



「世界衛生日2014 — 傳病媒介疾病」記者招待會已於四月三日在衛生防護中心大樓信息發布中心舉行。

在記者會上，衛生署署長陳漢儀醫生提醒公眾，夏季快將來臨，市民無論在本港或外遊時都必須保持警覺，並採取適當措施預防傳病媒介疾病。她指出登革熱是一種在菲律賓、泰國、印度尼西亞、馬來西亞及新加坡等香港人熱門旅遊地點的風土病。接着，衛生署助理署長（健康促進）馮宇琪醫生公布由衛生署進行的「個人及環境衛生調查2014」有關傳病媒介疾病的部分主要結果。馮醫生指出，調查反映市民清楚知悉傳病媒介疾病所帶來的威脅，但未能身體力行採取有關預防措施，以降低感染風險。

至於食物環境衛生署防治蟲鼠主任主管袁銘志先生，則講解如何防止蚊蟲滋長。他強調最有效的防蚊滋長方法是防止積水。

此外，出席者還有電台節目主持謝茜嘉小姐和阮子健先生。他們在會上分享了一些個人有趣經驗和於旅行時預防蚊叮蟲咬的方法，還提供了一些關於前往叢林地區遠足的健康建議。

最後，各講者聯同出席的合作伙伴與支持機構的代表，一起手持顏色鮮艷的昆蟲驅避劑道具拍攝大合照，以支持衛生署於四月展開的「慎防一「叮」防蚊防蟲我至醒」宣傳及公眾教育運動。



The 'World Health Day 2014 – Vector-borne diseases' press conference was held on 3 April at the Risk Communication Centre of the CHP.

At the press conference, Dr Constance Chan, Director of Health, called on the public to stay vigilant and take necessary preventive measures against vector-borne diseases, whether in Hong Kong or travelling abroad, as the summer season was fast approaching. She pointed out that dengue fever was an endemic disease in various popular tourist attractions for Hong Kong people including the Philippines, Thailand, Indonesia, Malaysia and Singapore. Dr Anne Fung, Assistant Director of Health (Health Promotion), released some key findings on vector-borne diseases from the 'Personal and Environmental Hygiene Survey 2014' conducted by the DH. As she pointed out, the survey reflected that the public were well aware of the threats associated with vector-borne diseases but they did not adopt appropriate preventive measures to reduce the risk of infection.

Mr Yuen Ming-chi, Pest Control Officer-in-charge of the Food and Environmental Hygiene Department, spoke about the ways to prevent vector proliferation. He emphasised that the most effective method to prevent mosquito breeding is to avoid the accumulation of stagnant water.

Radio programme hosts Miss Jessica Ho and Mr Ken Yuen also attended the press conference. They shared interesting experiences and quick tips about preventing vector bites when travelling abroad and during hiking respectively.

Finally, for the taking of group photos, all the speakers and representatives from core partners and supporting organisations held their colourful props in the shape of different kinds of insect repellents. They all showed their support for the DH's 'Beware of stings - Protect ourselves from vector-borne diseases' publicity and public education campaign launched in April.



慎防一「叮」防蚊防蟲我至醒

Beware of stings

Protect ourselves from vector-borne diseases



對被利器刺傷及經黏膜與乙型肝炎、
丙型肝炎及愛滋病毒接觸後的

處理方法及預防措施—— 策略原則

**Recommendations on the
Management and Postexposure
Prophylaxis of Needlestick Injury or
Mucosal Contact to HBV, HCV and HIV**

衛生防護中心轄下的愛滋病及性病科學委員會聯同感染控制處於二零一四年一月發表最新修訂的《對被利器刺傷及經黏膜與乙型肝炎、丙型肝炎及愛滋病毒接觸後的處理方法及預防措施——策略原則》。

新修訂的指引是根據下列指導原則，對二零零七年發表的「策略原則」作出建議：

- 統一考慮目前最主要的血液傳播感染，即乙型肝炎病毒感染(HBV)、丙型肝炎病毒感染(HCV)及愛滋病毒感染(HIV)，制訂綜合處理方法。
- 風險評估和輔導是決定接觸後的處理方法和具體的事後預防措施(PEP)(如適用)的基礎，因此必須按個別情況考慮和衡量。
- 在提出建議時，須考慮本地情況、科學證據和國際發展情況。

近20年，原有的指引對經血液而傳播疾病的即時治理提供了重要的參考。隨着這方面的不斷發展，例如有關接觸後預防性抗愛滋病毒藥物增加了不少選擇，這些新藥物在病人出現抗藥性或耐藥性等情況時，可能比傳統處方更為優勝。新指引將提供更大彈性，讓醫護人員根據個別情況，以不同的方法治理病人。

雖然如此，接觸病毒後處理的基本原則仍然維持不變，就是要有系統地實施全面的感染控制、快速的事後處理，並且呈報所有相關個案。

The Scientific Committee on AIDS and STI in joint collaboration with the Infection Control Branch of the CHP, published a new set of 'Recommendations on the Management and Postexposure Prophylaxis of Needlestick Injury or Mucosal Contact to HBV, HCV and HIV' in Jan 2014.

This was an effort to update the previously published recommendations in 2007, based on the following principles:

- an integrated approach that collectively considers the most important blood borne infections, i.e. hepatitis B, hepatitis C and HIV;
- risk assessment and counselling to precede and guide options for postexposure management (as such, case by case evaluation is crucial); and
- reference to be taken from both local perspectives and international developments.

For almost 20 years, previous editions have served the community well by providing guidance for immediate management after exposure to blood borne infections. In recent years, there is a continuing development in the field. For example, the number of available antiretroviral agents for postexposure prophylaxis had vastly expanded. These alternatives could be preferred to more traditional agents for reason of primary resistance or patient tolerance. This new set of guidelines now broadens the available treatment options, thus allowing flexibility and a more individualised approach.

However, the core principles of management remain unchanged. The document continues to emphasise a systematic approach that encompasses infection control, immediate management and reporting of all exposure incidents.



新發現及動物傳染病科學委員會對 中東呼吸綜合症的 共識意見摘要

Consensus Summary on Middle East Respiratory Syndrome

by the Scientific Committee on Emerging
and Zoonotic Diseases

人類感染中東呼吸綜合症病毒的個案自二零一二年四月在中東出現，至本年六月底，世界衛生組織(世衛)已接獲全球通報820宗個案。(資料來源: http://www.chp.gov.hk/tc/view_content/34848.html)

衛生署衛生防護中心的新發現及動物傳染病科學委員會(委員會)在二零一四年三月二十六日再次召開會議，就最新情況作出風險評估及檢視本地的應變工作。成員在會議上達成一份共識意見摘要，供政府在制定策略及實施預防控制措施時參考。

基於最新科學證據及現有資訊，委員會同意現時沒有證據顯示病毒出現持續人傳人的情況；另一方面，委員會知悉有些研究提出駱駝可能是人類感染中東呼吸綜合症冠狀病毒的來源。然而，病毒的傳播模式及導致人類感染的途徑仍有待進一步確定。

至於本港的應變工作，委員會成員認為監測中東呼吸綜合症病毒的感染情況極為重要。就此，當局應與世衛及國際間衛生當局保持緊密聯繫，監察最新發展。醫護人員應繼續對懷疑感染中東呼吸綜合症冠狀病毒的病人保持高度警覺，並須向衛生防護中心呈報任何懷疑個案。醫院在處理懷疑感染中東呼吸綜合症冠狀病毒的病人時，必須嚴格遵從感染控制措施。

委員會亦建議市民於外遊期間應避免接觸動物，特別是駱駝。旅客如從受影響國家回港後14日內出現病徵，應立即帶上口罩及求醫，並告知醫生曾到訪的地方。

以上共識意見摘要已上載至衛生防護中心網頁，供公眾參閱。

Human infections with Middle East Respiratory Syndrome Coronavirus (MERS-CoV) emerged in the Middle East since April 2012. By the end of June 2014, 820 MERS cases have been reported to the World Health Organization (WHO) globally. (source: http://www.chp.gov.hk/en/view_content/34848.html)

The Scientific Committee on Emerging and Zoonotic Diseases (SCEZD) of the CHP of the DH convened a meeting again on 26 March 2014 to assess the risk and review the local responses in relation to the latest situation. The members came up with a consensus summary that served as a reference for the government when developing its policy and implementing related preventive and control measures.

Based on the latest scientific evidence and available information, members of the SCEZD agreed that there was so far no evidence of sustained human-to-human transmission. On the other hand, the SCEZD noted that some studies suggested that camels might be a source of human MERS-CoV infection. Nevertheless, further investigation was needed to determine the mode of transmission and the types of exposures that result in infection.

As for local response, members of the SCEZD opined that surveillance for MERS-CoV infection was crucial. In this regard, the government should maintain close liaison with the WHO and international health authorities to monitor the latest development. Medical practitioners should continue to maintain high vigilance for suspected cases of MERS-CoV infection and notify any suspected case to the CHP. Local hospitals should adhere to infection control measures strictly when handling patients suspected of MERS-CoV infection.

The SCEZD also recommended that people should avoid contact with animals especially camels, when travelling. Travellers who fall sick within 14 days after visiting affected countries should put on face masks and seek medical advice immediately, as well as report their travel history to the doctor concerned.

The consensus summary is now available on the CHP website for public information.

http://www.chp.gov.hk/files/pdf/updated_consensus_summary_on_mers_by_scezd.pdf



http://www.chp.gov.hk/files/pdf/updated_consensus_summary_on_mers_by_scezd.pdf





珊瑚演習 Exercise Coral



衛生防護中心聯同其他政府部門於2013/14年舉行了一次代號「珊瑚」的演習，目的是測試部門對付登革熱的應變措施。

這次演習以香港某地區出現地區性登革熱爆發為背景。演習分為兩部分。第一部分是二零一三年十一月二十一日舉行的桌面演習，模擬由衛生防護中心總監主持登革熱跨部門統籌委員會會議，透過桌面演習，討論及指揮各政府部門及機構的應變措施。第二部分是二零一四年三月三日舉行的地面行動演習，由參與部門進行實地視察、實行滅蚊措施及舉辦衛生教育講座。

「珊瑚」演習有23個政府部門及公營機構參與。

In 2013/14, the CHP collaborated with other government departments to organise an exercise, code-named 'Exercise Coral', to test the response measures of relevant departments on dengue fever.

The exercise took part against a background that a community outbreak of dengue fever has occurred in a local region of Hong Kong. The exercise comprised two parts. The first part was a table-top exercise which was held on 21 November 2013 to test the response of relevant government departments in a simulated Inter-departmental Co-ordinating Committee on Dengue Fever meeting chaired by Controller, the CHP. The second part, conducted on 3 March 2014, was a ground movement exercise to test the field investigation and intervention measures on mosquito control and to organise health educational activities for the community involved.

Twenty-three government departments and public sector organisations took part in 'Exercise Coral'.





「大腸癌篩檢先導計劃的前期工作」 Preparatory Work for the Colorectal Cancer Screening Pilot Programme

政府在二零一四年施政報告中宣布，政府將資助風險較高的群組接受大腸癌篩檢。衛生署已於今年初展開大腸癌篩檢先導計劃的籌備工作。先導計劃的目的是汲取本地有關大腸癌篩檢的經驗，以及收集相關數據，從而提供以實證為基礎的結論和建議，再考慮應否向更多市民提供篩檢服務。

鑑於先導計劃的複雜性，政府成立了一個跨專業專責小組，由香港醫學專科學院的相關專科醫學院提供支援，負責監督先導計劃的策劃、推行、推廣和評估工作。專責小組的成員包括來自政府、醫管局、相關專科醫學院、醫學組織、基層醫療界別、學術界、公私營醫療界別的專業人士和非政府機構代表。

專責小組轄下成立了四個工作小組，負責探討和考慮有關(1)大便隱血測試、(2)大腸鏡檢查和評估、(3)篩檢計劃的登記系統、和(4)推廣和宣傳的方案。專責小組及各工作小組定期會面，並取得良好進展。



The Government announced in the 2014 Policy Address that colorectal cancer (CRC) screening for higher risk groups will be subsidised. Also, the DH has commenced the preparatory work of a CRC screening pilot programme at the beginning of this year. The aim of the pilot programme is to gather local experience and fill knowledge gaps surrounding CRC screening so that evidence-based findings and recommendations can be developed to consider if screening should be extended to cover a wider population.

In view of the complexity of the pilot programme, a multi-disciplinary Task Force (TF) underpinned by relevant Colleges of the Hong Kong Academy of Medicine has been established to oversee the overall planning, implementation, promotion and evaluation of the pilot programme. Members come from within the Government, Hospital Authority, Academy Colleges, medical associations, primary care sector, academia, health service providers from public and private sectors, and a non-governmental organisation.

Under the TF, four working groups have been set up to discuss and consider options in relation to (1) the use of Faecal Immunochemical Test, (2) colonoscopy and assessment, (3) screening registry and (4) promotion and publicity.

The TF and working groups have been meeting regularly and achieving good progress.



開心「果」月在海洋公園 Joyful Fruit Month @ Ocean Park

中央健康教育組再次聯同海洋公園於開心「果」月（四月）推廣多吃水果的好習慣。啟動儀式已於二零一四年三月二十七日舉行，由食物及衛生局局長高永文醫生、衛生署署長陳漢儀醫生、海洋公園主席盛智文博士及海洋公園營銷執行總監梁啟誠先生主持。

The Central Health Education Unit and the Ocean Park jointly promoted fruit eating again in April's Joyful Fruit Month. A launching ceremony, held on 27 March 2014, was officiated by Dr Ko Wing-man, Secretary for Food and Health; Dr Constance Chan, Director of Health; Dr Allan Zeman, Chairman of Ocean Park; and Mr Joseph Leung, Ocean Park's Executive Director of Revenue.



儀式當日，高永文醫生與盛智文博士更合力下廚，示範一款經高醫生改良的水果入饌潮州菜式——蜜柑釀蝦棗，清新可口又健康。

At the ceremony, Dr Ko and Dr Zeman both put on the chef's hat to demonstrate how to prepare 'Shrimp Balls stuffed with Mandarin Orange', a delicious and healthy Chaozhou dish modified by Dr Ko.





「我好『叻』」社區健康推廣計劃嘉許典禮 'I'm So Smart' Community Programme — Recognition Ceremony

衛生署在二零一二
年首次推出「我好
『叻』」社區健康
推廣計劃，以加強
與社區組織合作推
廣健康生活模式。計
劃以「健康飲食」及
「恆常體能活動」為
主題。而去年為了響
應二零一三年世界衛
生日的主題「高血
壓」，更加入了預
防高血壓的重點，藉
以提高大眾對「高血
壓」這名隱形殺手的
關注。

「我好『叻』」社區健康推廣計劃嘉許典禮已於四月三十日順利舉行，參與計劃的機構超過60個，包括香港房屋委員會及其轄下屋邨的屋邨管理諮詢委員會、健康城市計劃和非政府機構。去年他們舉辦了多項活動推廣健康飲食及恆常體能活動，共錄得約70 000人次參與。



The 'I'm So Smart' Programme was first launched in 2012 by the DH to enhance community participation in health promotion. The core themes of the programme are healthy diet and regular physical activity. Last year, to echo the 2013 World Health Day's theme on hypertension, the Programme also included hypertension as a sub-theme to enhance public awareness of this silent killer.

The 'I'm So Smart' Community Programme — Recognition Ceremony was successfully held on 30 April 2014, over 60 organisations participated in the Programme, including the Hong Kong Housing Authority (HKHA), Estate Management Advisory Committees of the estates under the HKHA, Healthy Cities Projects and non-governmental organisations. They organised a variety of activities to promote healthy diet and regular physical activity, around 70 000 attendances were recorded in 2013.



潔手大行動2014啟動禮暨感染控制研討會 Hand Hygiene Campaign 2014 Kick-off Ceremony cum Infection Control Forum

為響應今年世界衛生組織號召「以潔手保護病人免受耐藥性細菌感染」，由衛生防護中心主辦的「潔手大行動2014啟動禮暨感染控制研討會」已於二零一四年四月二十九日順利舉行。當日主禮嘉賓為食物及衛生局副局長陳肇始教授。

這是衛生防護中心首次聯同各大公、私營醫院攜手推廣手部衛生，藉以加強與各持份者的夥伴關係。典禮有多達180名公、私營醫療機構的醫護人員出席。

在研討會上，各專家分享有關知識和經驗，並講解手部衛生在打擊抗菌素耐藥性方面的重要性。

啟動禮為一連串宣傳教育運動揭開序幕。其他重點項目包括各公、私營醫院在不同的專題日舉辦手部衛生推廣活動；醫護學員舉辦手部衛生計劃；衛生署向各醫療機構，包括安老院舍派發新編的教育素材；製作全新宣傳短片等。「潔手大行動」由二零一四年五月五日「手部衛生關注日」開始，一直至十一月中的「抗生素關注日」結束；推廣層面除醫院外，並擴展至不同的醫療機構及安老院舍等。

To echo World Health Organization's call to action on the importance of hand hygiene in combatting antimicrobial resistance, a kick-off Ceremony cum Infection Control Forum was successfully held on 29 April 2014. The ceremony was officiated by Professor Sophia Chan, Under Secretary for Food and Health.

The CHP took this opportunity to strengthen its partnership with various stakeholders by engaging the public and private hospitals for the first time in the promotion of hand hygiene. A total of 180 healthcare workers from public and private sectors participated in the event.

At the forum, experts shared their knowledge and experiences, and discussed the role of hand hygiene in combatting antimicrobial resistance.

The launching ceremony unveiled a series of publicity campaigns and educational programmes. Highlights include themed days with hand hygiene promotion activities conducted by public and private hospitals, hand hygiene projects organised by healthcare students, dissemination of new education materials to various healthcare facilities including residential care homes for the elderly, and the production of a new Announcement in the Public Interest. The Campaign, with its scope extended from the hospital to various medical institutions and homes for the elderly, will last from Hand Hygiene Awareness Day on 5 May till the Antibiotic Awareness Day 2014 in mid November.





慎防一「叮」防蚊防蟲我至醒 動畫宣傳短片

Animated Videos – ‘Beware of stings – Protect ourselves from vector-borne diseases’



為響應世界衛生日2014的主題——「傳病媒介疾病」，中央健康教育組最新製作了一系列五輯的動畫宣傳短片，通過不同的背景和情節，以生動和輕鬆有趣的手法提高市民在室內、郊遊和外出旅遊時對預防傳病媒介疾病的意識。

該系列宣傳動畫分別名為「預防蚊蟲疾病 保障健康有計」、「室內措施做到足 享受無蚊蟲空間」、「緊記防蚊蟲攻略 郊遊安心樂悠悠」、「出外旅遊防蚊蟲 玩得開心又放心」和「智醒心得 驅趕蚊蟲至駛得」；短片中的主角包括一家四口、蚊子、蟎和蜱。這五輯動畫已在二零一四年四月起在衛生防護中心網站及其他媒體跟大家見面，歡迎大家登入衛生防護中心網頁www.chp.gov.hk/whd下載收看。

To echo the theme of World Health Day 2014 – ‘Vector-borne diseases’, the Central Health Education Unit has launched a new series of five promotional animated videos. These videos, with vivid and interesting descriptions, disseminate the messages through different settings and scenarios in a soft approach, with a view to increasing the public’s awareness of the prevention of vector-borne diseases when staying indoors, outdoors or travelling abroad.

The five videos are titled ‘prevent vector-borne diseases, safeguard our health’; ‘take indoor precaution, enjoy a vector-free environment’; ‘take preventive measures against vectors, enjoy safe outing’; ‘prevent bites and stings during travel, have a nice trip’; and ‘smart tips for driving vectors away’. They feature a family of four members, two mosquitoes, a mite and a tick. The videos have been launched on the CHP website and through different media channels since April 2014. You are most welcome to log on and meet the characters at our website: www.chp.gov.hk/whd.

譚醫生(後排右一)於中學時代與足球隊友合照

Dr Tam (first right on the back row) with his football teammates in his secondary school days.



譚卓明醫生 Dr Tam Cheuk-ming

衛生防護中心公共衛生服務處主任譚卓明醫生中學時曾是「波牛」一名，服務葛亮洪醫院期間亦遇上一群愛好足球的同事，每周相約踢足球，後來因工作繁忙而不了了之。兩三年前左右，譚醫生騎單車時意外撞傷頭部；醫生詳細檢查後，懷疑他出現「隱性中風」，建議他安排磁力共振掃描。

「當下頓時有一種茫然若失的感覺，再想到這些年來疏於運動，身型有點走樣了。」譚醫生於是立定決心做運動，包括跑步、游泳及器械健身等，同時進行，兩個月內減掉10公斤，腰圍也減去了10公分。譚醫生最終證實沒有患上嚴重疾病，不過已經養成了恆常運動的習慣。

現時譚醫生每周跑步三至四次，每次五至六公里，加上游泳及器械健身等，「覺得比以前更精神，體重亦保持穩定。」

譚醫生忙裏偷閒，不忘閱讀各類書籍。他最近讀完了華裔數學家丘成桐的著作《內空間之形——弦理論和十維空間的宇宙》，同時重拾中學時代對數學和物理的興趣；他更希望退休後重返學院從事研究工作，以數學模型去探索宇宙中還隱藏着的多維空間。

Dr Tam Cheuk-ming, Head of Public Health Services Branch of the CHP, was a football fan in his secondary school days. His passion for the game continued after he joined Grantham Hospital, where he and his colleagues met once a week for football games. The weekly get-together, however, did not last long because of his workload. A couple of years ago, Dr Tam suffered a head injury during a cycling accident. After detailed examination, his doctor suspected that it was transient ischemic attack (a form of stroke), and so suggested that he should take an MRI scan.

'At that moment, I felt puzzled and lost. Moreover, with the lack of exercise, I knew that I was going out of shape and should lose some pounds to stay healthy.' Dr Tam made up his mind and devised an exercise plan that included running, swimming and working out in the gym. In two months, he shed 10 kg and lost 10 cm around the waist. In the end Dr Tam did not suffer from any serious condition, but had successfully made exercise become a habit.

Nowadays Dr Tam jogs 3 to 4 times a week, each time covering 5 to 6 km. Besides, he swims and works out in the gym. 'I feel refreshed and energetic. My body weight is under control too.'

Despite his busy schedule, Dr Tam finds time to read. He has just finished reading 'The Shape of Inner Space: String Theory and the Geometry of the Universe's Hidden Dimensions' written by the Chinese-born American mathematician Prof. Yau Shing-tung. The book has rekindled his interest in physics and mathematics that can be traced back to his secondary school days; now he wishes to do his research upon retirement on applying mathematical models for the hidden dimensions in the universe.



26.01.2014

中央健康教育組應菲律賓駐港總領事館邀請，向在港工作的菲籍人士講解預防禽流感的健康資訊，並派發有關健康教育教材。當日超過80人出席。

The Central Health Education Unit was invited by the Philippine Consulate General to give a health talk on the prevention of avian influenza for Philippine nationals working in Hong Kong. Relevant health education materials were distributed to over 80 participants.

社區聯絡部與沙田區議會合辦沙田健康節，推廣健康飲食的重要，並鼓勵市民多做運動，以預防非傳染性疾病。

The Community Liaison Division and the Shatin District Council jointly organised the Shatin Health Festival to promote the importance of healthy eating and regular physical activity for the prevention of non-communicable diseases.



11.01.2014

國家農業部訪問團到訪衛生防護中心，雙方交流公共衛生工作的經驗。

A delegation from the Ministry of Agriculture of China visited the CHP to exchange experience in public health.



18.02.2014

世界動物衛生組織總幹事Dr. Bernard Vallat到訪衛生署衛生防護中心，分享疾病防控工作的經驗，亦參觀了緊急應變中心。

Dr Bernard Vallat, Director General of the World Organisation for Animal Health (OIE), visited the CHP and had a sharing session on disease prevention and control. He also toured the Emergency Response Centre.



04.04.2014

06.04.2014



衛生防護中心總監梁挺雄醫生為「建設健康九龍城協會」舉辦的「二零一四年世界衛生日 健康龍城嘉年華」活動擔任主禮嘉賓，呼籲市民採取適當措施預防病媒介疾病。

Dr Leung Ting-hung, Controller of the CHP, officiated at the 'World Health Day 2014 Healthy Kowloon City Carnival' organised by the Building Healthy Kowloon City Association. He called on the public to stay vigilant and take necessary preventive measures against vector-borne diseases.



15.05.2014

衛生署聯同醫學專家召開「保護年輕人免受酒
害」新聞發布會，呼籲家長及監護人保護子
女免受酒精相關的害處，並與學校、院舍及關心年
輕人發展的機構攜手協力，創造無酒環境。

The DH joined up with medical professionals to organise the 'Press Conference on Protecting Young People from Alcohol-related Harm' to encourage parents and guardians to take actions to protect their children from alcohol-related harm. The DH also appealed to schools, institutions and organisations which are concerned about young people for joint efforts in creating an alcohol-free environment.

一十個政府決策局／部門的代表出席蚊傳疾病跨部門統
籌委員會會議，審視蚊傳疾病的流行病學情況、有關
疾病對公共衛生的影響，以及相關決策局和部門所採取的滅
蚊措施。

Representatives of 20 government bureaux/departments attended the Interdepartmental Coordinating Committee on Mosquito-borne Diseases Meeting to review the epidemiology and public health significance of mosquito-borne diseases, as well as the anti-mosquito work carried out by respective bureaux and departments.



15.05.2014



19-30.05.2014

+二位來自廣東省現場流行病學培訓項目和寧波市疾病
預防控制中心的公共衛生人員到訪衛生防護中心，進
行兩周的交流計劃。中心人員與他們分享了本港在傳染病監
測、預防及控制方面的經驗。

A team of 12 public health professionals from the Guangdong Field Epidemiology Training Programme and Ningbo Municipal Center for Disease Control and Prevention visited the CHP for a two-week exchange programme. The staff of the CHP shared with them the experience on surveillance, prevention and control of infectious diseases in Hong Kong.

社區聯絡部舉辦「傳病媒介疾病」的健康促進交流會，以
響應世界衛生日2014的主題。會上多位嘉賓分享有關預
防疾病和杜絕病媒的建議。

The Community Liaison Division organised a Health Promotion Forum on 'Vector-borne diseases' to echo the theme of World Health Day 2014. Guest speakers were invited to share health advice on disease prevention and vector control.



05.06.2014