

# CHP 通訊 newsletter

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## 編者的話 Editor's Note

在過去的10年中，衛生防護中心（中心）在發展本港的公共衛生系統的工作上，擔當極其重要的角色，務求令香港有足夠能力應付公共衛生範疇各項議題。2014年是衛生防護中心成立10周年誌慶；中心會繼續作好準備，與相關的持份者鞏固伙伴合作關係，並動員社會人士協力支持，以應付未來的挑戰。

Throughout the past decade, the Centre for Health Protection (CHP) has played a pivotal role in developing the capacity of Hong Kong's public health system to deal with various important public health issues. The year of 2014 marked the 10<sup>th</sup> anniversary of the CHP. With collaborative partnerships with our stakeholders and mobilisation of community support, the CHP will continue to be well-equipped and prepared to meet the future challenges.

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### 總監寄語

#### Message from the Controller

衛生防護中心（中心）成立於2004年，今年是踏入另一個10年的新里程。中心總監梁挺雄醫生希望各位全人能繼往開來，朝著成為卓越的疾病預防及控制中心的願景共同努力。

梁醫生強調，近年新發現的傳染病不斷出現，如甲型禽流感（H7N9）及中東呼吸綜合症和海外爆發的埃博拉（伊波拉）病毒病等，威脅市民的健康，所以中心一直致力與本地和國際伙伴緊密合作，與社會各界共同努力，做好預防及控制傳染病及非傳染病的工作。

展望將來，梁醫生表示會繼續加強疾病監測系統、感染控制及化驗診斷服務；推行疫苗接種計劃；制訂緊急應變計劃；進行風險通報及健康促進活動，以及發展應用研究及培訓計劃。在預防非傳染病方面，中心會強調推廣健康生活模式，落實《香港非傳染病防控策略框架》內所訂下有關預防及控制非傳染病的策略及目標。

梁醫生又表示：「中心會強化與醫護及其他界別的伙伴關係，除與世界衛生組織（世衛）保持緊密聯繫外，亦與內地和鄰近地區的衛生當局交流防控疾病的資訊。」

面對各種傳染病及非傳染病的挑戰，梁醫生期望中心繼續積極主動、合作協調、保持工作高度透明，進一步推動各界社會人士參與疾病的預防及控制工作。

Established in 2004, the CHP is now moving towards its second decade. Looking upon the past, Dr Leung Ting-hung, Controller of the CHP, expresses his wish that all fellow colleagues will make concerted effort to work towards our vision to be the centre of excellence in disease prevention and control.

Dr Leung stressed that, over the past few years, emerging communicable diseases (CDs) such as avian influenza A (H7N9) and Middle East Respiratory Syndrome (MERS) and outbreaks of the Ebola virus disease (EVD) overseas continue to pose threats to the health of the Hong Kong people. The CHP has been striving to achieve effective prevention and control of communicable and non-communicable diseases (NCDs) in Hong Kong in collaboration with local and international partners as well as various sectors in the society.

Looking ahead, Dr Leung said that the CHP will continue to strengthen the surveillance system, infection control and laboratory diagnostic capacity; implement vaccination programmes; draw up emergency response plans; conduct risk communication and health promotion activities; and also develop applied research and training programmes. For NCDs, the CHP will put emphasis on promoting healthy living in the community and implement the strategies and goals as set up in the 'Strategic Framework for Prevention and Control of Non-communicable Diseases'.

Dr Leung added, 'The CHP will reinforce our partnership with stakeholders from the healthcare and other sectors. We will maintain close ties with the World Health Organization (WHO) as well as the Mainland and neighbouring health authorities to exchange information on preventive and control measures of diseases.'

In facing the threat of both CDs and NCDs, Dr Leung hopes that the CHP will strive to take the initiative to cooperate and coordinate, and maintain a high degree of transparency of work, in order to promote greater community engagement and participation in disease prevention and control.





## 「衛生防護中心的十年： 亞太區疾病防控的挑戰與合作」研討會

Centre for Health Protection Symposium 2014 --  
"CHP ten years on: Challenges and Collaboration in  
Disease Prevention and Control in the Asia-Pacific Region"



為紀念成立10周年，衛生署衛生防護中心於2014年10月24及25日連續兩天舉行了「衛生防護中心研討會2014」，藉此提供一個平台予亞太區內的公共衛生人員及伙伴研習、分享和交流對疾病預防及控制的經驗和意見。

食物及衛生局局長高永文醫生主持研討會的開幕儀式致辭時表示，中心在2004

年根據「嚴重急性呼吸系統綜合症專家委員會」的建議而成立，旨在與本地和國際持份者合作，為香港做好有效的防控工作。時至今日，中心已成為一所致力保障公共衛生的主要機構。近年香港不斷面對各種傳染病帶來的威脅，例如甲型禽流感（H7N9）、中東呼吸綜合症和埃博拉（伊波拉）病毒病。中心在防止這些傳染病在香港傳播，擔當着重要角色。

衛生署署長陳漢儀醫生表示，衛生防護中心在提升香港公共衛生系統的能力上，一向擔當着重要角色，須為不斷增加的公共衛生挑戰，作好準備及應對。陳漢儀醫生又說：「步入下一個10年，中心會繼續加強傳染病監察系統和擴大各公共衛生計劃，努力克服傳染病及非傳染病帶來的各種挑戰。」



In commemoration of its 10<sup>th</sup> anniversary, the CHP organised the CHP Symposium 2014 on 24 and 25 October as a forum for public health practitioners and partners in the Asia-Pacific region to learn, share and exchange experience and views on disease prevention and control.

Officiating at the opening ceremony of the symposium, the Secretary for Food and Health, Dr Ko Wing-man, said that on the advice of the Severe Acute Respiratory Syndrome (SARS) Expert Committee, the CHP was set up in 2004 with the aim of achieving effective prevention and control of diseases in Hong Kong together with local and international stakeholders. Today, the CHP has earned its name as a key agency that protects the health of the public. In recent years, Hong Kong has been constantly facing threats of various infectious diseases such as avian influenza A (H7N9), MERS and EVD. The CHP has played an important role in preventing the spread of these infections in Hong Kong.

Also speaking at the opening ceremony, the Director of Health, Dr Chan Hon-ye, Constance remarked that during the past decade, the CHP has played a pivotal role in enhancing the capacity of Hong Kong's public health system to prepare for and respond to a growing list of public health challenges. 'At the dawn of the next decade, the CHP will continue to ride on the challenges posed by CDs and NCDs, through strengthening our disease surveillance systems and expanding our public health programmes,' Dr Chan said.



開幕儀式的主禮嘉賓還有「國家衛生和計劃生育委員會應急辦」副主任王文杰醫生，中心總監梁挺雄醫生及「香港賽馬會慈善及社區事務」執行總監張亮先生，儀式上並播放了「世界衛生組織西太平洋區域辦事處」總監申英秀醫生的祝賀短片。



Other officiating guests at the opening ceremony included the Deputy Director-General of the Health Emergency Response Office of the National Health and Family Planning Commission, Dr Wang Wenjie; the Controller of the CHP, Dr Leung Ting-hung and Executive Director, Charities and Community of the Hong Kong Jockey Club, Mr Cheung Leong. A congratulatory video message from the Regional Director of the Western Pacific Regional Office of the WHO, Dr Shin Young-soo, was also screened at the ceremony.

## 氣候變化、空氣污染與人類健康 Climate Change, Air Pollution and Human Health

今次研討會的主題是「衛生防護中心的十年：亞太區疾病防控的挑戰與合作」，從宏觀和微觀層面，探討了一系列公共衛生的議題。研討會的內容是按「衛生防護中心研討會2014科學委員會」的意見而訂定。

會議首日集中討論關於氣候改變及空氣污染與人類健康等議題。大會嘉賓講者，「世界衛生組織健康與環境部」前執行主任Dr Wilfried Kreisel 在以「氣候變化與人類健康」為題的演講中提到，氣候變化對人類健康的影響無遠弗屆、遍及全球，過程漫長或無法逆轉。由於氣候變化所產生的種種新情況，疫病預計會擴散至現時尚未受影響的地區。香港天文台的代表及政策局的代表亦有參與小組討論環節，發表應對措施及發展方向的意見。

空氣污染是全球及地區所高度關注的議題，當日並有來自美國南加州及新加坡的專家，與本地學者及政府官員分享了各地空氣污染的情況及交流對應經驗。空氣污染物已被定為一級致癌物，對人類健康帶來威脅，地區協作和本地措施以減少污染物的排放實在至為重要。另外，有效的風險傳達以協助市民減低暴露於高污染的空氣中亦是討論的重點之一。



The theme for the symposium was 'CHP ten years on: Challenges and Collaboration in Disease Prevention and Control in the Asia-Pacific Region', which covered a wide range of subjects on public health from global to molecular levels. The contents of the symposium were set in accordance with the opinion of Scientific Subcommittee for CHP Symposium 2014.

The first day of the symposium focused on climate change, air pollution and human health. The keynote speaker, Dr Wilfried Kreisel, Former Executive Director, Health and Environment, WHO, spoke on the topic of climate change and human health. He remarked that the impact of climate change on human health is far-reaching, affecting every corner of the world. The change process is slow or impossible to reverse. Under the various new conditions created by changing climates, it is anticipated that diseases will spread to areas currently unaffected. Representatives from the Environment Bureau and the Hong Kong Observatory joined the discussion session to exchange views on the control measures and on the outlook of future developments.

Air pollution is a problem of great concern both globally and on a regional level. In the symposium, experts from Southern California and Singapore, together with local academics and government officials shared their views on air pollution and the control measures. Air pollutants are now classified as Group 1 carcinogens, posing threats to human health. Regional collaboration and local policies are important to reduce the emission of air pollutants. Effective risk communication to the public in helping to reduce exposure to high air pollution was also one of the key subjects discussed at the symposium.





## 加強地區合作 提升防控疾病能力

## Foster Regional Collaboration in Disease Prevention and Control

研討會次日的討論議題以雙軌形式同步進行，涵蓋傳染病及非傳染病相關的議題，合共舉行八個小組討論會。在傳染病方面，各內地、海外及本地的專家分享了抗生素抗藥性的危機和控制，禽流感的防控工作和各種備受關注的疫苗，例如季節性流感疫苗和肺炎球菌疫苗等的議題。

防控非傳染病亦是中心的重點工作之一。因此，今次研討會亦討論了多個非傳染病的題目，包括非傳染病的防控策略，兒童肥胖，精神健康，預防癌症例如禁煙工作，大腸癌和乳癌的篩選等。

中心總監梁挺雄醫生在研討會致閉幕辭時表示，中心會繼續發展對抗傳染病的工作、推廣健康生活模式，並在防控疾病工作方面，與內地、區內和國際衛生機構保持密切的合作。他感謝各主講嘉賓及參加者在研討會作出豐富及具啟發性的學術交流和討論。

為期兩天的研討會，共有超過20位來自內地、海外和本地的專家擔任主講嘉賓，與數百名學術界和醫護界人員、伙伴及公共衛生持份者出席。眾嘉賓及與會者均高度評價是次研討會，認為各討論議題都非常充實，切合醫護及公共衛生界現行的情況。



On the second day of the symposium, a total of 8 plenary sessions were held in parallel covering various topics related to CDs and NCDs. For CDs, experts from the Mainland, overseas and Hong Kong exchanged their views on the threats and control of antibiotic resistance, prevention and control of avian flu as well as vaccinations of local concerns, such as seasonal influenza vaccine and pneumococcal vaccines.

Control and prevention of NCDs is another key work focus for the CHP. There were many topics on NCDs covered in the symposium, including control strategies for NCDs, childhood obesity, mental health, cancer prevention such as tobacco control, colorectal cancer screening and breast cancer screening.

The Controller of the CHP, Dr Leung Ting-hung, gave his concluding remarks that the CHP was committed to sustain its efforts in fighting communicable diseases and promoting healthy living in the community. He also highlighted the importance of collaboration with the Mainland, regional and international health authorities in disease prevention and control. He expressed his gratitude to the speakers and participants for achieving a rich and inspiring professional exchange and discussion.

During the two-day symposium, more than 20 distinguished Mainland, overseas and local experts participated as speakers. The symposium had also drawn the attendance of several hundred participants from academia, healthcare professionals as well as partners and public health stakeholders. It was well received by the audience who considered the topics practical and relevant to the public health of Hong Kong.





## 新發現及動物傳染病科學委員會 對埃博拉（伊波拉）病毒病的共識意見摘要 Consensus Summary on Ebola Virus Disease (EVD) by the Scientific Committee on Emerging and Zoonotic Diseases (SCEZD)



有見於西非國家持續出現埃博拉（伊波拉）病毒病個案，衛生防護中心（中心）轄下的「新發現及動物傳染病科學委員會」分別於2014年8月及10月召開了兩次會議，審視疫情的最新發展。委員會成員得知本港已採取一系列符合世界衛生組織（世衛）建議的預防措施應對埃博拉（伊波拉）病毒病。委員會成員在會議上提出多項建議，作為政府制定預防及控制埃博拉（伊波拉）病毒病的策略及措施的參考。

埃博拉（伊波拉）病毒可通過破損皮膚或黏膜直接接觸受感染人士的血液、分泌物、器官或其他體液，以及間接接觸受這類體液污染的環境以人傳人的方式傳播。個案死亡率一直處於大約48%的高水平，而一份於2014年9月發表、由世衛進行的研究報告<sup>1</sup>更指出，死亡率可達70.8%，其中有相當比率的個案為醫護人員。

鑑於國際交通往來頻繁，委員會成員認為埃博拉（伊波拉）病毒病從外地傳入本港的風險仍存在。市民如非必要，應盡量避免前往受影響地區。旅客應注重個人及環境衛生，如從受影響地區來港，應密切留意個人健康狀況，如於21日內出現不適，應致電999求助。為減低疾病傳播的風險，醫護人員應提高警覺，盡早隔離懷疑個案及通報中心，並嚴格執行感染控制措施。委員會成員亦建議當局在邊境管制站實行適當措施，協助及早識別埃博拉（伊波拉）病毒病懷疑個案，並繼續加強監測以盡早發現、調查、隔離及治療懷疑個案。醫護人員應遵守最新預防埃博拉（伊波拉）病毒病的感染控制指引，及定期於有急症服務的醫院進行有關感染控制措施的演習。當局應與世衛保持密切聯繫，並留意及適當採用其最新建議。當局亦應加強對外遊人士和公眾的健康教育及密切留意安全和有效應對埃博拉（伊波拉）病毒病的疫苗及抗病毒藥物的供應。

In view of the continually reported cases of EVD in West Africa, the SCEZD of the CHP convened two meetings in August and October 2014 to review the latest evidence in relation to the disease. The Committee noted that Hong Kong has adopted the preventive strategies which are in line with those recommended by the WHO. The meetings came up with a number of recommendations that served as reference for the government when developing its policy and implementing various preventive and control measures.

EVD can spread through human-to-human transmission, with infection resulting from direct contact (through broken skin or mucous membranes) with the blood, secretions, organs or other bodily fluids of infected people, and indirect contact with environments contaminated with such fluids. The case fatality rate of the outbreak remained high at around 48%, which can be up to 70.8%, according to a report published in September 2014 of a study<sup>1</sup> conducted by the WHO Ebola Response Team. A significant portion of the cases were healthcare workers.

Members of SCEZD were of the view that the risk of importation of EVD cases to Hong Kong exists due to extensive international travel. Public should avoid unnecessary travel to the affected areas. Travellers should maintain good personal and environmental hygiene, observe their health conditions closely after returning from affected areas and call 999 to seek medical help if feeling unwell within 21 days. Heightened awareness among healthcare professionals to isolate and notify suspected cases to the CHP and to practise strict infection control measures are crucial to minimise the risk of spreading the disease. Members also recommended the government to implement appropriate measures at border control points to assist early identification of suspected EVD cases and to continue intensive surveillance for EVD so as to detect, investigate, isolate and manage any suspected cases promptly. Healthcare professionals should comply with the most updated infection control guidelines for the prevention of EVD and regular drills on such infection control practices should be conducted in hospitals with acute services. Close liaison with WHO and the monitoring and adopting of WHO recommendations as appropriate were also recommended. Members also advised that health education to travellers and the general public should be enhanced and availability of safe and effective vaccines and antivirals for EVD should be monitored closely.

1 研究報告「Ebola Virus Disease in West Africa - The First 9 Months of the Epidemic and Forward Projections」可於<http://www.nejm.org/doi/full/10.1056/NEJMoa1411100?query=OF&#t=abstract> 網頁查閱  
Ebola Virus Disease in West Africa - The First 9 Months of the Epidemic and Forward Projections is available at <http://www.nejm.org/doi/full/10.1056/NEJMoa1411100?query=OF&#t=abstract>





## 托帕演習 Exercise TOPAZ

衛生防護中心（中心）於2014年第四季舉行了代號為「托帕」的一連串跨機構的公共衛生演習。托帕演習是根據政府於2014年8月20日公布的「埃博拉（伊波拉）病毒病準備及應變計劃」進行演練，以加強政府及相關持份者對埃博拉（伊波拉）病毒病的準備及應變工作。

托帕演習由五個部份組成：

The CHP conducted a series of multi-agency Public Health Exercise, code named 'TOPAZ' in the fourth quarter of 2014. Exercise TOPAZ drilled on the 'Government's Preparedness and Response Plan for Ebola virus disease (EVD)' which was launched on 20 August 2014 with a view to enhancing preparedness and responsiveness of Government and relevant stakeholders to EVD.

Exercise TOPAZ was divided into five parts:

### 托帕演習（一）—— 村屋家居消毒（實地演習）

#### Exercise TOPAZ I — Village House Disinfection (Ground Movement)

01

一）10月29日，於大埔洞梓渡假營舉行實地演習的主要目的為測試衛生署及食物環境衛生署（食環署），一旦本港確診病人感染埃博拉（伊波拉）病毒病，雙方於家居消毒方面的協調和程序；

- i) On 29 October, the ground movement exercise conducted at Tung Tsz Holiday Home - to test the co-ordination and procedures between the DH and the Food and Environmental Hygiene Department (FEHD) regarding residential disinfection in case a patient is infected with EVD;



中心疾病調控小組到病人的住所調查，向家居接觸者（右一）了解病人的發病經過。

The CHP's Outbreak Team conducts an investigation at the patient's residence and questions the home contact (first right) on the patient's onset history.



佩戴了個人防護裝備的食環署人員消毒和清潔受污染的地方和物件。

An officer of the FEHD in personal protective clothing undertakes necessary disinfection and cleansing of contaminated sites and objects.



## 02

### 托帕演習（二）— 旅館消毒（實地演習）

#### Exercise TOPAZ II — Guesthouse Disinfection (Ground Movement)

二) 11月6日，於旅館舉行實地演習除測試衛生署及食環署於旅館環境進行調查和消毒的協調，同時讓大廈管理處參與演習一旦有病人確診感染埃博拉（伊波拉）病毒病的所需措施；

- ii) On 6 November, ground movement exercise conducted at guesthouse - aimed to test the co-ordination between the DH and the FEHD on field investigation and disinfection in a guesthouse setting, the Ground Movement also engaged the management office of the building in case a patient is infected with EVD;



食環署人員收集病人入住的房間內受污染的物件，然後棄置。

Officers of the FEHD collect contaminated items in the patient's room for disposal.



大廈管理處協助中心疾病調控小組追蹤接觸者。

The management office of the building assists the CHP's Outbreak Team on contact tracing.



中心在旅館環境舉行「托帕演習」。

The CHP conducts Exercise TOPAZ in a guesthouse setting.

## 03

### 托帕演習（三）— 桌面演習

#### Exercise TOPAZ III — Table Top

三) 11月14日，桌面演習透過模擬不同情況，測試啟動和調整適當的應變級別和指揮架構，以及執行相應的公共衛生應變措施；

- iii) On 14 November, Table Top exercise aimed to test the activation and adjustment of appropriate response levels and the command structure as well as the implementation of corresponding public health response measures under various scenarios;

食物及衛生局局長高永文醫生於2014年11月14日到公共衛生檢測中心，視察跨部門桌面「托帕演習」，應對埃博拉（伊波拉）病毒病。演習由衛生署與20個政府決策局／部門和機構合作舉行。

On 14 November 2014, the Secretary for Food and Health (SFH), Dr Ko Wing-man, inspected the table-top Exercise TOPAZ organised by the DH and 20 government bureaux/departments and organisations on interdepartmental preparedness for EVD in the Public Health Laboratory Centre.



## 總結

總結而言，托帕演習達到了測試各機構間的合作和協調的目的。儘管籌備時間有限，演習仍得以順利進行，全賴參與機構的適時及有用的貢獻。政府及相關持份者對埃博拉（伊波拉）病毒病的準備及應變工作亦得以加強。





## 托帕演習（四）— 檢疫中心（鯉魚門公園及度假村實地演習）

### Exercise TOPAZ IV — Quarantine Center (Lei Yue Mun Park and Holiday Village Ground Movement)

04

四）12月1日，於鯉魚門公園及度假村舉行的實地演習主要測試相關政府部門在不同模擬情況下運作檢疫中心的能力。超過20位觀察員來自內地及澳門衛生和檢疫部門觀察了是次演習；及

iv) On 1 December, ground movement exercise conducted at Lei Yue Mun Park and Holiday Village - aimed to test the government departments which will run the Quarantine Centres under tests in various simulated incidents. Over 20 counterparts from health and quarantine authorities of the Mainland and Macao observed the exercise; and



高永文醫生（右一）視察醫療站人員為接受檢疫人士評估健康情況。

Dr Ko Wing-man (first right) inspects the Medical Post where quarantine confinees' health assessment is conducted.



演習模擬有出現病徵的接受檢疫人士由救護車轉送醫院管理局傳染病中心。

In a simulated drill an ambulance transfers a symptomatic quarantine confinee to the Hospital Authority Infectious Disease Centre.



陳漢儀醫生（前排中）及梁挺雄醫生（前排左三）與來自內地及澳門的衛生機構的觀察員合照。

Dr Chan Hon-ye, Constance (middle, first row) and Dr Leung Ting-hung (third left, first row) took a group photo with observers from the Health Authorities of Mainland and Macao.

## 托帕演習（五）— 武當演習2014（機場實地演習）

### Exercise TOPAZ V — WuDang 2014 (Airport Ground Movement)

05

五）12月10日，聯同香港國際機場的各持份者在機場舉行實地演習，於機坪環境下，除測試署方在處理入境航班一旦出現埃博拉（伊波拉）病毒病懷疑個案的所需行動，同時亦讓機場和相關公司的代表參與。

v) On 10 December, ground movement exercise conducted at the Airport - in collaboration with airport stakeholders in Hong Kong International Airport as a special drill in an aerodrome setting, apart from tested the DH's necessary actions in case of a suspected EVD case on an inbound flight, also engaged a number of counterparts from the airport and relevant operators.



演習模擬航班上有乘客（右二）出現懷疑埃博拉（伊波拉）病毒病病徵，機艙服務員上前了解。

Under simulation, a passenger (second right) on the flight develops symptoms suspected of EVD and a flight attendant approaches to follow up.



佩戴個人防護裝備的衛生署港口衛生處人員於航班抵港後，在機長協助下登機調查。

Officers of the DH's Port Health Office conduct onboard investigation in personal protective equipment (PPE) with the assistance of the cockpit crew upon arrival of the flight.



懷疑個案病人被轉介往醫院管理局傳染病中心。

The suspected case is transferred to the Hospital Authority Infectious Disease Centre.



清潔承辦商人員佩戴個人防護裝備消毒機艙。

A cleansing contractor in PPE disinfects the airplane.

## Conclusion

In sum, Exercise TOPAZ has achieved its purpose of testing out the coordination of work amongst the participatory agencies. Notwithstanding the short planning time, the exercise has been smoothly conducted as a result of useful and timely contributions from relevant departments. The preparedness and responsiveness of Government and relevant stakeholders to EVD have been strengthened.



## 「埃博拉（伊波拉）病毒病 準備及應變計劃」

### Preparedness and Response Plan for Ebola Virus Disease (EVD)

政府已於2014年8月20日公布及啟動「埃博拉（伊波拉）病毒病準備及應變計劃」（下稱「應變計劃」），闡述香港特別行政區政府為應付埃博拉（伊波拉）病毒病而擬定的準備工作和應變計劃。

「應變計劃」採用了與流感大流行和中東呼吸綜合症應變計劃一致的三級應變級別，根據埃博拉（伊波拉）病毒病可能對本港及社區健康造成影響所進行的風險評估，劃分為「戒備」、「嚴重」及「緊急」三個應變級別。

「應變計劃」亦包括了完善的應變措施、清晰的指揮架構，以及啟動與解除各應變級別的機制。計劃也可作為一項溝通工具，方便向公眾清楚傳達風險水平，及供相關機構、公司和組織在制訂本身的應變計劃和應變措施時的依據。

參考目前的流行病學情況，當局已根據「埃博拉（伊波拉）病毒病準備及應變計劃」於同日啟動了「戒備」應變級別。

「應變計劃」已上載衛生防護中心埃博拉（伊波拉）病毒病專頁供各界查閱。



The Government announced the launch of the Preparedness and Response Plan for EVD (EVD Plan) on 20 August 2014. The Plan sets out the Hong Kong Special Administrative Region Government's preparedness and response plan in case of an outbreak of EVD.

In the EVD Plan, a three-tier response level, which is adopted for the preparedness plans of influenza pandemic and Middle East Respiratory Syndrome, is used. The three response levels, namely Alert, Serious and Emergency, are based on the risk assessment of the EVD that may affect Hong Kong and its health impact on the community.

The EVD Plan includes comprehensive response measures, clear command structures, and mechanisms for the activation and standing down of response levels. It also serves as a tool for clear communication of the level of risk with the public. Relevant agencies, companies and organisations should take note of this plan in devising their contingency plans and response measures.

With reference to the current epidemiological situation, the Alert Response Level under the EVD Plan was activated on the same day.

The EVD Plan has been uploaded to the CHP's EVD page for public access.

[www.chp.gov.hk/tc/view\\_content/34199.html](http://www.chp.gov.hk/tc/view_content/34199.html)



[www.chp.gov.hk/en/view\\_content/34199.html](http://www.chp.gov.hk/en/view_content/34199.html)







## 衛生署署長陳漢儀醫生主持第六次 防控非傳染病督導委員會會議

Director of Health, Dr Chan Hon-ye, Constance, Chaired the 6<sup>th</sup> Meeting of the Steering Committee on Prevention and Control of NCD

防控非傳染病督導委員會(下稱「委員會」)於2014年9月11日舉行了第六次會議，由衛生署署長兼「委員會」副主席陳漢儀醫生主持。

為落實「促進健康：香港非傳染病防控策略框架」[(下稱「策略框架」)]，由食物及衛生局局長高永文醫生擔任主席的「委員會」於2008年成立，成員來自不同範疇及背景。「委員會」下設三個工作小組，分別為「飲食及體能活動工作小組」、「飲酒與健康工作小組」及「損傷工作小組」，就需要優先處理的工作提出意見，並制訂目標和行動計劃。

「委員會」繼於早前的數次會議上通過由「飲食及體能活動工作小組」及「飲酒與健康工作小組」草擬的兩份行動計劃書後，亦於當日會議上通過了由「損傷工作小組」草擬的「加強香港預防非故意損傷的行動計劃書」，會上並簡單介紹有關本地和全球的促進健康飲食和體能活動，以及減少酒精相關危害的最新發展。

The Steering Committee on Prevention and Control of Non-communicable Diseases (SC) held its 6<sup>th</sup> meeting on 11 September 2014. The Vice-Chair of the SC, Dr Chan Hon-ye, Constance, Director of Health, chaired the meeting.

The SC was established in 2008 to guide the implementation of 'A Strategic Framework for Prevention and Control of Non-communicable Diseases (Strategic Framework)' which was chaired by the Secretary for Food and Health Dr Ko Wing-man and comprised members from diverse fields and backgrounds. Under the SC, three working groups, namely Working Group on Diet and Physical Activity (WGDPA), Working Group on Alcohol and Health (WGAH), and Working Group on Injuries (WGI), were formed to advise on priority actions, and to draw up targets and action plans.

Following the endorsement of two action plans drawn up by the WGDPA and the WGAH in its earlier meetings, the SC endorsed the 'Action Plan to Strengthen Prevention of Unintentional Injuries in Hong Kong' drawn up by WGI in the meeting. Furthermore, members of the meeting were briefed on the recent initiatives in the areas of healthy diet and physical activity promotion, and reducing alcohol-related harm at global and local levels.





## 二零一四年抗生素關注日 暨感染控制研討會

### Antibiotic Awareness Day 2014 cum Infection Control Forum



香港特別行政區承諾支持世界衛生組織（世衛）對付抗菌素耐藥性的全球倡議——「今天不採取行動，明天就無藥可用」，自2012年起將每年11月18日定為抗生素關注日，旨在提高公眾對抗菌素耐藥性威脅和謹慎使用抗生素的認知。

為響應「世衛西太平洋區域辦事處」呼籲簽署承諾善用抗生活動，衛生防護中心於2014年11月17日主辦「2014年抗生素關注日暨感染控制研討會」，發起本港的承諾善用抗生素運動。

食物及衛生局局長高永文醫生擔任當日的主禮嘉賓，並帶領公私營醫療體系的醫學、護理和藥劑專業人員，簽署名為「承諾，由今天做起」的承諾書，支持善用抗生素應對多重耐藥性細菌，並呼籲全港的醫護藥劑專業參與簽署運動。



Hong Kong Special Administrative Region (HKSAR) is committed to the support for WHO's global initiative in combating antimicrobial resistance (AMR): 'No Action Today, No Cure Tomorrow'. Since 2012, Antibiotic Awareness Day has been marked annually on 18 November in Hong Kong as a public health initiative to raise awareness about AMR threat and prudent antibiotic use.

To echo the campaign initiated by the WHO Western Pacific Regional Office (WPRO) to sign up a pledge on judicious use of antibiotics, the CHP launched our locally adapted 'I Pledge' Campaign on 17 November 2014 in the event titled 'Antibiotic Awareness Day 2014 cum Infection Control Forum'.

Officiating at the ceremony, the Secretary for Food and Health, Dr Ko Wing-man, led medical, nursing and pharmaceutical professionals in the public and private healthcare sectors to sign an 'I Pledge' to support safe use of antibiotics in combating multi-drug resistant organisms (MDROs), and appealed to all medical, nursing and pharmaceutical professionals in Hong Kong to take the pledge.







## 「零零無歧」 全球同抗愛滋病運動2014啟動禮 'Getting to Zero' World AIDS Campaign 2014 Kick-off Ceremony

12月1日為世界愛滋病日，目的為提醒及團結世界各地的  
人攜手對抗愛滋病蔓延。2014年世界愛滋病日的主題仍然為  
「向零進發」：以邁向「零新發感染，零歧視和零愛滋病相關  
死亡」為目標。

為配合世界愛滋病日，紅絲帶中心聯同香港家庭計劃指導  
會於2014年11月29日在沙田大會堂廣場舉辦「零零無歧」全  
球同抗愛滋病運動2014啟動禮，由學生和非政府組織的工作人  
員參與演出節目，並設有攤位遊戲和派發紀念品。

全球同抗愛滋病運動2014的重點，是向初中生推行以「生  
活技能」為本的愛滋病及性教育，有關活動會在2014/15學年  
內相繼舉辦，詳情請登入紅絲帶中心網站瀏覽：

[http://www.rrc.gov.hk/chinese/target\\_youth\\_lsbe.htm](http://www.rrc.gov.hk/chinese/target_youth_lsbe.htm)



World AIDS Day is commemorated on 1 December every year  
and is intended to bring people together from around the world to  
demonstrate international solidarity in the face of the HIV pandemic. The  
theme of World AIDS Day 2014 continues to be 'Getting to Zero': zero  
new HIV infections, zero discrimination, and zero AIDS-related deaths.

To echo the theme of World AIDS Day, Red Ribbon Centre and The  
Family Planning Association of Hong Kong (FPA) co-organised the 'Getting  
to Zero' World AIDS Campaign 2014 Kick-off Ceremony at Sha Tin Town  
Hall Plaza on 29 November 2014. On-stage performances by students  
and NGO workers were well received by the audience. In addition, games  
booths were set up to distribute souvenirs to participants.

The World AIDS Campaign 2014 is centred on 'life skills-based  
education (LSBE)' on HIV/AIDS and sex for junior secondary students  
and will be continued for 2014/15 school year. For details about LSBE  
on HIV/AIDS and sex please visit the Red Ribbon Centre website:

[http://www.rrc.gov.hk/english/target\\_youth\\_lsbe.htm](http://www.rrc.gov.hk/english/target_youth_lsbe.htm)







## 「中央器官捐贈登記名冊」成立六周年 6<sup>th</sup> Anniversary of the Central Organ Donation Registry

香港有接近3,000人在等待器官移植續命。衛生署於2008年11月成立「中央器官捐贈登記名冊」，目的是為方便有意在身故後捐贈器官的人士登記他們的意願。

為慶祝「中央器官捐贈登記名冊」成立六周年，衛生署進行一連串活動，包括贊助電視節目「守護生命的故事2」。節目由一家人決定捐出自己心愛的人的器官開始，到受贈者感謝收到生命的禮物作結束。衛生署衛生防護中心總監梁挺雄醫生也在節目中作呼籲。另外，衛生署亦推出最新一輯電視宣傳短片，鼓勵市民到「中央器官捐贈登記名冊」登記捐贈器官的意願。



衛生防護中心總監梁挺雄醫生在「守護生命的故事2」節目內呼籲市民登記成為器官捐贈者。  
Dr Leung Ting-hung, CCHP, made an appeal to the public to register as organ donor at 'Guardians of Life 2'.



最新一輯「中央器官捐贈登記名冊」  
電視宣傳短片  
The new API on CODR

About 3,000 patients in Hong Kong are in urgent need of an organ transplant to continue living. In order to make it more convenient for prospective donors to register their wish to donate organs after death, the DH has set up the Centralised Organ Donation Register (CODR) in November 2008.

To celebrate the 6<sup>th</sup> anniversary of CODR, the DH has launched a series of activities in November 2014, including sponsoring a TV programme titled 'Guardians of Life 2'. The programme began with one family's decision to donate their loved one's organs and end with the gratitude of recipient who received the gift of life. The Controller of the CHP (CCHP), Dr Leung Ting-hung, also appeared in the programme to make an appeal. Moreover, a new announcement in public interest (API) was produced to urge the public to register with the CODR the wish to donate organ after death.

在2014年11月8和9日，香港移植運動協會、香港移植學會、香港腎科學會、義務工作發展局等機構舉辦了「第二屆香港器官移植及透析人士運動會」，讓參賽者展示器官捐贈帶來朝氣活力，並趁此向偉大的捐贈者及其家人致敬。活動有近600名運動健兒，包括正接受透析的病人、器官受贈者和捐贈者家庭成員參加。在運動會的開幕禮上，梁醫生與其他主禮嘉賓更宣佈最新「登記名冊」的數字。

如想進一步了解有關器官捐贈的資訊，請瀏覽衛生署器官捐贈專題網頁：<http://www.organdonation.gov.hk>，亦歡迎到器官捐贈Facebook專頁 (<https://www.facebook.com/organdonationhk?fref=ts>) 成為粉絲，快人一步掌握器官捐贈在香港的信息。

On the 8 and 9 November 2014, about 600 athletes, including patients on dialysis, transplant recipients and members of donor families, joined the 2<sup>nd</sup> Hong Kong Transplant and Dialysis Games organised by the Hong Kong Transplant Sports Association, Hong Kong Society of Transplantation, Hong Kong Society of Nephrology and the Agency for Volunteer Service. These competitors showed the vibrancy brought by organ donation and saluted to the organ donors and their families. At the opening ceremony, Dr Leung also announced the latest registration figure of the CODR.

For more information on organ donation, please visit our thematic website at <http://www.organdonation.gov.hk> or become our fans of the organ donation facebook fan page (<https://www.facebook.com/organdonationhk?fref=ts>) and keep yourself updated of the organ donation activities in Hong Kong.



衛生署器官捐贈  
專題網頁



「器官捐贈在香港」  
Facebook專題網頁

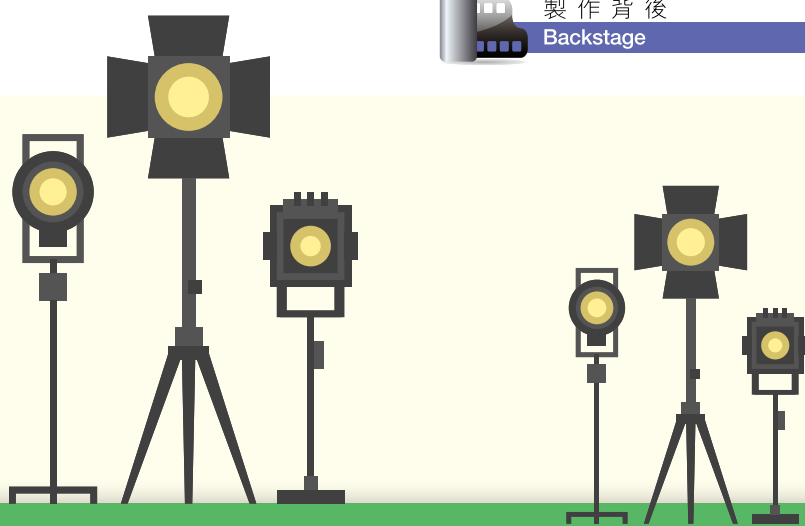


Organ donation  
thematic website  
of the DH



Organ Donation@HK  
Facebook





## 盡早接種疫苗 盡早得到保護 Get Vaccinated Early for Earlier Protection



跟往年一樣，衛生署署長陳漢儀醫生再次應邀參與拍攝新一輯接種流感疫苗短片。陳醫生在短片中表示，每年一次接種流感疫苗是很重要的。今年衛生署還會為員工提供四價疫苗，讓同事得到更全面的保障！

今年的宣傳短片，還邀請到四位不同職系的同事參與拍攝，包括總護士長、物理治療師、牙科護士和工友。總護士長張姑娘說，接種流感疫苗不但可以保護自己，減少患上流感及出現併發症的機會，還可以保護身邊的人，惠及社區。其他三位同事也提醒大家，接種疫苗約兩星期後，身體才能夠對流感產生抗體，大家應通知所屬單位同事盡早安排接種，以便盡快得到保護。

陳醫生和四位同事亦身體力行，即場接種了流感疫苗。

陳醫生已於2014年10月20日，即醫護人員免費接種流感疫苗計劃展開當天，將短片以電郵發送給各位同事，鼓勵大家接種流感疫苗。



As in last year, Dr Chan Hon-ye, Constance, Director of Health, once again took part in the flu vaccination video shooting this year. In the video clip, Dr Chan said, 'It is important to get your annual flu vaccine!' She added that the DH will provide quadrivalent vaccines for all staff for better protection against infection this year.

This year, four colleagues of different grades, including the Chief Nursing Officer (CNO), a physiotherapist, a dental surgery assistant and a workman were also invited to join the shooting.

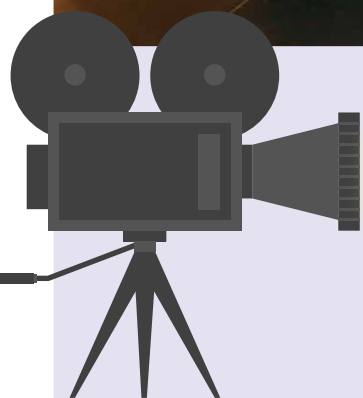
Ms Cheung, CNO, said DH colleagues should get a flu jab to protect themselves from flu and its complications. It also protects the people around us and in the community. The three other colleagues reminded us that it would take about two weeks after the jab for antibodies to develop to work against flu, and that fellow staff members should bring this message to the attention of their immediate colleagues and ask them to get vaccinated as soon as possible to ensure earlier protection.

Showing their full support for the vaccination programme, Dr Chan and her colleagues got their flu jab on the spot.

The video clip has been sent by Dr Chan to all DH staff through email on 20 October 2014 – the day when the vaccination programme for healthcare workers was launched, encouraging staff members to receive flu vaccination.



## 短片《愛，不難》首映禮 Short Film Premiere 'For Love, We Can'



鑑於2013年愛滋病毒新增個案有上升趨勢，當中又以男男性接觸感染個案較顯著，特別預防計劃轄下的紅絲帶中心特地製作短片《愛，不難》，以反映男同志社群的感受，同時傳達安全性行為和盡早接受測試的訊息。

這齣全長47分鐘的短片於2013年開始籌劃，由香港演藝學院的電影電視學院製作，陳家樂、廖安麗及游學修主演，故事講述一對同志之間和與家人的關係，以及面對愛滋病時的掙扎和恐懼。多個非政府組織、同志場所和志願者均熱心參與製作，讓短片得以順利完成。

首映禮於2014年3月6日晚上假百老匯電影中心舉行，共有超過200名觀眾入場。到場觀眾均一致好評，更要求加映。

短片足本版已上載至YouTube頻道<http://www.youtube.com/watch?v=t7GVerR1rHk>供大家觀賞。

In view of the record high number of newly reported HIV infection in 2013 and an increasing trend among men who have sex with men (MSM), the Red Ribbon Centre of Special Preventive Programme commissioned the production of a short film 'For Love, We Can' that would reflect the views of the local gay community while conveying the message of safer sex and early testing for HIV.

Planning of film production began in 2013 and The School of Film and Television, The Hong Kong Academy for Performing Arts (HKAPA) was commissioned for the production. The 47-minute film, starring Carlos Chan, Annie Liu and Yau Hawk-sau, features a gay couple struggling through family relationships and facing the dread of HIV. Various NGOs, venue owners, peer groups and volunteers of the gay community have contributed to the successful completion of the film.

The premiere was held in Broadway Cinematheque on 6 March 2014 evening. The cinema was a full house with an audience of over 200 viewers. The film received critical acclaim from the audience and further screenings were asked for.

The full version of the film is now available on YouTube: <http://www.youtube.com/watch?v=t7GVerR1rHk> for online viewing.







## 黃天祐醫生 Dr Wong Tin-yau, Andrew

香港人生活繁忙，不少人工餘時會借助運動、音樂等消閒活動以紓解生活壓力；衛生防護中心感染控制處主任黃天祐醫生則以修習靜觀減壓 (mindfulness-based stress reduction) 來平衡身心。

十多年前，黃醫生任職內科及傳染病科時，體會到整全的治療除了透過藥物外，也必須顧及病人的心理和靈性。他認識到美國醫學界早已推行利用靜觀訓練輔助一般的治療，及後黃醫生更修讀了有關課程，年多前開始定時練習。

黃醫生解釋，靜觀減壓由「正念」的概念發展出來，強調人活在當下，要以不判斷、不評價的態度，體察當下的感覺；其中一環是呼吸練習—當靜下來時，將注意力集中在呼吸上，暫時放下煩惱，心境就會自然出現改變，趨於平靜，感覺自在。

黃醫生說，「正念其實一點也不抽象，可以隨時隨地應用在生活的不同層面上，如進食 (mindful eating)、走路 (mindful walking)，以至和子女相處的時候 (mindful parenting)。2014年初《時代雜誌》亦以「正念革命」 (mindful revolution) 為封面，可見這概念提升人類的重要性。他說，自修習靜觀後，人變得比過往寬容、平靜，遇事也能處之泰然。

現時黃醫生每天都會花10至15分鐘的時間做靜觀練習，並跟一群志同道合的醫護界朋友定期聚會，分享心得。此外，黃醫生亦不時游泳、騎自行車或與親友聚會，以達至身、心、靈的平衡。



Many people in Hong Kong choose music or physical activities for stress relief after work. Dr Wong Tin-yau, Andrew, Head of Infection Control Branch of the CHP, chooses to practise 'mindfulness-based meditation' for stress reduction and to help maintain balance between the body and mind.

Dr Wong became aware of the effectiveness of the holistic approach to health over 10 years ago while working in the Department of Medicine and Infectious Diseases. He began to realise that some medical practitioners in the United States, along with general clinical care, had developed a number of therapeutic applications based on mindfulness. Thereafter, Dr Wong took several courses on the subject; about a year ago, he started practising mindfulness-based stress reduction (MBSR) regularly.

As Dr Wong explains, MBSR stems from 'mindfulness', which means paying attention in a particular way to the present moment on purpose and in a nonjudgmental way. One aspect of mindfulness is breathing exercise: by focusing on your own breathing, you will be temporarily drawn away from worries, and gradually reach a state of calmness and ease.

Dr Wong further says, 'Practice of mindfulness is actually not too abstract as you can apply it to many aspects of everyday life, such as 'mindful eating', 'mindful walking' and even 'mindful parenting'. The essence of the practice, which is enrichment of human beings, is widely recognised. The term 'mindful revolution' even made it to the cover of Time magazine in early 2014.' He says he has been able to maintain a calm and peaceful mind and live with ease ever since he started practising mindfulness-based living.

Nowadays, Dr Wong spends 10 to 15 minutes every day practising mindfulness. He also meets other fellow practitioners regularly to share their experience. Besides, he also swims and cycles and has regular gatherings with friends and family to keep body, mind and spirit balanced.



**泰**國公共衛生部代表團到訪衛生防護中心，就公共衛生緊急事故的應變及傳染疾病的防控工作與同事進行交流；並參觀了中心各項設施。

Delegates from Ministry of Public Health of Thailand visited the CHP to exchange experience in public health emergency response and surveillance and control for communicable diseases. They also visited the facilities in the CHP.



17.07.2014



07.08.2014

**醫**療輔助隊衛生防護課訪問衛生防護中心，雙方交流了緊急應變工作的經驗。

The Health Protection Unit of Auxiliary Medical Service (AMS) visited the CHP to exchange experience on emergency response.



30.08.2014

**社**區聯絡部參與荃灣安全健康社區督導委員會舉辦的「荃灣安健社區日」，透過攤位遊戲向公眾推廣處理壓力的方法。

Community Liaison Division participated in the 'Safe and Healthy Community Day in Tsuen Wan' organised by the Tsuen Wan Safe and Healthy Community Steering Committee, and promoted stress management through the game booth.





**中**央健康教育組在灣仔伊斯蘭聯會和九龍清真寺向準備參加朝覲活動的人士舉行了兩場有關預防中東呼吸綜合症和埃博拉（伊波拉）病毒病的健康講座，並向共超過100名參加者派發相關的健康教育教材。

The Central Health Education Unit conducted two health talks on the prevention of Middle East Respiratory Syndrome and Ebola Virus Disease for Hajj pilgrims in Islamic Union Wan Chai and Kowloon Mosque. Relevant health education materials were distributed to over 100 participants.



13 & 22.09.2014



25.09.2014

**為**響應「世界心臟日2014」，衛生署與香港心臟專科學院聯合舉行新聞發布會，呼籲市民從小開始建立健康飲食及體能活動習慣，以減低患心臟病的風險。

To echo World Heart Day 2014, the DH and the Hong Kong College of Cardiology jointly organised a press conference to encourage members of the public to establish healthy eating and physical activity habits from early age to reduce risks of developing heart diseases.

**社**區聯絡部為地區非政府機構、運輸及物業管理業界舉行講座，講解埃博拉（伊波拉）病毒病的感染預防措施。

Community Liaison Division organised seminars on infection control of Ebola virus disease for community NGOs, transport operators and the property management sector.



09 – 10.2014



25.10.2014

**衛**生防護中心在2014年10月及11月間共確診三宗本地登革熱個案，其中兩宗的患者曾於港鐵西營盤站建築地盤工作；有見及此，中心已展開流行病學調查，並向建築工人及附近社區進行風險溝通，並加強控制措施。

In light of the fact that two of the three local cases of dengue fever confirmed in October and November were found to be epidemiologically linked to a construction site of Sai Ying Pun MTR station, the CHP has conducted epidemiological investigation and risk communications with the site workers and local communities. Prevention and control measures were also enhanced.



**社**區聯絡部在「2014年度沙田健康節」，向市民推廣健康生活及預防傳病媒介疾病的訊息。

Community Liaison Division promoted messages of healthy lifestyle and prevention of vector-borne diseases at the Shatin Health Festival 2014.



**中**央健康教育組於一年一度的「工展會」會場內設置攤位，向市民教導及示範正確的潔手方法，並派發有關健康教育教材，參與市民甚眾。

The Central Health Education Unit set up a booth at the annual 'Product Expo' to educate the public on hand hygiene. Demonstrations of proper hand washing procedures were conducted and relevant health education materials were distributed to participants. The event drew a massive participation of citizens.

**社**區聯絡部在「2014年度中西區健康節」，透過講座和攤位遊戲，向市民傳達健康飲食及預防傳病媒介疾病的訊息。

Community Liaison Division promulgated messages of healthy eating and prevention of vector-borne diseases through game booths and health talks at the 'Central & Western Health Festival 2014'.



**社**區聯絡部舉行「推廣器官捐贈」健康促進交流會。衛生署及醫管局代表、器官捐贈推廣大使、受贈者及捐贈者家人等與參加者討論如何在社區推廣器官捐贈。

Community Liaison Division organised a Health Promotion Sharing Forum on Organ Donation. DH and Hospital Authority representatives, organ donation ambassadors, recipients and families of donors, discussed how to promote organ donation in the community.

