

CHP 通訊 newsletter

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JOYFUL 好心情@HK



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Dr CHUANG Shuk-kwan



編者的話 Editor's Note

精神健康與身體健康同樣重要，本期專題介紹衛生署開展全港性的「好心情@HK」計劃。計劃為期三年，旨在促進精神和心理健康，讓大家生活得更開心和充實。

最近，寨卡病毒在美洲不斷蔓延，成為了全球關注的公共衛生事件，政府啟動「寨卡病毒感染準備及應變計劃」，加強對該疾病的預防和應變。

Mental well-being is as important as physical health. This issue features the 'Joyful@HK Campaign', a three year territory-wide mental health promotion programme launched by the Department of Health to promote mental well-being for a joyful and fruitful life.

Recently, the rapidly spreading Zika virus in the Americas has become a public health emergency of international concern. The Government has launched the 'Preparedness and Response Plan for Zika Virus Infection' to strengthen the preparedness and response against the disease.

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Centre for Health Protection Website

www.chp.gov.hk



封面專題
Cover Story



「好心情@HK」精神健康 推廣計劃已經推出 'Joyful@HK Campaign' Launched to Promote Mental Well-being



「衝過去 能放得低 才抱得起
有氣力豁出去 又怎可輸給情緒」

—「好心情@HK」主題曲《衝過去》—
Theme song of the 'Joyful@HK Campaign' – 'Through the Hurdles'

衛生署於本年1月29日起推行為期三年的「好心情@HK」全港性精神健康推廣計劃，旨在與市民和各界攜手促進精神及心理健康，讓大家的的生活更開心充實。該計劃旨在提高公眾對心理健康推廣的參與及對精神健康的認知和了解。

政務司司長林鄭月娥在主持「好心情@HK」開幕禮時，引用數年前網絡上廣泛流傳的說話「你有壓力、我有壓力」來

The 'Joyful@HK Campaign', which aims to work with the public and different sectors of the community to promote mental well-being for a joyful and fruitful life, was launched on 29 January 2016. This Campaign is a three-year territory-wide mental health promotion programme launched by the Department of Health (DH) with an aim to increase public's engagement in promoting mental well-being and to enhance their knowledge and understanding about mental health.

Officiating at the 'Joyful@HK Campaign' kick-off ceremony, Mrs Carrie LAM, the Chief Secretary for Administration, cited a quote which was widely circulated on the Internet a few years ago, to point out the importance of maintaining good mental well-being as we are living in a stressful living environment.





說明，我們處身的生活環境壓力大，因此保持身心愉快和精神健康至為重要。

身兼精神健康檢討委員會（檢討委員會）主席的食物及衛生局局長高永文醫生致辭時，提及自己早前因受傷而變成「花面貓」，曾有一段時間「想收埋自己不見人」，最後全賴朋友與同事鼓勵，他才得以樂觀面對，走出陰霾。

他又指出約80%的本地18至64歲受訪者曾於過去30天出現過一定程度的精神困擾症狀，反映面對心理挑戰是正常不過的事，但絕對不容忽視。

政府重視市民精神健康

世界衛生組織（世衛）指出，精神健康是一種健康狀態，在這種狀態中，每個人都能夠實現自己的能力，應付正常的生活壓力，有成效地從事工作，並對其社區作出貢獻。世衛於2013年發表了「2013-2020年的精神健康行動計劃」，其中一個行動計劃的目的是實行推廣和預防精神健康問題的措施。

為更有效在香港推廣精神健康，政府於2013年5月成立了檢討委員會，以檢討精神健康政策和籌劃本港精神健康服務發展的未來路向。其後，政府於《二零一五年施政報告》中宣布衛生署將展開全港性公眾教育和宣傳運動，以宣揚心理和精神健康的重要。「好心情@HK」計劃，就是根據檢討委員會的建議而推出的。



Also addressing the kick-off ceremony, Dr KO Wing-man, the Secretary for Food and Health and the chairman of the Review Committee on Mental Health (Review Committee), said he did not want to meet people and preferred to 'hide himself' after suffering injury to his face late last year. He was grateful to all his friends and colleagues who helped him get out of this mishap.

He added that about 80% of a local survey's respondents aged between 18 and 64 experienced some degrees of psychological distress symptoms in the past 30 days, showing that facing mental health challenges was very common but should not be disregarded.

The Government has Attached Great Importance to Mental Well-being of the Community

The World Health Organization (WHO) states that mental health is a state of well-being in which an individual realises his or her own abilities, copes with the normal stresses of life, works productively and manages to contribute to his or her community. WHO issued the 'Mental Health Action Plan 2013-2020' in 2013. One of the objectives of the Action Plan is to implement strategies for promotion on mental health and prevention of mental disorder.

In order to promote mental health in Hong Kong more effectively, the Review Committee was formed by the Government in May 2013 to review Hong Kong's mental health policy and to help the Government map out future policy direction. The Government announced in the '2015 Policy Address' to promote the importance of mental health and mental well-being through a territory-wide public education and publicity campaign to be launched by DH. The 'Joyful@HK Campaign' was initiated at the suggestion of the Review Committee.

The Campaign slogan 'Fun. Feel. Share' reflects how members of the public can enhance mental well-being by integrating three key elements, namely 'Sharing', 'Mind' and 'Enjoyment', into their daily lives. A series of publicity events will continuously be launched under



「好心情@HK」的三大元素

Three key elements of 'Joyful@HK'

S

與人分享：表示與家人及朋友分享和幫助有需要的人；

Sharing - means sharing with family and friends and offering support to the needy;

M

正面思維：指保持開放思想，以積極態度和樂觀想法去理解事情；以及

Mind - refers to keeping an open mind, as well as perceiving things with a positive attitude and optimism; and

E

享受生活：代表參與令自己享受的活動，以發揮潛能和獲得滿足感。

Enjoyment - implies engaging in enjoyable activities to maximise potential and achieve satisfaction.



「好心情@HK」的口號為「全城FUN享正能量」，期望市民能將三大元素，即「與人分享」、「正面思維」及「享受生活」融入日常生活當中，從而提升心理健康。此計劃將陸續推出一連串的宣传活動，向長者、成人及青少年等不同年齡組群的人士推廣心理健康。

名人歌手承諾實踐「好心情」

知名歌手鄭秀文獲委任為「好心情@HK」計劃的大使，她聯同另一位歌手盧凱彤為此計劃創作了一首全新樂曲，由林夕填詞，並親自主唱這首名為《衝過去》的主題曲。

衛生署為此計劃設立了專題網頁（www.joyfulathk.hk），內有「活出好心情小貼士」及「一世好心情」等多個版面，分別介紹如何將三大元素融入日常生活，和向不同年齡組群人士介紹面對挑戰及應對的方法。另外，此網頁亦設有「我的承諾」版面，讓市民透過選擇喜愛的圖像及信息作出「與人分享」、「正面思維」及「享受生活」的承諾。不少名人及嘉賓已在此版面上作出承諾。

此計劃的Facebook專頁（fb.com/joyfulathk）亦已設立，歡迎同事「讚好」和分享有關專頁。

此外，衛生署亦製作了一套電視宣傳短片和電台宣傳聲帶，並已上載至計劃的專題網頁、Facebook專頁，以及衛生防護中心的YouTube頻道（youtube.com/c/ChpGovHkChannel）。有關宣傳短片和聲帶已分別在電視及電台播放。

the Campaign to promote mental well-being to different age groups, including the elderly, adults and adolescents.

Celebrities have Pledged their Commitments to 'Joyful@HK'

Ms Sammi CHENG, a popular singer, has been appointed as the ambassador of the 'Joyful@HK Campaign'. She co-composed a theme song named 'Through the Hurdles' with singer Ms Ellen LOO, with lyrics written by LIN Xi. Sammi also sang the theme song herself.

DH has set up a thematic website (www.joyfulathk.hk) for the Campaign. It features pages such as 'Tips on Being Joyful' and 'Joyful Life' which provide advice on how to integrate the three key elements of 'Joyful@HK' into one's daily lives, and coping strategies for different age groups when facing challenges. There is also a page called 'My Pledge', on which the public can make 'Sharing', 'Mind' or 'Enjoyment' pledges by selecting their desired icons and messages. A number of celebrities and guests have already made their pledges.

A Facebook fan page (fb.com/joyfulathk) for the Campaign has also been launched.

Colleagues are welcome to click 'Like' and share the fan page.

In addition, DH has produced a set of television and radio Announcements in the Public Interest which has been uploaded to the thematic website, the Facebook fan page and the CHP YouTube Channel (youtube.com/c/ChpGovHkChannel). It has also been broadcast on television and radio stations.



我的承諾 My Pledge



- 從這一刻起，我會與朋友和家人分享更多生活中的點滴。
- 我會放下煩惱，放鬆心情並保持樂觀思維。
- 以後我要多做運動並享受其中的樂趣。
- Starting from this moment, I will share my bits and pieces happened in my daily life with my friends and family more frequently.
- I will relax by setting aside the troubles and be optimistic.
- From now on, I will exercise more frequently and enjoy more in it.

衛生署署長陳漢儀醫生
Dr CHAN Hon-ye, Constance,
Director of Health



- 我要學會多欣賞、讚美和鼓勵別人。
- 這一刻起，我會保持開明的思想並接受新觀點。
- 我會盡力保持好奇心及多留意身邊事物。
- I will learn how to express my appreciation, gratitude or encouragement to others more frequently.
- Starting from this moment, I will keep an open mind and accept new ideas.
- I will endeavor to keep my curiosity and pay attention to the surroundings.

衛生防護中心總監梁挺雄醫生
Dr TH LEUNG
Controller, CHP



「藍寶石」演習測試政府 應對跨境郵輪上爆發諾如病毒的能力

Exercise 'SAPPHIRE' Tested Government's Response to Norovirus Outbreak at Cross-boundary Cruise Ship

衛生防護中心於2015年10月29日及11月9日舉行了代號為「藍寶石」的公共衛生演習，以測試政府應變計劃及程序的效用，以及政府部門和機構之間在處理跨境郵輪爆發傳染病時的溝通能力。

是次演習分為兩部分。第一部分是10月29日舉行的桌面演習，模擬相關部門及機構討論和統籌應付模擬諾如病毒爆發的措施。

第二部分是11月9日舉行的地面行動演習。演習模擬船公司獲悉一艘計劃在啟德郵輪碼頭泊岸的跨境郵輪正前來香港。該船約有30名乘客及船員出現嘔吐、腹瀉及發燒病徵。

衛生署隨即啟動緊急應變機制，並與相關政府部門和機構、碼頭營運商及船公司組成公共衛生事故評估小組，然後在郵輪抵達前制定和執行應變計劃。

當郵輪抵達時，衛生署安排了一支公共衛生隊登船評估和進行流行病學調查。公共衛生事故評估小組則統籌跨部門工作，包括轉送染病的乘客及船員到醫院接受治療、為已送院乘客辦理特別入境及清關手續，以及為郵輪及郵輪碼頭的客運大樓進行消毒。

The CHP organised a public health emergency exercise, code-named 'SAPPHIRE', on 29 October and 9 November 2015 to test the effectiveness of the Government's plans and procedures and the interoperability of governmental departments and agencies in response to communicable disease outbreaks on board cross-boundary cruise ships.

The exercise consisted of two parts. The first part was a table-top exercise conducted on 29 October, in which relevant departments and organisations discussed and commanded response measures in a simulated outbreak of norovirus gastroenteritis.

The second part was a ground movement exercise conducted on 9 November. The exercise simulated a cross-boundary cruise ship scheduled to berth at the Kai Tak Cruise Terminal was heading towards Hong Kong. The shipping agency was informed that about 30 passengers and crew members developed symptoms of vomiting, diarrhoea and fever.

DH then activated an emergency response mechanism and formed the Public Health Incident Assessment Group (PHIAG) with relevant departments and agencies, terminal operators and the shipping agency to formulate and implement a response plan before the ship's arrival.



演習為相關持分者提供了一個寶貴的機會，強化應對措施，找出有待改善之處，同時亦加強了他們應付將來一旦出現傳染病爆發時的準備工作。

Upon the ship's arrival, DH convened a Public Health Team to conduct on-board assessment and epidemiological investigation. PHIAG also coordinated multi-agency efforts in the transfer of sick passengers and crew to hospitals, implementation of special immigration and customs clearance for hospitalised passengers, and disinfection of the cruise ship and the terminal building.

The exercise provided a valuable opportunity for relevant stakeholders to strengthen their preparedness and identify areas for improvement. It also helped enhance their preparedness to respond to any prospective outbreak of communicable disease.

政府公布「寨卡病毒感染準備及應變計劃」

The Government Launched the
'Preparedness and Response Plan
for Zika Virus Infection'



戒備級別

Alert Response Level

嚴重級別

Serious Response Level

緊急級別

Emergency
Response Level

政府於2016年3月11日公布「寨卡病毒感染準備及應變計劃」（應變計劃）。應變計劃按寨卡病毒對香港及市民健康影響的風險評估，劃分為戒備、嚴重及緊急三個應變級別，以及相應的指揮架構和公共衛生應變措施，方便向公眾清楚傳達風險水平。

政府會因應最新的科研證據和實際情況，不時評估風險，啟動或解除應變級別，並採取相應防控措施。

The Government launched the 'Preparedness and Response Plan for Zika Virus Infection' ('the Plan') on 11 March 2016. 'The Plan' adopted a three-tier response level system, comprising Alert, Serious and Emergency, with each level representing a graded risk of Zika virus affecting Hong Kong and its health impact on the community. It defines corresponding command structures and public health response measures, and serves as a tool for clear communication of the levels of risk to the public.

The Government will assess the risk from time to time in view of the latest scientific evidence and the current situation to either activate or deactivate the response level and implement corresponding measures.



世界衛生日：齊來正視糖尿病

World Health Day 2016: Let's Beat Diabetes

世界衛生組織（世衛）成立於1948年，為紀念特把每年4月7日訂為世界衛生日。今年世界衛生日的主題是糖尿病。根據世衛的統計，2014年全球患糖尿病的成年人數達4億2,200萬人。在香港，每10人就有1人是糖尿病患者，當中接近一半並不知道自己患病。

為響應今年的主題，衛生署聯同各政策局、政府部門及支持機構於4月展開了一項全港性的宣傳和公眾教育運動。我們的口號為「齊來正視糖尿病」，期望加深市民對預防和護理糖尿病的認識，並且提醒他們養成健康飲食習慣，恆常進行體能活動和維持健康體重，以助降低患上糖尿病及其併發症的風險。

世衛建議，成年人應該每星期進行最少150分鐘中等強度的體能活動。衛生署邀請中國香港體適能總會設計了一套適合在工作間和家裏進行的中等強度的體能活動 - 「十分鐘 活力操」，倘每日進行三次，將有助達到世衛建議的體能活動量。有關示範短片已上載衛生防護中心的YouTube 頻道 (https://www.youtube.com/watch?v=80jGgl11_gc)。

如欲獲取更多資訊，可瀏覽「世界衛生日」專題網頁 (http://www.chp.gov.hk/tc/view_content/43772.html)。

The World Health Day is celebrated on 7 April every year to mark the anniversary of the founding of the World Health Organization (WHO) in 1948. The theme for this year is diabetes. According to WHO, the number of adults with diabetes reached 422 million in 2014. In Hong Kong, 1 out of 10 people is a diabetic, around half of which are unaware of having diabetes.

To echo this year's theme, the DH launched a territory-wide publicity and public education campaign in April with various government bureaux/departments and supporting organisations. The campaign's slogan is 'Let's Beat Diabetes', which aims to raise the awareness of the general public about the prevention and management of diabetes and the benefits of having a healthy diet, performing regular physical activity and maintaining a healthy body weight in reducing the risk of having diabetes and its complications.

WHO recommends adults to do at least 150 minutes of moderate-intensity physical activities weekly. DH invited the Physical Fitness Association of Hong Kong, China to design a '10-minute exercise' (十分鐘 活力操), a moderate-intensity physical activity suitable for workplace and home. It could help achieve WHO's recommendation on physical activities if we perform the '10-minute exercise' three times a day. The video concerned has been uploaded to CHP's YouTube Channel (<https://www.youtube.com/watch?v=Dol6WNy4uc>).

For more information, please visit the World Health Day thematic website (http://www.chp.gov.hk/en/view_content/43772.html).



2016年世界防癆日開幕典禮暨健康展覽 World Tuberculosis Day 2016 Opening Ceremony and Exhibition



每年的3月24日為世界防癆日，旨在紀念德國的郭霍醫生在1882年3月24日發現結核桿菌，並確認它是引致結核病的原因。

該紀念日亦為提高市

民大眾對結核病的警覺，加深認識結核病對公共衛生的重大影響及防癆工作的重要性。今年本地的世界防癆日主題為「防癆服務齊響應，一起攜手齊參與」。

由香港防癆心臟及胸病協會、衛生署及醫院管理局合辦的「世界防癆日」開幕典禮暨健康展覽，已於2016年3月19及20日舉行，這兩天的活動包括防癆歌唱創作比賽、防癆展板、脂肪測驗、量血壓、X-光肺片展示、攤位遊戲、醫護人員解答查詢及學校健康講座。

World Tuberculosis Day (WTBD), annually held on 24 March, marks the day when the German doctor Robert KOCH announced his discovery of *Mycobacterium tuberculosis*, which caused tuberculosis (TB) in 1882. WTBD is designed to build public awareness of TB, which remains an important infectious disease worldwide with global public health importance. It also increases the public's understanding about the ongoing fight against TB. The theme of WTBD in Hong Kong in 2016 is 'Working together to control tuberculosis'.

The Hong Kong Tuberculosis, Chest and Heart Diseases Association, DH and Hospital Authority jointly organised the local WTBD opening ceremony and a two-day exhibition/educational activities on 19 and 20 March 2016. This two-day event included a TB singing competition, exhibition board display, body fat measurement, blood pressure check, X-ray with viewing box display, quiz games, health care staff consultation, and health talks in schools.





Android
「營廚雜誌：有營食譜」
'CookSmart: EatSmart Recipes'

iOS

Android
「有『營』食肆」
'EatSmart Restaurant'

iOS

3少之選
Less fat, oil, salt and sugar

蔬果之選
More fruit and vegetables

衛生署推出「營廚雜誌：有營食譜」流動應用程式

DH Launched the 'CookSmart EatSmart Recipes' Mobile Application

衛生署於2008年推出「有『營』食肆」運動，目的是讓市民外出用膳時可以有更健康的菜式選擇。有「營」食肆向顧客提供「蔬果之選」（材料全屬蔬果類或按體積計，蔬果類是肉類及其代替品的2倍或以上）和「3少之選」（較少脂肪或油分、鹽分及糖分）菜式。衛生署亦推出了運動的專屬刊物「營廚」雜誌，令讀者更容易得到有關「有『營』食肆」運動和健康飲食的資訊。

「有『營』食肆」運動較早前推出了「營廚雜誌：有營食譜」流動應用程式，讓大家可以於流動應用裝置上輕鬆閱讀「營廚」雜誌，以及瀏覽超過200款由「有『營』食肆」廚師精心設計的有「營」菜式。大家亦可下載「有『營』食肆」流動應用程式，快速搜尋附近的有「營」食肆。

大家齊來支持「有『營』食肆」運動，吃得更有「營」吧！

DH launched the 'EatSmart@restaurant.hk Campaign' in 2008 with the aim to offer the public healthier choices of dishes when dining out. EatSmart Restaurants offer 'More Fruit and Vegetables' (Either fruit or vegetables are the sole ingredients of the dish, or they occupy at least twice as much the amount of meat and its alternatives) and '3 Less' (less fat or oil, salt and sugar) dishes to customers. DH also publishes CookSmart magazine, a publication dedicated to the Campaign, which provides readers with easier access to information about the Campaign and healthy eating.

The 'EatSmart@restaurant.hk Campaign' has recently launched the 'CookSmart: EatSmart Recipes' mobile application which allows you to view the CookSmart magazine on your mobile device as well as access over 200 EatSmart Recipes prepared by chefs of EatSmart Restaurants. You can also download the 'EatSmart Restaurant' mobile application to quickly locate the EatSmart Restaurants nearby you.

Let's support the 'EatSmart@restaurant.hk Campaign' and start eating healthy!



「開心『果』月」踏入十周年 🍒

‘Joyful Fruit Month’ Celebrated the 10th Anniversary



由衛生署舉辦的「開心『果』月」活動今年已踏入十周年。衛生署於2016年4月30日舉辦了「開心『果』月」十周年慶典暨頒獎禮，以感謝各支持機構和嘉許連續十年參與活動的小學。活動由食物及衛生局副局長陳肇始教授、衛生署署長陳漢儀醫生和教育局副秘書長陳嘉琪博士主禮，有超過300名嘉賓及學校代表出席。

衛生署自2006至2007學年起舉辦每年一度的「開心『果』日」活動，作為「健康飲食在校園」運動的其中一項亮點活動，目的在於培養學生每日進食充足水果的習慣。衛生署自2013年起將「開心『果』日」擴大為「開心『果』月」，並將每年四月訂為「開心『果』月」，藉此將多吃水果的信息推廣至社區，繼續鼓勵各中小學及學前機構參與，增加學生進食水果的興趣，長遠促進學童的身體健康。今年「開心『果』月」有破紀錄的1,314間學校參加，全港超過52萬學生受惠。



The ‘Joyful Fruit Month’ event organised by DH has entered its 10th anniversary. In order to show appreciation to the supporting organisations and the primary schools which have participated for 10 consecutive years, DH organised the ‘10th Anniversary of “Joyful Fruit Month” cum Award Ceremony’ on 30 April 2016. Over 300 guests and representatives from primary schools attended the ceremony, which was officiated by the Under Secretary for Food and Health Professor Sophia CHAN, the Director of Health Dr Constance CHAN, and the Deputy Secretary for Education Dr Catherine CHAN.

DH launched the annual ‘Joyful Fruit Day’ in the 2006/07 school year as one of the highlights of the ‘EatSmart@school.hk Campaign’ to foster a habit of eating fruits daily among students. DH has raised the profile of ‘Joyful Fruit Day’ to ‘Joyful Fruit Month’ since 2013 and designated April as ‘Joyful Fruit Month’ in order to promote more fruit consumption in the community. DH continues to encourage all secondary schools, primary schools and pre-primary institutions to take part in activities to boost students’ interest in eating fruits and promote their health in the long run. The ‘Joyful Fruit Month’ this year attracted a record-breaking 1,314 participating schools, benefiting over 520,000 students.



緊急應變及資訊處聯隊的成員在一片歡呼聲中，與頒獎嘉賓－衛生署職員聯誼會康樂及活動委員會主席方浩澄醫生（右二）留影。
The ERIB United Team proudly cheered alongside the Chairman of the Recreation and Activities Sub-committee, Department of Health Staff Club, Dr Edmund FONG (2nd right), the award presenter at the end of the match.



緊急應變及資訊處聯隊成員包括：緊急應變及資訊處主任鄺國威醫生（左四）、公共衛生服務處特別預防計劃顧問醫生黃加慶醫生（左三）、三位警務人員及三位資訊科技人員。
The ERIB United Team comprised of Dr Heston KWONG, Head of ERIB (4th left), Dr WONG Ka-hing, Consultant (Special Preventive Programme), PHSB (3rd left), three police officers and three IT staff.

衛生防護中心7人足球比賽 CHP Inter-branch 7-a-side Soccer Competition

2016年4月24日(星期日) 陰 後雨

24 April 2016 (Sunday) Overcast Rain

「打波先嚟落雨？」大雨滂沱，雷電交加，均無損斧山道運動場上衛生防護中心7人足球比賽健兒的激昂士氣和振奮心情。最後，球賽在雨中完滿結束。

為響應公共衛生服務處特別預防計劃顧問醫生黃加慶醫生的號召，六支參賽隊伍分成兩組角逐，包括甲組的緊急應變及資訊處、公共衛生化驗服務處及港口衛生處，和乙組的牙科服務隊及控煙辦公室兩小隊。

經過多輪激戰，甲組的緊急應變及資訊處和公共衛生化驗服務處，以及乙組的牙科服務隊和控煙辦公室其中一小隊進入準決賽。其後，緊急應變及資訊處和牙科服務隊雙雙打入總決賽。

總決賽賽事緊湊，緊急應變及資訊處先拔頭籌，繼而一路領先，不料牙科服務隊在最後關頭追回一球，扯成一比一平手。兩隊要互射十二碼分勝負，結果牙科服務隊反敗為勝，緊急應變及資訊處屈居亞軍。

比賽為來自不同組別及專業的同事提供寶貴機會，讓彼此加深認識，並建立工作以外的默契。

經過一日的辛勞賽事，參賽者帶回家的，除了沾滿泥濘的球衣及球鞋，還有為比賽付出血汗的難忘回憶。

'A wet man does not fear the rain'. Despite the thunder, lightning and heavy rain, the morale and spirit remained high amongst the players of the 7-a-side Soccer Competition held at the Hammer Hill Sports Ground. The tournament ended with a great success.

The tournament, initiated by Dr WONG Ka-hing, Consultant (Special Preventive Programme), Public Health Services Branch (PHSB), attracted an entry of six teams of colleagues. The six teams were divided into two groups. Group A consisted of the Emergency Response and Information Branch (ERIB), Public Health Laboratory Services Branch (PHLSB) and Port Health Office's Team while Group B consisted of Dental Service and two teams of Tobacco Control Office (TCO).

After surviving rounds of fierce and hectic fights, ERIB-cum-PHLSB (Group A) and Dental Service-cum-TCO Team I (Group B) progressed to the semi-final stage. ERIB eventually met the Dental Service Team in the Final.

ERIB scored an early goal and held a 1-0 lead for most of the game before the Dental Service Team found a last-minute equaliser in the thriller. The Dental Service Team finally won the championship after a penalty-kick shootout while the ERIB ended up the runners-up.

The match provided a valuable opportunity for colleagues from different branches and disciplines to know each other better and build rapport beyond the office.

The day ended with all participants going home with soiled shirts and muddy boots, in remembrance of the sweat and blood proudly shed for a day of unforgettable rivalry.



傳病媒介疾病科學委員會 Scientific Committee on Vector-borne Diseases

對預防及控制寨卡病毒感染的建議

Recommendations on Prevention and Control of Zika Virus Infection

寨卡病毒感染在非洲、美洲、亞洲及太平洋地區均錄得爆發個案。世界衛生組織（世衛）指出，現時科學界已有共識，認為寨卡病毒是導致小頭畸形及吉巴氏綜合症的其中一項成因。鑑於目前尚未有預防寨卡病毒感染的疫苗，最有效的預防方法是避免蚊子叮咬（特別是懷孕婦女），和防止蚊子滋生。



傳病媒介疾病科學委員會（科學委員會）就寨卡病毒感染召開了兩次會議，分別於2016年2月及4月發出了預防和控制寨卡病毒感染的建議。科學委員會認為國際旅遊頻繁，寨卡病毒傳入香港的風險甚高。由於患者感染後一般不會出現病徵，可以傳播病毒的病媒白紋伊蚊在本港亦很常見，因此病毒傳入後會產生本地傳播的風險。

科學委員會建議政府與各界及社區合作，常年進行防止蚊蟲滋生的工作。政府亦應加強對市民就有關個人防蚊措施及防止蚊蟲滋生進行宣傳教育。衛生署應時刻對寨卡病毒感染保持高度戒備，並與相關政府部門緊密合作，準備應對寨卡病毒一旦在香港廣泛傳播時，可能引發小頭畸形、吉巴氏綜合症等狀況。

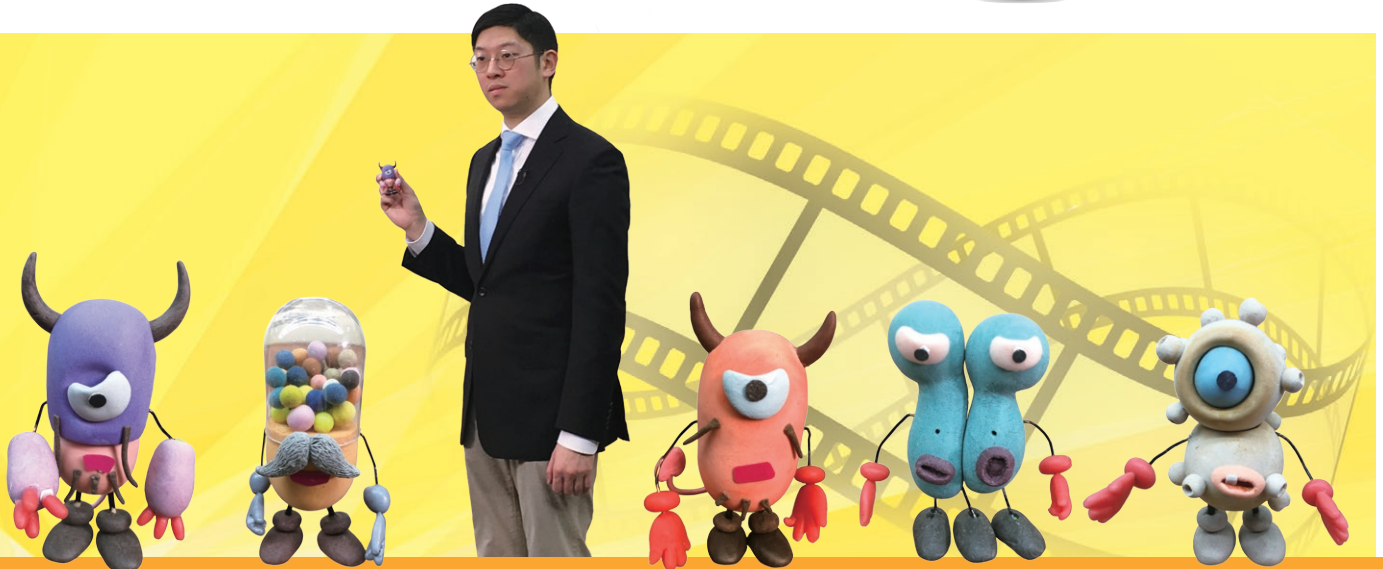
衛生署已按照世衛建議實行一連串公共衛生措施，以預防寨卡病毒感染，並於2016年2月5日起按《預防及控制疾病條例》（第599章），將寨卡病毒感染列為法定須呈報傳染病。

Zika virus infection (ZVI) outbreaks have been recorded in Africa, the Americas, Asia and the Pacific. The World Health Organization (WHO) states that there is a scientific consensus that Zika virus is a cause of microcephaly and Guillain-Barré syndrome (GBS). In the absence of vaccine, mosquito control and prevention of mosquito bites, especially among pregnant women, are the main strategies to prevent and control ZVI and its complications.

The Scientific Committee on Vector-borne Diseases (SCVBD) had two meetings to discuss ZVI and issued recommendations on its prevention and control in Hong Kong respectively in February and April 2016. The SCVBD opined that due to extensive international travel, Hong Kong has a high risk of importation of cases of ZVI. Moreover, as asymptomatic infection is very common and the *Aedes albopictus* mosquito, which could potentially transmit the virus to humans, is widely present locally, there is a risk of spread of the disease in Hong Kong.

SCVBD recommends that mosquito control should be practised year round with cross-sectoral and community participation. Health education on the personal prevention of mosquito bites, and control measures against mosquito breeding should be enhanced and made widely available to the general public. DH should maintain a high level of alertness, preparedness and response for ZVI, and collaborate with relevant government bureaux/departments to deal with the possible consequences of widespread ZVI in Hong Kong, such as microcephaly and GBS.

DH has put in place a series of preventive measures to guard against ZVI, which are in line with those recommended by WHO. In addition, ZVI has been listed as a statutory notifiable communicable disease in Hong Kong under the Prevention and Control of Disease Ordinance (Cap. 599) with effect from 5 February 2016.



關於抗菌素耐藥性的教育電視節目 ETV Programme on Antimicrobial Resistance

抗菌素耐藥性是嚴重的公共衛生問題，已引起全球關注。為讓市民在求學期便認識問題的重要，教育局教育電視小組與衛生防護中心感染控制處合作，以多個原創的細菌泥膠角色和有趣的故事內容製作了一套教育電視節目，藉此鼓勵學生成為醫護人員的合作夥伴和正確使用抗生素，以期預防抗菌素耐藥性。

Antimicrobial resistance (AMR) is a serious public health issue of global concern. To enhance public's understanding of the importance of this issue from their school days, the Educational Television (ETV) Unit of the Education Bureau has collaborated with the Infection Control Branch of the CHP to produce an ETV programme. This programme, which follows an interesting storyline, features a group of original anthropomorphic bacteria characters made by Play-Doh. It is hoped that, through this programme, students would be encouraged to partner with health-care personnel to prevent AMR emergence through responsible use of antibiotics.





張竹君醫生

Dr CHUANG Shuk-kwan

種植盆栽需付出甚多耐性和恆心，因此可以怡情養性。衛生防護中心社會醫學顧問醫生(傳染病)張竹君醫生種植盆栽多年，從中得到不少滿足感。

張醫生表示：「雖然我在家中栽種花卉多年，但一直沒有花太多時間打理。近兩三年女兒上了中學，我才有閒暇可以種花。」她認為種花不僅需要適當的陽光、水分、養分及泥土，還需經常觀察養護。張醫生續說：「當看見悉心栽種的花朵開得漂亮，就會覺得特別有滿足感的了。」

現時張醫生家裏栽種了多種香草，如迷迭香、羅勒、香菜、鼠尾草、薰衣草等。這些香草不但會散發獨特的香味，也可供食用。花卉方面，她最喜歡玫瑰，尤其是深紅色玫瑰，既芬芳又漂亮。玫瑰在夏天盛放，張醫生有時會把玫瑰帶回辦公室擺放，在悉心養護下可以開花一星期。張醫生說：「不過，氣候變化容易影響玫瑰和香草的生長，例如連續下雨會令花卉較易生病，須要適時處理。」

張醫生謙稱自己仍在不斷學習花藝，她不時向相熟的花店店主請教，又會看書或上網學習，亦會與有興趣的朋友及親戚交流心得，到外地時也喜歡到園圃參觀。

張醫生工作繁忙，但仍盡心投入所做的任何事情，包括工作、嗜好和家庭，如此方可產生興趣而非形成壓力。



Home gardening requires a lot of patience and persistence, so it can be good to both our mind and soul. Dr CHUANG Shuk-kwan, Consultant Community Medicine (Communicable Disease), CHP, who has been engaging in home gardening for years, finds it very fulfilling and enjoyable.

Dr CHUANG said, 'Though I have grown flowers for years, I didn't spend much time on them until my daughter entered secondary school two to three years ago.' She considers that flowers not only need sufficient sunlight, water, nutrients and good soil, but also frequent attention and care. 'When the flowers bloom, you are satisfied as your effort has paid off'.

Dr CHUANG is now growing herbs, such as rosemary, basil, coriander, sage and lavender. Herbs give nice aromas and can be used in cooking. Amongst all flowers, she is particularly fond of rose, especially scarlet rose, because of its fragrance and beauty. She sometimes brings her home-grown roses to office. With proper care, they can stay fresh for a week. 'Rose and herbs need extra care during rainy season as they are easily affected by weather,' she added.

Dr CHUANG said humbly that she still has much to learn about gardening. She always seeks advice from flower shopkeepers, reads books and searches on the internet to gain more knowledge. Besides, she shares the interests with her friends and relatives. When she travels abroad, she likes to pay visits to various gardens.

In spite of her busy schedules, Dr CHUANG reckons that making commitments to whatever you do – be it your job, hobby or family, can generate genuine interest instead of pressure.



世界衛生組織助理總幹事和總幹事辦公室的抗微生物藥物耐藥性特別代表福田敬二博士到訪衛生防護中心，與衛生署署長、衛生防護中心總監及各部門主管舉行有關抗菌素耐藥性的會議，並參觀了衛生防護中心的模擬病房。

Dr Keiji FUKUDA, Assistant Director-General and Special Representative of the Director-General for Antimicrobial Resistance (AMR) of the World Health Organization, visited CHP. He had a meeting on AMR with the Director of Health, the Controller of CHP and various services heads. He also visited the simulation ward of CHP.

5 Feb 2016



14 Mar 2016



新加坡衛生部到訪衛生防護中心，就本港傳染病防控及緊急事故應變工作進行交流。

The delegates of the Ministry of Health, Singapore visited CHP to share experience on the surveillance, control and emergency response of infectious diseases in Hong Kong.

馬來西亞衛生部公共衛生副處長洛曼·蘇萊曼到訪衛生防護中心，就公共衛生緊急事故的應變經驗進行交流，並參觀了緊急應變中心。

Datuk Dr Lokman Hakim bin SULAIMAN, Deputy Director General (Public Health) of the Ministry of Health, Malaysia, visited CHP to exchange experience on public health emergency response and was taken on a tour of the Emergency Response Centre.



15 Mar 2016



30 Mar 2016



社區聯絡部向社區組織講解寨卡病毒感染的防控措施，鼓勵它們協助推廣健康訊息。此外，社區聯絡部又聯同食物環境衛生署為物業管理和運輸業界舉辦講座，加強防治蚊患。

Community Liaison Division (CLD) briefed community organisations on preventive measures against Zika virus infection, and encouraged them to promote health messages in the community. CLD, in collaboration with the Food and Environmental Hygiene Department, also organised health talks for property management companies and transport operators to enhance mosquito control efforts.



社區聯絡部舉辦簡介會，為社區組織及房屋委員會轄下屋邨諮詢委員會介紹2016/17「我好『叻』」社區健康推廣計劃的主題和有關的協作安排。

Community Liaison Division organised briefing sessions on the 'I'm So Smart' Community Health Promotion Programme 2016/17 to explain to community organisations and Housing Authority's Estate Management Advisory Committees the main theme of the programme and the collaboration arrangements.

22 Apr 2016



6 May 2016



「2016年度定點監測會議暨傳染病資訊系統啟動儀式」在衛生防護中心舉行。傳染病資訊系統旨在增強本港監測及控制傳染病的能力。出席的嘉賓及定點監測合作伙伴參觀了系統的設施及操作。

'Sentinel Surveillance Conference 2016 cum Communicable Disease Information System (CDIS) Launching Ceremony' was held at the CHP building. Officiating guests and sentinel partners also visited CDIS facilities and attended demonstrations of CDIS, which has been developed to enhance the capability of Hong Kong in the surveillance and control of communicable diseases.

11 May 2016



社區聯絡部舉辦2015/16年「我好『叻』」社區健康推廣計劃嘉許典禮，表揚積極參與計劃的協作機構及市民，並呼籲社區合作伙伴繼續支持推動健康飲食和恆常體能活動。

Community Liaison Division organised a recognition ceremony to make a special commendation to organisations and community members who have actively participated in the 'I'm So Smart' Community Health Promotion Programme 2015/16, and to appeal for community partners' continuous support in promoting healthy eating and regular physical activities.