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# 為口岸防疫把關 — 港口衛生處

## Frontline Infectious Disease Control at Border Crossings – Port Health Office

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NEWSLETTER

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### 工餘剪影 AFTERWORK

- 馮宇琪醫生 Dr Anne FUNG



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## 編者的話 Editor's Note

雞年將至，祝各位身體健康，新年進步。本期專題介紹港口衛生處，該處在各航空、陸路及水路口岸執勤，肩負防止傳染病及其他嚴重疾病跨境傳播的重要責任。

With the Lunar New Year approaching, we wish all a healthy and happy festive season! In this issue, you will get to know more about the Port Health Office (PHO), which plays an important role in preventing communicable and other serious diseases into and out of Hong Kong via land, air and sea.

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**www.chp.gov.hk**



# 為口岸防疫把關 — 港口衛生處

## Frontline Infectious Disease Control at Border Crossings – Port Health Office

這天早上，衛生防護中心港口衛生處的劉明昊醫生執拾包括聽筒、電筒、紅外線溫度探器等裝備後，便到達中區政府碼頭，準備登船前往南丫島南面的海域，為一艘入境的貨櫃船進行檢查。

劉醫生乘船到達位於南丫島南面的停泊處，以繩梯爬上總共有三至四層樓高的大貨櫃船。劉醫生檢查的重點包括艙房、甲板、廚房、洗手間等位置。他證實船上的衛生情況後，才會向船隻發出「無疫通行證」。

Early this morning, Dr LAU Ming-ho, medical officer of the PHO of the CHP, set off for the Central Government Pier after packing up his medical gear including a stethoscope, a light torch and an infrared thermometer. He boarded a boat sailing to coastal waters off South Lamma for an inspection of an inbound container ship.

Upon arrival at the anchorage in South Lamma, Dr LAU used a pilot ladder to board the container ship of 3 to 4 storeys in height. He inspected on board specific areas such as the cabins, deck, kitchens and lavatories. He issued a free pratique to the ship only after finding it sanitary.





▲ 劉醫生正離開港口衛生處的快艇。  
Dr LAU disembarked from the Port Health Launch.

▲ 劉醫生聽取船員病歷。  
Dr LAU taking medical history from a crew member.

根據《預防及控制疾病條例》，現時所有跨境進入香港境內的船隻，船隻營運人須獲批港口衛生處發出的「自由無疫通行證」才可進入香港水域，否則營運人須確保該船隻立即航行至檢疫碇泊處，待港口衛生主任確保船舶衛生情況令人滿意，例如沒有發現蚊蟲滋生，並發出「無疫通行證」後，方能繼續作業。

劉醫生每月須為入境的船隻進行數次類似的巡查，以確保船舶衛生情況令人滿意。

## 防止傳染病襲港第一關

現時參與港口運作的政府部門，包括海事處、海關、入境事務處及衛生署港口衛生處，其中海關負責貨品的出入口清關，入境事務處負責出入境管制，而港口衛生處執行各項防疫措施，是防止傳染病襲港的第一關。

除了檢查船隻外，港口衛生處在海港、香港國際機場及陸路口岸執行《預防及控制疾病條例》，設立「衛生站」及衛生檢疫設施。港口衛生處在各出入口口岸為抵港人士量度體溫，並為發燒的旅客作進一步評估和轉介他們到醫療機構接受醫學評估。

In accordance with the Prevention and Control of Disease Ordinance (the Ordinance), all cross-boundary vessels that enter the waters of Hong Kong are required to obtain a free pratique issued by the PHO. An operator of a vessel without free pratique has to ensure that the vessel proceeds immediately to a quarantine anchorage and waits for health (quarantine) clearance to be conducted by a health officer. The vessel is only allowed to continue its voyage after the hygienic condition has been found satisfactory e.g. no pest infestation, and a free pratique has been issued to the vessel.

Dr LAU conducts several sanitary inspections every month for incoming ships to ensure that the hygiene on board is satisfactory.

## Gatekeeper to Prevent Infectious Diseases from Entering Hong Kong

Government departments involved in port operation include Marine Department, Customs & Excise Department, Immigration Department and PHO of the DH. The Customs & Excise Department is responsible for the clearance of imports and exports, while the Immigration Department is responsible for control of people moving in and out of Hong Kong. The PHO acts as the gatekeeper to prevent infectious diseases from being introduced into Hong Kong by implementing all kinds of pertinent measures.

Apart from conducting sanitary inspections of the vessels, the PHO enforces relevant provisions of the Ordinance at the seaport, Hong Kong International Airport and land boundary control points (BCPs) of Hong Kong, where it sets up health posts and other port health facilities. People upon arrival at all BCPs are required to receive temperature screening. Those with fever would be further assessed and referred to healthcare facilities for medical assessments.



## 齊心協力 保港口衛生

港口衛生處由總港口衛生主任帶領，成員包括醫護人員、衛生督察、健康監察助理，以及行政和支援人員。醫護人員主要處理與傳染病有關的事宜，提供衛生意見和在機場提供緊急救援服務，並與其他政府部門就港口衛生事宜連繫。衛生督察從食物環境衛生署（食環署）借調，負責在機場維持有關食物和環境衛生的標準，監察食品供應商為飛機上食用的食品、冰粒及飲用水的質素，以及監督各口岸的清潔和蟲害控制。

此外，港口衛生處亦設有兩所旅遊健康中心，為旅遊人士提供健康風險評估、旅遊健康建議及資訊，以及與旅遊有關的疫苗接種和預防藥物。同時，該處管理的專題互聯網站為旅遊人士提供世界各地的疫症情報、預防疾病的保健建議、在各種環境下的旅遊安全守則，以及防疫注射的意見。

## 寨卡病毒 主動應變及防備

以2016年初爆發的寨卡病毒為例，由於巴西的疫情持續，適逢該國里約熱內盧舉辦2016年奧林匹克運動會（奧運會）和殘疾人奧運會（殘奧會），港口衛生處與中國香港體育協會暨奧林匹克委員會、香港殘疾人奧委會暨傷殘人士體育協會，以及香港體育學院設立了溝通渠道，並與衛生署中央健康教育組合作舉行簡報會，向運動員、隨團人員和傳媒採訪團隊提供最新疾病資訊和旅遊健康建議。

此外，港口衛生處主動向奧運會香港票務代理提供寨卡病毒感染的健康資訊及小冊子，以供派發予前往其門市領票的顧客。2016年6月，港口衛生處聯絡了旅遊業議會，安排在該會會議上向旅行社講解寨卡病毒感染的風險。透過可能營辦南美洲的本地旅行社，港口衛生處向導遊和外遊市民派發與預防和後續保護措施有關的資料。

請登入旅遊健康服務網頁 (<http://www.travelhealth.gov.hk/cindex.html>) 獲取最新旅遊健康情報。



位於九龍的旅遊健康中心。  
Travel Health Centre in Kowloon.

## Concerted Efforts in Maintaining Port Health Control

Headed by Chief Port Health Officer, the PHO is supported by a team consisting of medical and nursing staff, health inspectors, health surveillance staff as well as administrative and supporting staff. Medical and nursing staff are responsible for managing infectious disease matters, providing health advice, liaising with other departments pertaining to port health issues and, in the airport, providing emergency rescue support. Health inspectors, seconded from the Food and Environmental Hygiene Department, are responsible for maintaining food hygiene and sanitation standards within the airport, surveillance of the quality of food, ice and drinking water provided for airlines, and supervision on hygiene and pest control at all ports.

In addition, the PHO runs two Travel Health Centres to offer individual travel health assessment for travellers, and give health advice, travel health information, travel-related vaccinations and other preventive medications. It also provides global disease outbreak news, health advice on disease prevention, guidelines for travel safety under all sorts of environments, and vaccination advice through its thematic website.

## Proactive Actions to Respond and to Prevent Zika Virus Infection (Zika)

Let's take the Zika outbreak in early 2016 as an example. As the outbreak in Brazil continued during the 2016 Olympic and Paralympic Games (the Games) in Rio de Janeiro, Brazil last summer, the PHO had established communication channels with the Sports Federation and Olympic Committee of Hong Kong, China, Hong Kong Paralympic Committee and Sports Association for the Physically Disabled and the Hong Kong Sports Institute. The PHO, together with the Central Health Education Unit of the DH, conducted health briefings for athletes, delegates, and media workers to disseminate Zika virus transmission updates and travel health advice.

The PHO also proactively provided the authorised ticket agent of the Games with Zika factsheets and pamphlets for distribution to customers at the point of ticket collection. In June 2016, the PHO liaised with Travel Industry Council of Hong Kong to brief travel agencies about the risk of Zika at the Council's meeting. Through the travel agencies which would organise outbound tours to South America, the PHO distributed to travellers and tour guides the information on the preventive measures during and after travel in areas affected by Zika.

Please visit the Travel Health Service website (<http://www.travelhealth.gov.hk/eindex.html>) to learn about the latest news on travel health.

衛生督察留心觀察蚊蟲控制措施。  
Health inspectors observed mosquito control measures.





# 「明珠」演習測試政府 應對生物事故能力

## Exercise 'Pearl' Tests Government's Response to Biological Incidents

消防處人員為前線同事進行清洗工序。  
FSD personnel conducted cleansing procedures for frontline officers.



衛生署人員為曾接觸該生物物質的人士進行流行病學調查。  
DH personnel conducted epidemiological investigation of the contacts of the biological agent.



桌面演習測試了模擬事件中的生物物質被確認後，相關部門及機構的統籌應對措施。  
The table-top exercise tested the coordination and response measures of relevant departments and agencies in a simulated incident after the biological agent was identified.



穿著個人防護裝備的警務人員負責看守可疑的生物物質。  
Police officers with personal protective equipment guarded the suspicious biological agent.

衛生署衛生防護中心於2016年6月進行代號為「明珠」的公共衛生演習，以測試有不明生物物質洩漏，並有人暴露於該環境時的實地調查和控制措施。該演習不但評估了政府部門及相關機構的應變計劃及程序效率，還評估了部門間的協調能力。

該演習分為兩部分。第一部分是2016年6月2日舉行的桌面演習，模擬相關部門及機構辨認出生物物質後的即時應對狀況。

第二部分是2016年6月20日舉行的地面行動演習，模擬香港國際機場超級一號貨站發生公共衛生事故後，涉及多個部門的化學、生物、輻射及核子事故諮詢小組即時啟動，並且部署地面人手。

是次演習模擬位處超級一號貨站空地上的航空貨物集裝箱發現有不明生物物質洩漏。待確認物質後，警方到場實地評估和移走集裝箱。港口衛生處與衛生署監察及流行病學處聯合展開流行病學調查，追蹤接觸者，並進行醫療監察，以評估和遏止疾病在社區傳播。隨後，消防處為所有受影響人士消毒。

演習不僅讓相關持分者獲得強化應對措施和找出需改善之處的寶貴機會，亦加強了他們應付傳染病爆發時的準備能力。

CHP of the DH organised a public health emergency exercise, code-named 'Pearl' in June 2016, to test on-field investigation and control measures relating to human exposure to biological agents released to the environment without prior knowledge. It also assessed the effectiveness of contingency plans and procedures of government departments and relevant agencies, as well as the coordination abilities among these parties, in response to an incident with a biological agent.

The exercise consisted of two parts. The first part was a table-top exercise conducted on 2 June 2016, in which relevant departments and organisations commanded immediate response measures in a simulated incident after a biological agent was identified.

The second part was a ground-movement exercise conducted on 20 June 2016. It was a practical first-response simulation exercise involving the activation of a multi-agency Chemical, Biological, Radiological and Nuclear Incident Advisory Group, and the deployment of staff on the ground to a public health incident at Super Terminal 1 at Hong Kong International Airport.

The exercise simulated the discovery of an unknown biological agent leaked out of an air cargo container which was placed at the open area at Super Terminal 1. After the unknown biological agent was identified, the Police were deployed to conduct site assessment and removed the container. The Port Health Office, in collaboration with the Surveillance and Epidemiology Branch of the DH, conducted epidemiological investigation, contact tracing and medical surveillance so as to assess and contain the spread of disease in the community. Subsequently, the Fire Services Department personnel performed decontamination of all affected persons.

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





2016年10月5日，跨性別人士黃雪綾在浸會大學擔任嘉賓。  
Transgender woman Beatrice Wong as guest speaker at Hong Kong Baptist University on 5 Oct 2016.



宣傳海報  
Poster

## 大專院校播放電影 推廣愛滋病預防及測試

Film Sharing at Tertiary Institutions to Promote  
HIV Prevention and Testing

派發紀念品  
Giveaway items

鑑於近年愛滋病病毒感染個案持續上升，尤以年輕男性接觸者的升幅最為明顯，特別預防計劃轄下的紅絲帶中心於2016年9月至10月期間，再度於多間大專院校舉辦影展及電影分享座談會，以推廣愛滋病預防和測試。

這是中心第二年舉辦同類活動。這次影展由中心與香港同志影展攜手合作，並得到八所大專院校的多個學系和學生組織參與，包括香港大學、公開大學、中文大學、演藝學院、浸會大學、理工大學、教育大學及城市大學。每節活動均播放三至四部電影，內容講述男同志對人生和愛滋病的看法。播放完畢後更設有分享會，邀請多位主持和嘉賓，包括教授、電影主角及傳媒名人與學生分享他們對愛滋病相關議題的觀感。

是次活動共有五百多人出席，反應理想，獲得一致好評，更有院校要求加映。



2016年10月6日，梁梓禧和變裝皇后在理工大學作嘉賓。  
Roland Leung and Coco Pop as guests at Hong Kong Polytechnic University on 6 Oct 2016.

In view of the increasing number of HIV infection cases in recent years, particularly among young men who have sex with men, the Red Ribbon Centre of the Special Preventive Programme launched another series of film sharing sessions and discussion forums in tertiary institutions in September and October 2016 to promote HIV prevention and early testing.

It is the second year for the Centre to hold a similar programme. The activity was co-organised by the Centre and the Hong Kong Lesbian and Gay Film Festival, with the participation of various university departments and student groups from eight tertiary institutions, including the University of Hong Kong, the Open University of Hong Kong, the Chinese University of Hong Kong, the Hong Kong Academy for Performing Arts, the Hong Kong Baptist University, the Hong Kong Polytechnic University, the Education University of Hong Kong and the City University of Hong Kong. Three to four short films encompassing the views of gay men on their lives and HIV issues were shown in each screening session. It was followed by a discussion forum in which hosts and guest speakers including professors, protagonists in the films, and media celebrities were invited to share their views on HIV issues with the students.

The response was encouraging with more than 500 viewers. The activity received critical acclaim from the audience and there were also requests for additional screening.





## 世界衛生組織會議「First Meeting of Hepatitis Programme Focal Points from High Burden Countries in Asia」

### World Health Organization's First Meeting of Hepatitis Programme Focal Points from High Burden Countries in Asia

衛生署於2016年6月22至24日主辦由世界衛生組織西太平洋區域舉辦的「First Meeting of Hepatitis Programme Focal Points from High Burden Countries in Asia」。為期三天的會議由食物及衛生局局長高永文醫生及世界衛生組織西太平洋地區主任申英秀博士主持開幕禮，有超過60位海外及本地代表參與。

病毒性肝炎在西太平洋地區構成嚴重的疾病負擔。有見及此，世界衛生組織西太平洋地區成員國在2015年通過《2016-2020年間在西太平洋推行病毒性肝炎區域行動計劃》，讓相關國家在優先行動的範疇以一套有系統的方法減少病毒性肝炎影響。區域行動計劃的願景是讓感染慢性病毒性肝炎患者得到可負擔和有效的治療，從而杜絕該區的肝炎新感染個案。是次會議旨在商討如何協助成員國執行此行動計劃。



The DH hosted the 'First Meeting of Hepatitis Programme Focal Points from High Burden Countries in Asia' organised by the World Health Organization Western Pacific Regional Office (WPRO) from 22 to 24 June 2016 in Hong Kong. The opening ceremony of the 3-day meeting was officiated by Dr KO Wing-man, Secretary for Food and Health and Dr SHIN Young-soo, Regional Director, WPRO. Over 60 overseas and local delegates participated in the meeting.

There has been significant disease burden from viral hepatitis in the Western Pacific Region. In 2015, the World Health Organization Western Pacific Member States endorsed the 'Regional Action Plan for Viral Hepatitis in the Western Pacific 2016-2020', which provides a systematic approach to priority areas for action by countries to reduce the impact of viral hepatitis. The vision of the regional action plan is a region free of new hepatitis infections, where people with chronic hepatitis have access to care, as well as affordable and effective treatment. The purpose of this meeting was to support member states in implementing regional action plans.





組合C AllStar獻唱  
C AllStar's singing performance

## 「同抗愛滋，行動快啲！」 全球同抗愛滋病運動2016啟動禮 'On the Fast Track to End AIDS' World AIDS Campaign 2016 Kick-off Ceremony

每年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。2016年世界愛滋病日的主題為「On the Fast Track to End AIDS」（紅絲帶中心譯為「同抗愛滋，行動快啲！」），紅絲帶中心聯同香港家庭計劃指導會於2016年11月19日在國際廣場舉行「全球同抗愛滋病運動2016啟動禮」。啟動儀式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及香港家庭計劃指導會主席殷巧兒女士主持，出席嘉賓還包括深圳市衛生和計劃生育委員會公共衛生管理處張英姬處長、廣東省疾病預防控制中心愛滋病預防控制所李艷副所長及澳門防治愛滋病委員會秘書長林松醫生。儀式後有學生和青少年團體的舞蹈及花式跳繩表演，更邀得組合C AllStar獻唱。

此外，家計會於2016-2017學年在十多間中學推行「生活技能為本」愛滋病及性教育計劃，詳情可瀏覽紅絲帶中心網站 ([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 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 2016 is 'On the Fast Track to End AIDS'. The Red Ribbon Centre and the Family Planning Association of Hong Kong (FPA) jointly held the World AIDS Campaign 2016 Kick-off Ceremony at iSQUARE on 19 November 2016. Officiating at the ceremony were Under Secretary for Food and Health Professor Sophia CHAN, Director of Health Dr Constance CHAN, and Chairman of FPA Ms Lina YAN. Other honourable guests included Director of Division of Public Health Service, Health and Family Planning Commission of Shenzhen Municipality Dr ZHANG Ying-ji, Vice Director of Institute of HIV/AIDS Control and Prevention, Guangdong Provincial Center for Disease Control and Prevention Dr LI Yan, and Macao AIDS Prevention and Control Commission General Secretary Dr LAM Chong. The ceremony was followed by dancing and rope skipping performances presented by students and youth group, as well as pop group C AllStar's singing performance.

Besides, the FPA will conduct 'life skills-based education (LSBE)' on HIV/AIDS and sex in more than 10 secondary schools during the 2016-2017 school year. For details of LSBE on HIV/AIDS and sex, please visit the Centre's website ([http://www.rrc.gov.hk/english/target\\_youth\\_lsbe.htm](http://www.rrc.gov.hk/english/target_youth_lsbe.htm)).



舞蹈及花式跳繩表演  
Dancing and rope skipping performance



食物及衛生局副局長陳肇始教授致辭  
Speech by Professor Sophia CHAN, Under Secretary for Food and Health



嘉賓合照  
Group photo with guests







## 器官捐贈日暨中央器官 捐贈登記名冊八周年

Organ Donation Day cum  
Eighth Anniversary of Launch of  
Centralised Organ Donation Register

為持續推廣器官捐贈，政府已將每年十一月的第二個星期六定為器官捐贈日暨中央器官捐贈登記名冊成立周年紀念日。

為慶祝香港首個器官捐贈日及衛生署成立中央器官捐贈登記名冊八周年紀念，衛生署於2016年11月12日於九龍公園「生命·愛」花園舉辦了嘉年華活動。

嘉年華當日設置了器官捐贈登記攤位、遊戲活動、扭汽球表演，以及即影即有照相服務，讓市民與家人及朋友分享這項活動的樂趣。大會亦安排了多名器官受贈者及一名器官捐贈者的家人出席分享經歷。是次嘉年華得到市民踴躍支持，食物及衛生局局長高永文醫生、副局長陳肇始教授、衛生署署長陳漢儀醫生和衛生防護中心總監黃加慶醫生均有到場參與，與眾同樂。



To sustain the momentum of promoting organ donation, the Government has designated the second Saturday of November every year as Organ Donation Day and the anniversary of the launch of the Centralised Organ Donation Register.

To celebrate the first Organ Donation Day of Hong Kong and the eighth anniversary of the launch of the Centralised Organ Donation Register, the DH held a carnival on 12 November 2016 at the Garden of Life in Kowloon Park.

The carnival featured an organ donation registration booth, fun games, a balloon-twisting performance, and instant photo-taking service for the public to share fun and joy with their family and friends. Organ recipients and a family member of an organ donor also shared their experiences at the carnival. The carnival gained wide support from the public. Secretary for Food and Health Dr KO Wing-man, Under Secretary Professor Sophia CHAN, Director of Health Dr Constance CHAN and Controller of the CHP of the DH Dr WONG Ka-hing visited the carnival to share fun and joy with the public.





## 第十六次粵港澳 防治傳染病聯席會議

16<sup>th</sup> Tripartite Meeting on Prevention  
and Control of Infectious Diseases

衛生署主辦的「第十六次粵港澳防治傳染病聯席會議」於2016年10月20日在香港舉行，有超過六十名來自粵港澳三地的公共衛生和醫療專家出席。

在會議上，與會代表就三地各種傳染病概況展開了深入的討論和交流，當中包括應對寨卡病毒的防控工作，消除麻疹的目標和進程，對付抗微生物藥物耐藥性，防控重點傳染病的最新情況，以及分享實施和推廣疫苗接種的經驗。

此外，粵港澳三地檢討了三地對抗傳染病的合作機制與準備工作，並就進一步加強三地在應對傳染病各方面的合作與溝通達成共識。



The 16<sup>th</sup> Tripartite Meeting on Prevention and Control of Infectious Diseases hosted by DH was held in Hong Kong on 20 October 2016. More than 60 public health and medical experts from Guangdong, Hong Kong and Macao Special Administrative Regions attended the meeting.

During the meeting, participants had in-depth discussion and experience sharing in various issues of communicable diseases in the three places, including the prevention and control of Zika virus, goals and milestones of measles elimination, combating antimicrobial resistance, latest situations of topical communicable diseases, and mutual experience in implementing and promoting vaccination.

In addition, Guangdong, Hong Kong and Macau reviewed at the meeting the tripartite co-operation mechanism and preparedness against communicable diseases, after which a consensus was reached to further enhance the co-operation and communication on various aspects of communicable diseases.





青年篇

# 揭穿飲酒禍害



## 「年少無酒」宣傳運動

'Young and Alcohol Free' Publicity Campaign

年輕人的生理、心理和社交容易受酒精危害。為保護年輕人免受酒精危害，衛生防護中心監測及流行病學處致力加強風險溝通，使公眾對酒害有所警惕，當中包括針對家長以至大眾的全港性宣傳運動，以提高社會各界對年輕人飲酒的危機意識，並宣揚「不讓年輕人飲酒」的重要訊息，以達致「年少無酒」的願景。

此外，我們已製作年齡適切的教材，包括小冊子及海報，幫助家長和老師有效地與孩子溝通，預防未成年人士飲酒。我們亦已啟用網上的「年少無酒」教育資源中心，為市民提供有關無酒精生活的最全面資訊，歡迎大家瀏覽[http://www.change4health.gov.hk/tc/alcohol\\_aware/youngandalcoholfree/index.html](http://www.change4health.gov.hk/tc/alcohol_aware/youngandalcoholfree/index.html)獲取更多資訊。

Young people are prone to the negative effects of alcohol physically, mentally and socially. To protect young people from such harm, the Surveillance and Epidemiology Branch of CHP endeavours to step up risk communication activities on the 'Young and Alcohol Free' vision to strengthen public literacy to guard against harmful consequences of drinking. These activities include a territory-wide publicity campaign targeting at parents and the general public to raise awareness of the harm of youth drinking, and to spread the important message 'not to make young people drink'.

Meanwhile, we have developed age-specific educational materials including pamphlets and posters to facilitate parents and teachers' effective communication with children for the prevention of underage drinking. We have also launched a hub of 'Young and Alcohol Free' educational resources online, the single most comprehensive resource hub featuring the essential information about alcohol free living for young people. You are most welcome to visit [http://www.change4health.gov.hk/en/alcohol\\_aware/youngandalcoholfree/index.html](http://www.change4health.gov.hk/en/alcohol_aware/youngandalcoholfree/index.html) for more information.





## 大腸癌篩查先導計劃 Colorectal Cancer Screening Pilot Programme

1946 · 1947 · 1948 年

# 大腸癌篩查先導計劃 Colorectal Cancer Screening Pilot Programme



政府於2014年的《施政報告》宣布，政府將資助特定年齡群組人士接受大腸癌篩查，目的是找出仍未出現病徵的患者或較大機會患癌的人士，以便他們能夠及早治療，改善治癒成效。

為期三年的大腸癌篩查先導計劃是首個在全港推行、由政府資助和利用公私營協作模式運作的癌症篩查計劃。為早日推出計劃，衛生署早於2014年1月展開研究及籌備工作，並成立了一個由多個醫療組織和專業團體、學術機構和非政府組織的代表等組成的跨專業專責小組及旗下四個工作小組。

經過兩年時間的細心籌備，大腸癌篩查先導計劃於2016年9月28日正式推行，計劃涵蓋所有於1946至1955年出生的香港居民，參加者可獲政府資助分階段接受篩查，預防大腸癌。

### 先導計劃的流程分為兩個階段：

- (一) 合資格人士約見已參與先導計劃的基層醫療醫生，並報名參加計劃，隨後接受資助進行大便免疫化學測試；
- (二) 如果大便免疫化學測試結果呈陽性，該參加者會被轉介到已參加先導計劃的大腸鏡醫生接受政府資助的「大腸鏡檢查基本服務」，以找出大便帶隱血的原因。

截至2017年1月5日，已參與先導計劃的基層醫療醫生及大腸鏡醫生分別為570人及133人，而已登記的合資格市民已超過 11,000人。

先導計劃不會設定參加者限額，首批參加的年齡組別是1946至1948年出生的人士，至於1949至1955年出生人士的安排將容後公布，詳情請瀏覽預防大腸癌專題網站 ([www.colonscreen.gov.hk](http://www.colonscreen.gov.hk))。

The Government announced in the 2014 Policy Address that it would subsidise colorectal cancer screening for persons in specific age groups. The aim of the screening is to identify people who have colorectal cancer before they have symptoms, or those who are more likely to develop cancer, so that treatment can start earlier and disease outcomes be improved.

The three-year Colorectal Cancer Screening Pilot Programme is the first territory-wide cancer screening programme subsidised by the Government and implemented under public-private partnership. To allow early implementation of the Programme, the DH embarked on relevant study and planning work in January 2014. A multi-disciplinary taskforce and four working groups, comprising representatives from various medical associations and professional bodies, academic institutions and non-governmental organisations, were established.

After two years of detailed planning, the Programme was launched on 28 September 2016, under which Hong Kong residents born in the years from 1946 to 1955 will be subsidised in different phases to undergo screening tests for the prevention of colorectal cancer.

### The screening pathway comprises two stages:

- (1) Eligible persons first make an appointment with a primary care doctor participating in the Programme. After enrolment into the Programme, the participant will receive a government subsidy to undergo Faecal Immunochemical Test (FIT);
- (2) If the FIT result is positive, the participant will be referred to see a colonoscopy specialist who has enrolled in the Programme to receive a standard package of colonoscopy service subsidised by the government in order to find out the cause of bleeding.

As at 5 January 2017, a total of 570 primary care doctors and 133 colonoscopy specialists have enrolled in the Programme. Over 11,000 eligible persons have participated in the Programme.

There is no quota for participants under the Programme. People born in the years from 1946 to 1948 will be the first batch to join the Programme, while arrangements for those born between 1949 and 1955 will be announced in due course. For details, please visit the thematic website of Prevent Colorectal Cancer ([www.colonscreen.gov.hk](http://www.colonscreen.gov.hk)).





## 2016/17年度 流感疫苗接種計劃

### Seasonal Influenza Vaccination Programmes in 2016/17

食物及衛生局局長高永文醫生與衛生署署長陳漢儀醫生以身作則，鼓勵前線醫護人員接種疫苗。

The Secretary for Food and Health, Dr KO Wing-man and the Director of Health, Dr Constance CHAN set an example to encourage frontline healthcare workers to receive vaccination.

2016/17年度流感疫苗接種計劃已於2016年10月中開始分階段推行，本年度涵蓋更多人口組別，以應對冬季流感季節。除原有組別外，政府為所有孕婦、6歲至未滿12歲的兒童和居於社區領取傷殘津貼人士，提供免費或資助接種，以增加接種率。

2016/17年度「政府防疫注射計劃」的合資格人士可前往醫院管理局或衛生署轄下診所免費接種疫苗。合資格人士包括下列組別的香港居民：

- 65歲或以上長者；
- 有長期健康問題或需長期服用亞士匹林的兒科門診病人；
- 以下領取綜援人士或持有有效醫療費用減免證明書的香港居民：
  - 孕婦
  - 50至未滿65歲的人士
  - 50歲以下有長期健康問題的人士
  - 6個月至未滿12歲，或就讀小學的兒童；以及
- 醫院管理局轄下醫院和診所及衛生署指定診所就診之非住院舍智障人士或領取傷殘津貼人士。

本年度政府亦提高「疫苗資助計劃」的流感疫苗資助額至每劑190元。合資格組別人士包括：孕婦、65歲或以上長者、6個月至未滿12歲或就讀小學的兒童、智障人士及傷殘津貼受助人。合資格人士可前往已登記參與計劃的私家醫生診所資助接種疫苗。醫生名單及收費已上載於衛生防護中心網站(www.chp.gov.hk)，醫生亦會於其診所張貼計劃的標記及收費海報，以供識別。

為保障健康及應付冬季流感高峰期，合資格人士應在計劃接種期內及早接種流感疫苗。有關流感疫苗和各項疫苗計劃的詳細資料，請瀏覽衛生防護中心網站。



食物及衛生局局長高永文醫生視察小學生接種流感疫苗。

The Secretary for Food and Health, Dr KO Wing-man, inspected influenza vaccination for primary students.



疫苗資助計劃  
Vaccination Subsidy Scheme

The seasonal influenza vaccination programmes in 2016/17 have started from mid-October 2016 in phases in preparation for the winter influenza season. This year, the Government has expanded the coverage of the programme to more population groups. On top of existing priority groups, free or subsidised influenza vaccination is provided for all pregnant women, children aged 6 to under 12 years, and community-living persons receiving Disability Allowance to promote higher rates of vaccination.

Under the Government Vaccination Programme 2016/17, the following eligible persons can receive free vaccination at public clinics under the Hospital Authority (HA) and DH. The eligible groups are Hong Kong residents detailed below:

- Elders aged 65 years or above;
- Paediatric out-patients with chronic medical problems or on long-term aspirin;
- The following Hong Kong residents receiving the Comprehensive Social Security Assistance or holding a valid Certificate for Waiver of Medical Charges:
  - Pregnant women
  - Persons aged 50 to under 65 years
  - Persons aged below 50 with chronic medical problems
  - Children aged 6 months to under 12 years, or attending a primary school; and
- Community-living persons with intellectual disability or receiving Disability Allowance who are clients of the hospitals and clinics under the HA and clients of designated clinics under the DH.

This year, the Government has also raised the subsidy level of the seasonal influenza vaccine to HK\$190 per dose under the Vaccination Subsidy Scheme. Eligible groups include pregnant women, elders aged 65 years or above, children aged 6 months to under 12 years or attending a primary school, persons with intellectual disability and persons receiving Disability Allowance can receive subsidised vaccination in the clinics of private doctors enrolled in the scheme. The doctors' list and their service charges are available at the CHP website (www.chp.gov.hk). Enrolled doctors will also display the scheme logo and pricing poster in their clinics.

To protect health and get prepared for the winter influenza peak, eligible persons should receive vaccination early within the scheme period. For more information about the influenza vaccine and the vaccination programmes, please visit the CHP website.



衛生防護中心項目管理及專業發展處主任吳志翔醫生及醫院管理局代表於聯合記者會上宣布展開2016/17年度政府防疫注射計劃。

The Head of the Programme Management and Professional Development Branch of the CHP, Dr Henry NG and the representative of the HA announced the launch of the Government Vaccination Programme 2016/17 at a joint press briefing.





## 2014/15年度人口健康調查 Population Health Survey 2014/15



由衛生署進行的人口健康調查住戶問卷調查部份已於2014年12月底至2015年10月期間完成，共訪問逾12,000人。

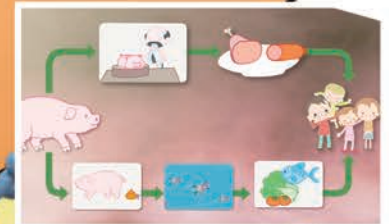
該調查的身體檢查部份則於2015年5月底至2016年8月期間進行，合共有2,347人參與。現階段正進行數據分析，預計於2017年中旬發表報告。

The household interview part of the Population Health Survey (PHS), conducted by DH between the end of December 2014 and October 2015, had surveyed over 12,000 respondents.

The health examination part of the PHS, held between the end of May 2015 and August 2016, had recruited a total of 2,347 participants. Data analysis is underway and the survey report is expected to be released in mid-2017.







## 教育電視節目「耐藥惡菌的來襲」

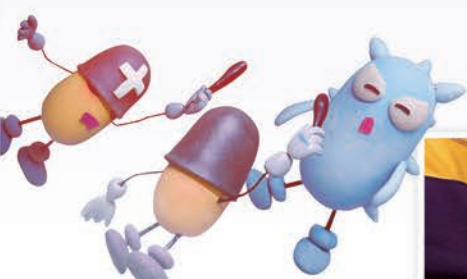
### 'The Menace of Antimicrobial Resistance' Education Television Programme

抗菌素耐藥性對全球公共衛生已構成嚴重威脅，許多地方的政府正就這個問題採取相應措施。然而，要應付這危機不能單靠醫護人員，市民的參與至為重要。公眾若能從小認識和重視這議題，將有助改變日後行為模式，從而減低抗菌素耐藥性的產生及傳播。

2016年11月14日至20日為第二屆世界抗生素關注週，衛生防護中心感染控制處與教育局及香港電台合製了一輯長達14分鐘的教育電視「耐藥惡菌的來襲」。該節目以生動趣緻的細菌泥膠動畫，配上臨床微生物學家龍振邦醫生的旁白，深入淺出地講解抗菌素耐藥性的由來、對人類健康的影響，以及預防感染的方法。我們希望藉此加強公眾對抗菌素耐藥性的警惕，共同對抗惡菌的來襲。

Antimicrobial resistance (AMR) has emerged to become a global public health threat. Many governments around the world have implemented various control measures to combat AMR. However, healthcare workers alone are not enough to resolve this issue and concerted efforts from the public are imperative to the success of control. To instil knowledge regarding AMR and its importance among the public at a young age will help encourage their behavioural change in the future and reduce the emergence and spread of AMR.

The second annual World Antibiotic Awareness Week was held between 14 and 20 November 2016. The Infection Control Branch of the CHP, Education Bureau and Radio Television Hong Kong jointly produced a 14-minute education television programme titled 'The Menace of AMR'. Using stop motion animation, this lively short programme featured funny play-doh figures. This programme was narrated by Dr David LUNG, a clinical microbiologist, who vividly explained the origin of AMR and its health impact, as well as the way to prevent and control its spread. We hope to heighten public vigilance so as to fight together against the menace of AMR.



耐藥惡菌的來襲  
The Menace of Antimicrobial Resistance







## 淺談人類乳頭瘤病毒和 香港使用HPV疫苗的情況

### A Note on Human Papillomavirus (HPV) and the Use of HPV Vaccine in Hong Kong

人類乳頭瘤病毒（HPV）有超過150種，其中約40種可以引起性病和生殖道癌症。HPV感染通常發生在曾經有性行為的人士身上，大多數感染者並不會出現症狀，而且感染會在1至2年內通過自身的免疫力清除。然而，部分持續感染高危HPV的人士，生殖道有可能會發生癌前病變。這些病變大多數會回復正常，只有少部分在多年後可能發展成癌症。

現時香港有三種已註冊的HPV疫苗（2價、4價及9價）。這三種疫苗都能有效預防由 HPV 16和18型病毒感染所引致約70%的子宮頸癌。當中的9價疫苗可對付另外五種HPV，即HPV-31、33、45、52及58，能預防達90%的子宮頸癌。一般而言，這些疫苗都是安全的，常見副作用輕微，而且與其他疫苗相似，例如注射部位出現疼痛和腫脹、發熱、頭痛、噁心等。HPV疫苗不適用於對疫苗內任何成份有過敏反應的人或孕婦。如有需要，應向醫生諮詢詳情。

There are more than 150 types of HPV nowadays, and around 40 can cause sexually transmitted infection and genital tract cancers. HPV infection is usually found in persons who have had sex. Most of the infected people are asymptomatic and can clear the infection by their own immunity within 1 to 2 years. Some persons with persistent high-risk HPV infection in the genital tract may develop pre-cancerous changes. The majority of these changes will regress to normal and only some may progress to cancer after many years.

There are three registered HPV vaccines (2-valent, 4-valent and 9-valent) in Hong Kong. All these HPV vaccines can effectively prevent infections from HPV types 16 and 18, which account for about 70% of all cervical cancer. The 9-valent vaccine covers five additional HPV types, i.e. HPV-31, 33, 45, 52 and 58, which could prevent 90% of cervical cancer. The vaccines are generally safe. Common side effects are minor and similar to other vaccinations, such as soreness and swelling at the injection site, fever, headache and nausea. The vaccines are not recommended for those who have allergic reactions to any component of the HPV vaccines or for pregnant women. Further medical advice should be sought as necessary.





## 愛滋病及性病科學委員會發表 對愛滋病病毒感染臨床治理的建議

Scientific Committee on AIDS and STI Publishes  
Recommendations on HIV Clinical Care

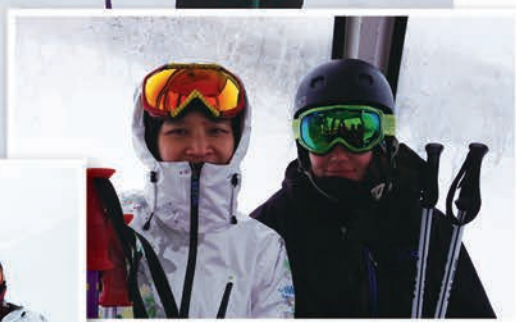
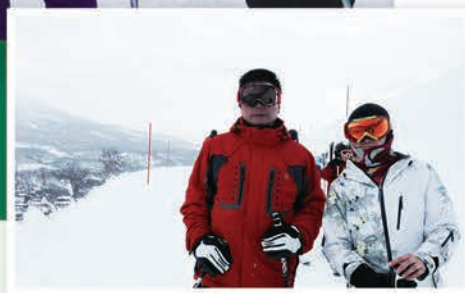
香港愛滋病及性病科學委員會於2016年8月舉行的會議上，通過了「香港愛滋病病毒感染臨床治理的推薦原則和實踐」。文件提出六項原則，範圍廣闊，分別為提供治療愛滋病病毒感染的專科培訓，建立一個跨專業的護理團隊，在診所為求診者提供愛滋病預防方案，為患者提供優質治療和護理服務，尊重患者的權益，以及提高社區支援、參與和接納。這些建議有一個共通的主題，就是要強化本地治療和護理愛滋病病毒感染者的流程。世界衛生組織較早前已訂立了90-90-90的目標，包括為90%的感染者確診，為90%的確診者提供治療，以及有效為90%的接受治療者抑制病毒。科學委員會深信，該六項原則將有助香港於2020年前達標。

During the meeting held in August 2016, the Scientific Committee on AIDS and STI (SCAS) endorsed the 'Recommended Principles and Practice of HIV Clinical Care in Hong Kong'. In this document, SCAS enumerated six broad-range principles encompassing the provision of specialised training in HIV care, establishment of a multidisciplinary care team, delivery of HIV prevention packages to patients in clinics, provision of high quality treatment and care to patients, respect of patients' rights, as well as the enhancement of support, involvement and acceptance from community. The common theme of such recommendations is to strengthen the cascade of care for HIV patients in Hong Kong. In this regard, World Health Organization has set the goal of 90-90-90 under which 90% of the HIV infected are diagnosed, 90% of the diagnosed are treated, and 90% of those on treatment achieve viral suppression. SCAS strongly believes that the six principles will help Hong Kong to achieve the goal by 2020.





## 馮宇琪醫生 Dr Anne FUNG



衛生署助理署長（健康促進）馮宇琪醫生愛好滑雪。然而，馮醫生初次接觸這項運動時，卻沒有太大好感。

馮醫生說：「1994年我到美國旅行時，首次嘗試滑雪，但當時教練未能兼顧初學者，滑雪後只覺全身痠痛，卻完全掌握不到箇中要領，此後一段長時間也不敢再滑雪。」直至2011年，馮醫生調職到基層醫療統籌處，認識了多位滑雪的愛好者。根據他們的經驗，初學者最重要是有專業教練指導，才容易上手。那年，馮醫生一家四口到日本旅行，再次接觸滑雪。

馮醫生說那次行程遇上了一位好教練，在他細心指導下，她和丈夫及兩位女兒都開始享受滑雪。現在，滑雪已成為她們的家庭活動，一家人每年安排一至兩次滑雪旅行。雖然每次只能玩上數天的時間，但每次技術都有進步，尤其是兩位女兒，不論在技術及體能上，都已超越了父母。

馮醫生和她的丈夫日常工作均十分繁忙，所以她會悉心安排假期活動，讓一家人共享相聚時刻。由於她們一家都愛好運動，所以家庭活動亦以戶外活動為主，如游泳和划獨木舟等，讓大家身心都得到舒展。

Dr Anne FUNG, Assistant Director of Health (Health Promotion), is fond of skiing. However, she did not find it enjoyable when she tried out the sport for the first time.

Dr FUNG said, 'I first attempted to ski when I was on vacation to the United States in 1994. The coach was too busy to take care of the beginners in the group. We weren't able to grasp the necessary skills, but were left with severe muscle ache all over the body. As a result, we dare not ski again for a long period of time.' In 2011, Dr FUNG was transferred to the Primary Care Office where she met some skiing enthusiasts, who told her that having a professional coach was vital for beginners to learn skiing. Later that year, her 4-member family travelled to Japan and tried skiing again.

Dr FUNG said they came across a coach with good skills in the trip. Under his guidance, she, her husband and their two daughters started enjoying skiing. Skiing has become their favourite family activity and they go skiing once or twice every year. Though they can only spend a few days in each skiing trip, they get improvements in their skiing techniques every time. Particularly, their two daughters have improved so much that they already surpassed their parents in both physical endurance and skiing techniques.

Both Dr FUNG and her husband are busy at work, so she will carefully plan every vacation trip to allow the whole family to better enjoy themselves together. As her family members are all sports lovers, they usually take part in outdoor activities, such as swimming and canoeing, for body and mind relaxation.





23.08.2016

社區聯絡部為參與2016/17年度「我好『叻』社區健康推廣計劃」的屋邨舉辦工作坊，就計劃的主題「健康飲食、恆常體能活動—以糖尿病為重點」分享有關資訊及實用技巧。

The Community Liaison Division organised workshops for housing estates participating in the 'I'm So Smart' Community Health Promotion Programme 2016/17 to share information and practical tips on the programme theme of 'Healthy eating, regular physical activity - with focus on diabetes'.



06 - 07.09.2016



衛生署於胡忠大廈設立器官捐贈宣傳攤位，向市民推廣器官捐贈。衛生署署長陳漢儀醫生、前任衛生防護中心總監梁挺雄醫生、副署長黎潔廉醫生以及署理牙科服務主任顧問醫生林德昭醫生到場支持。

DH set up an organ donation promotion booth at Wu Chung House to promote organ donation to the public. The Director of Health Dr Constance CHAN, then Controller of the CHP Dr LEUNG Ting-hung, Deputy Director of Health Dr Cindy LAI, and Consultant in-charge, Dental Service (Acting) Dr Wiley LAM visited the booth.

22.09.2016

深圳市標準技術研究院代表團在深圳市食品藥品監督管理局安排下，到訪衛生防護中心，就本港的醫療及衛生系統作經驗交流。

Arranged by the Shenzhen Food and Drug Administration, a delegation from the Shenzhen Institute of Standards and Technology visited the CHP to exchange experience in the medical and healthcare system of Hong Kong.



29.09.2016

社區聯絡部為參與荃灣「地區主導行動計劃」的學校舉辦防蚊工作專題講座，呼籲各教職員保持警覺，採取適當措施預防傳病媒介疾病。

The Community Liaison Division conducted a health talk on anti-mosquito measures for the participating schools of the 'District-led Actions Scheme' in Tsuen Wan to appeal to teachers and school staff to stay vigilant and take necessary preventive measures against vector-borne diseases.

03.10.2016

衛生署及職業安全健康局合辦的「好心情@健康工作間」計劃舉行啟動禮暨約章簽署儀式，超過330間機構承諾創造健康及愉快的工作環境，讓合共逾22萬名僱員受惠。

DH and the Occupational Safety and Health Council jointly launched the Kick-off cum Charter-Signing Ceremony of the 'Joyful@Healthy Workplace' programme. Over 330 organisations pledged to establish a healthy and joyful workplace, benefiting a total of 220,000 employees.







13.10.2016



韓國首爾國立大學醫院Boramae醫療中心代表團到訪衛生防護中心，就傳染病防控的經驗作交流，並參觀了緊急應變中心。

A delegation from the Boramae Medical Center, the Seoul National University Hospital, Korea, visited the CHP to share experience in the prevention and control of infectious diseases. They also visited the Emergency Response Centre.

13.10.2016

衛生署與醫院管理局舉行聯合記者會，介紹在全港推行的「全城響應器官捐贈」推廣活動。一名器官受贈者亦出席記者會，分享個人經歷。

The DH held a joint press conference with the Hospital Authority to introduce the territory-wide 'Say Yes to Organ Donation' promotional campaign. An organ recipient also shared experience at the press conference.



15.10.2016



食物及衛生局局長高永文醫生及香港鐵路有限公司主席馬時亨教授為「全城響應器官捐贈」活動的啟動儀式主禮。當日，15個港鐵站設立了器官捐贈宣傳攤位，向市民推廣器官捐贈。



The Secretary for Food and Health Dr KO Wing-man and the Chairman of the MTR Corporation Professor Frederick MA officiated at the launching ceremony of 'Say Yes to Organ Donation' promotional campaign. Organ donation promotional booths were also set up at 15 MTR stations to promote organ donation to the public.

05 – 06.11.2016

社區聯絡部在「2016年度中西區健康節」中透過講座和攤位遊戲，向市民傳達健康飲食及預防糖尿病的訊息。

The Community Liaison Division promulgated messages of healthy eating and prevention of diabetes through health talks and game booths at the 'Central & Western District Health Festival 2016'.



07.11.2016



國家衛生和計劃生育委員會「第十期內地 - 港澳衛生應急管理幹部學習班」的學員到訪衛生防護中心，就傳染病防控及疾病爆發的應變措施等進行交流。

Participants of 'The Tenth Workshop for Managerial Cadres on Public Health Emergencies' organised by the National Health and Family Planning Commission visited the CHP to exchange experience in the prevention and control of infectious diseases, and emergency response to disease outbreak.