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封面專題 COVER STORY

# 慎用抗生素 預防耐藥性

Use Antibiotic Wisely  
Prevent Antimicrobial Resistance



**CHP** 通訊  
NEWSLETTER

**HP** 衛生防護中心  
Centre for Health Protection

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- 梁子超醫生  
Dr CC LEUNG



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## 編者的話 Editor's Note

抗菌素耐藥性已成為全球關注的公共衛生威脅，為響應世界衛生組織全球行動的呼籲，政府特別成立跨界別的抗菌素耐藥性高層督導委員會，以應對抗菌素耐藥性的問題。此外，市民亦須加強個人衛生，避免受細菌感染。

同時，本期專題介紹衛生署「年少無酒」的一系列宣傳教育活動，包括動畫創作大賽、專題網站及Instagram帳戶等，讓青少年了解酒精的禍害。

Antimicrobial resistance (AMR) has become a threat to public health with global concern. To echo the World Health Organization's call for global action, the Government has set up the High Level Steering Committee on AMR to review the issue. Furthermore, members of the public should also enhance personal hygiene to prevent bacterial infection.

This issue also features a series of publicity and educational activities under the 'Young and Alcohol Free' campaign, including animated GIF design contest, a thematic website and an Instagram account, which help young people understand alcohol-related harm.

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# 慎用抗生素 預防耐藥性

## Use Antibiotic Wisely Prevent Antimicrobial Resistance

抗菌素耐藥性指抗菌素未能有效抑制或殺死致病微生物（如細菌、真菌、病毒、寄生蟲等），是當今全球公共衛生，以至世界經濟的一大威脅。**2014年英國抗菌素耐藥性檢討報告（UK O'Neill AMR Review Report）**預計，如果抗菌素耐藥性按當時情況惡化下去，到**2050年**時，全球生產總值每年損失可達**2.0至3.5%**。此外，每年因此造成的死亡人數將增加至一千萬。世界衛生組織（世衛）於**2015年5月**警告，世界已處於後抗生素時代的邊緣，所以各地必須採取果斷行動。

Antimicrobial resistance (AMR) happens when microorganisms, such as bacteria, fungi, viruses and parasites, resist previously effective antimicrobials. It is considered one of the greatest threats to global health and economy. The UK O'Neill Antimicrobial Resistance Review Report 2014 projected that if AMR continued to escalate at its then prevailing state, global gross domestic product could fall by 2.0% to 3.5% by 2050, and as many as 10 million people would die from diseases attributable to AMR. The World Health Organization (WHO) warned in May 2015 that the world was on the edge of a post-antibiotic era and the time had come for decisive action.





## 預防 抗菌素 耐藥性

## Prevent Antimicrobial Resistance

在本港，根據醫院管理局（醫管局）2017年公布最新抗藥惡菌監測數據，約有40%金黃葡萄球菌為「耐藥性金黃葡萄球菌」，另約有20%大腸桿菌能生產「超廣譜乙內酰胺酶」。兩種惡菌都能抵禦多種常用抗生素。醫管局落實主動篩查多重耐藥性細菌（包括篩查無病徵的帶菌者）後，「產碳青霉烯酶腸道桿菌」感染及帶菌個案由2011年的19宗增至2016年的340宗。

抗生素是用作治療細菌感染的藥物。抗生素雖能殺滅致病細菌，亦能殺死體內正常細菌，令耐藥性細菌滋生的風險增加。耐藥性細菌有時被稱為「超級細菌」，部分更能抵禦多類常用抗生素，引致難以治療的感染。雖然現時仍可使用其他非常規抗生素治療，但其效能可能較弱或會引起較多副作用。若耐藥性問題不獲改善，有效治療的方案將愈趨減少。

抗生素自四十年代問世以來，不但廣泛用於人類醫學，亦用於治療動物。世衛估計，全球目前約有半數抗生素用於農業，主要用作預防和治療養殖食用動物的傳染病。使用抗生素令耐藥性細菌有生存上的優勢，故此錯用或濫用抗生素，包括以抗生素作生長促進劑都會加速形成耐藥性細菌。無論細菌是否具有耐藥性，我們在處理或進食受污染的食物或接觸動物時，都有可能受到感染。

In Hong Kong, according to Hospital Authority's (HA) latest surveillance data on drug resistant bacteria (Superbug Report) in 2017, about 40% of *Staphylococcus aureus* are methicillin-resistant while about 20% of *Escherichia coli* are extended-spectrum beta-lactamase producing. These two bacteria are often resistant to most commonly-used antibiotics. Since the implementation of active bacterial screening programme for early detection of asymptomatic superbugs carriers, HA detected an increase in carbapenemase-producing *Enterobacteriaceae* cases in recent years (from 19 patients in 2011 to 340 patients in 2016).

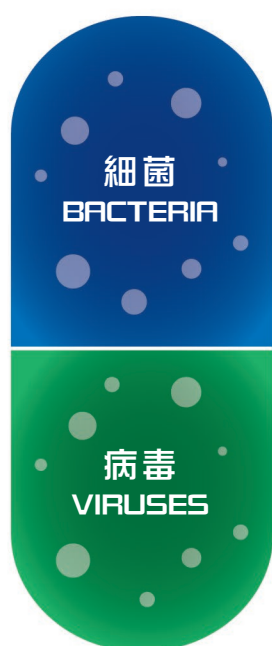
Antibiotics are medications used for treating bacterial infection. When antibiotics wipe out disease-causing bacteria in our body, normal bacteria are also killed, thereby increasing the risk for resistant bacteria to grow and multiply. These resistant bacteria are sometimes referred to as 'superbugs'. Some 'superbugs' are capable of resisting multiple antibiotic and will cause refractory infections. Although there may be alternative antibiotics available, they may be less effective or cause more side effects. If the problem of AMR does not improve, there would be fewer effective treatment options.

Since its introduction in 1940s, antibiotics have been widely used in treating humans and animals. WHO estimated that approximately half of antibiotics are currently used by agricultural sector, such as for prevention and treatment of infectious diseases in rearing food animals. Misuse, overuse or using antibiotics as growth promoter can potentially accelerate the process of AMR development due to the selective pressure leading to survival advantage of resistant bacteria. We could potentially be infected by bacteria, be it resistant or not, through handling or consuming contaminated food or contacting animals.



## 細菌和病毒

細菌是一種肉眼看不見，在人體內外和自然環境無處不在的微生物。雖然部分細菌可致病，但大部分細菌對人體無害。病毒是另一種常見病原體，病毒和細菌特性不一，不會受抗生素影響。常見的上呼吸道感染大部份屬病毒感染，無須使用抗生素。下表分列細菌和病毒，以及它們致病的例子：



病原體 Causative agent	疾病例子 Disease example(s)
大腸桿菌 <i>Escherichia coli</i>	尿道炎 Urinary tract infection 與腹瀉有關的疾病 Diarrhoeal disease
肺炎球菌 <i>Streptococcus pneumoniae</i>	肺炎 Chest infection 中耳炎 Middle ear infection
金黃葡萄球菌 <i>Staphylococcus aureus</i>	皮膚及軟組織感染 Skin and soft tissue infection
鼻病毒 Rhinovirus	傷風 Common cold
流行性感冒病毒 Influenza virus	季節性流行性感冒 Seasonal influenza
水痘帶狀疱疹病毒 Varicella-zoster virus	水痘 Chickenpox
腸病毒 Enterovirus	手足口病 Hand, foot and mouth disease

## Bacteria and Viruses

Bacteria are a group of microorganisms which cannot be seen with naked eye. They can be found everywhere in natural environment as well as in or around human body. Though some bacteria can cause diseases, most of them cause no harm to human. Viruses are also common disease-causing agents. They have different properties from bacteria and are not affected by antibiotics. In fact, most upper respiratory tract infections are caused by viruses which do not require antibiotic treatment. The following table shows some examples of bacteria and viruses and the diseases they cause:

## 應對抗菌素耐藥性威脅的「一體化健康」框架

世衛及世衛西太平洋區域辦事處於2015年分別發表《抗菌素耐藥性全球行動計劃》及《西太平洋區域抗菌素耐藥性行動綱領》。兩份文件均強調各地在「一體化健康」框架下，制定和落實政策以應對細菌耐藥性問題至為重要。

「一體化健康」概念強調透過跨界別和動員整個社會的全方位策略，來應對日益嚴重的抗菌素耐藥性問題。它呼籲從事人類及動物醫學、農業、食品、環境及藥劑業等業界人士，以及消費者等均須同心協力採取行動。

鑑於抗菌素耐藥性對全球公共衛生造成威脅，政府成立了抗菌素耐藥性高層督導委員會（高層督導委員會），以制訂策略和採取行動。高層督導委員會由食物及衛生局局長擔任主席，成員來自政府相關部門、公私營醫院、醫療和護理組織、學術界，以及相關專業團體。

## The 'One-Health' Framework to Tackle the Threat of AMR

WHO and WHO Regional Office for Western Pacific issued the 'Global Action Plan on AMR' and the 'Action Agenda for AMR in Western Pacific Region' respectively in 2015. Both documents emphasised the importance of adopting the 'One-Health' framework in formulating and implementing strategies to combat AMR.

The 'One-Health' concept stresses that the rising threat of AMR should be addressed by a comprehensive framework adopting a cross-sectoral and whole-of-society approach. It calls for collaborative actions to be taken by different sectors, including human and veterinary medicine, agriculture, food, environment, pharmaceutical industry and consumers.

In view of the threat of AMR to global public health, the Government set up the High Level Steering Committee on AMR ('HLSC') to formulate strategies and implement actions. Chaired by the Secretary for Food and Health, HLSC comprises representatives from relevant government departments, public and private hospitals, healthcare organisations, academia and relevant professional bodies.





在「一體化健康」框架下，高層督導委員會制訂了《香港抗菌素耐藥性策略及行動計劃》，就以下六大範疇提出建議：

1. 透過監測和研究增強知識；
2. 完善抗菌素在人類和動物身上的應用；
3. 透過有效的環衛設施、衛生和感染預防措施減低感染率；
4. 透過有效的宣傳教育和培訓，提高大眾對抗菌素耐藥性的認知和理解；
5. 促進抗菌素耐藥性的相關研究；及
6. 加強夥伴關係和鼓勵相關持分者參與。

## 預防抗菌素耐藥性 善用抗生素

要解決抗菌素耐藥性問題，單憑醫療界作出行動並不足夠，廣大市民亦須群策群力。請謹記以下兩點：

**1**

### 遵從醫生指示，善用抗生素

Adhere to doctor's instructions and use antibiotics responsibly

按時服藥，不應在沒有醫生指示下自行停藥。不可與他人共用抗生素。

Take medication on time and do not stop medication without your doctor's instruction. Do not share antibiotics with another person.

**2**

### 保持個人及環境衛生（尤其是服用抗生素者）

Maintain good personal and environmental hygiene (especially for individuals taking antibiotics)

保持個人衛生，能保護自己和家人健康之餘，亦可防止細菌傳播，減少產生抗菌素耐藥性。

Maintaining personal hygiene is vital in protecting yourself and your family, as well as preventing the spread and development of AMR.

進食前、服藥前、咳嗽、打噴嚏和如廁後都應潔手。在服用抗生素期間，更應加強個人衛生：

Clean your hands before eating and taking medicine, after coughing, sneezing and going to toilet. Personal hygiene must be enhanced when you are taking antibiotics:



時刻保持手部衛生  
Practise frequent hand hygiene



必須徹底煮熟食物和  
煮沸食水  
Eat or drink only  
thoroughly cooked and  
boiled items



消毒及覆蓋所有傷口  
Disinfect and  
cover all wounds

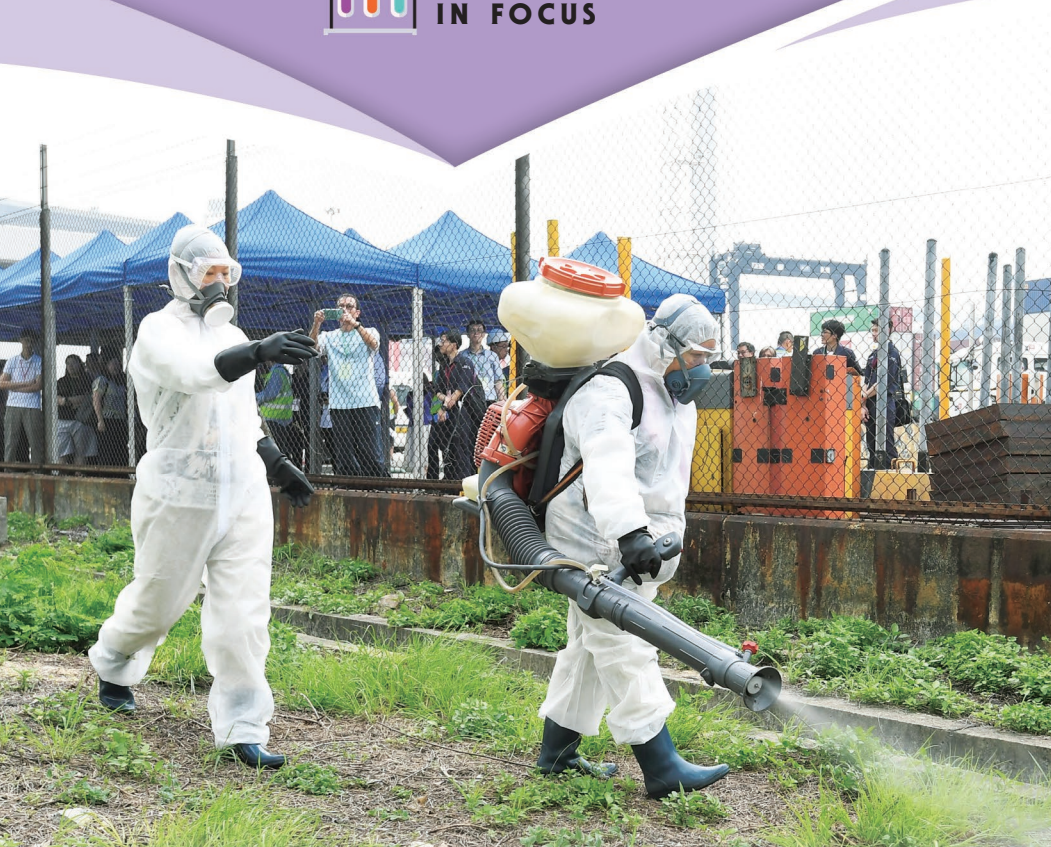


當有呼吸道感染  
症狀時，應戴上口罩  
Wear a mask if you  
have respiratory  
symptoms



有傳染病症狀的  
幼童，應盡量減少  
接觸其他兒童  
Young children with  
symptoms of infections  
should minimise contact  
with other children





## 「月光石」演習測試政府應對寨卡病毒感染個案的能力

### Exercise 'Moonstone' Tested Government's Response to Zika Virus Infection

衛生防護中心於今年5月舉行了代號「月光石」的公共衛生演習，以測試政府各項應變計劃及程序的效用。是次演習旨在評估政府部門和機構在處理貨櫃碼頭發現寨卡病毒感染源頭時的協調能力，藉此令持分者加倍警覺和做好防禦寨卡病毒感染的準備，並減低香港受傳染病擴散的威脅。

是次演習分為兩部分。第一部分是5月4日舉行的桌面演習，模擬香港出現一宗確診寨卡病毒感染個案時，相關部門和機構討論和統籌所需採取的傳染病應變措施。

第二部分是5月12日舉行的地面行動演習。該演習模擬一名貨櫃碼頭工人證實對寨卡病毒呈陽性反應，初步流行病學調查顯示貨櫃碼頭內某處可能為感染源頭。

衛生署隨即協調相關政府部門和機構，以在貨櫃碼頭制定和執行相應措施。除了安排公共衛生隊伍進行流行病學調查外，衛生署亦協調食物環境衛生署進行現場評估、蚊患調查和滅蚊工作，並指示貨櫃碼頭公司於貨櫃碼頭內採取防蚊措施。

演習為持分者提供了一個寶貴的機會，以測試和評估其應變措施，找出需改善和提升之處。同時，這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。

In May this year, CHP organised a public health emergency exercise, code-named 'Moonstone' to test the effectiveness of the Government's response plans and procedures. The exercise aimed at assessing the interoperability of governmental departments and agencies in response to the detection of a source of Zika virus infection at the Container Terminal, as well as enhancing the alertness and readiness of stakeholders to safeguard Hong Kong against Zika virus infection and reduce the threat from the spread of communicable disease.

The exercise consisted of two parts. The first part was a table-top exercise conducted on 4 May, in which relevant departments and organisations discussed and coordinated the response measures in a simulated scenario of a confirmed case of Zika virus infection.

The second part was a ground movement exercise conducted on 12 May. The exercise simulated a worker at the Container Terminal being tested positive of Zika virus. An initial epidemiological investigation revealed that a site at the Container Terminal could be a possible source of infection.

DH responded immediately by coordinating with relevant government departments and agencies to formulate and implement corresponding measures at the Container Terminal. In addition to conducting epidemiological investigation by its Public Health Team, DH also coordinated with the Food and Environmental Hygiene Department to carry out site assessment, mosquito investigation and anti-mosquito measures, and instructed the operator of the Container Terminal to implement mosquito prevention measures.

The exercise provided a valuable opportunity for stakeholders to test and evaluate their response measures, as well as identify areas for improvement and enhancement. It also helped enhance their preparedness to respond to any possible outbreak of communicable disease in the future.





# 職業健康大獎分享會暨頒獎典禮2016-17

## Occupational Health Award Forum and Award Presentation Ceremony

10 · 3 · 2017



Safety and Health at work  
工作安全健康



## 「好心情@健康工作間」大獎

### 'Joyful@Healthy Workplace' Best Practices Award

為鼓勵各機構推動關注僱員身心健康的企業文化，衛生署及職業安全健康局合辦「好心情@健康工作間」獎項。「好心情@健康工作間」是衛生署「好心情@HK」計劃下其中一項在工作間推廣的活動。該獎項旨在嘉許各機構積極投放資源，並舉辦有關「健康飲食」、「體能活動」及「心理健康」的健康推廣活動。

入圍的參賽機構獲邀出席於2017年3月10日在香港會議展覽中心舉行的「職業健康大獎分享會暨頒獎典禮」。典禮表揚它們積極參與和付出的努力，並邀請它們分享在工作間推廣健康的成功經驗。

To promote a corporate culture that prioritises employees' physical and mental well-being, DH and the Occupational Safety and Health Council jointly organised the 'Joyful@Healthy Workplace' Best Practices Award. This is one of the initiatives of the DH's 'Joyful@HK' Campaign specifically targeting workplace settings, which aims to recognise corporates active participation and efforts to implement health promotion initiatives in 'Healthy Eating', 'Physical Activity' and 'Mental Well-being'.

Award finalists were invited to the 'Occupational Health Award Forum and Award Presentation Ceremony' held in the Hong Kong Convention and Exhibition Centre on 10 March 2017 for commending their active participation and hard work. They were also invited to share their successful experiences on health promotion in workplaces.







## 「全城響應 器官捐贈」推廣運動 'Say Yes to Organ Donation' Promotional Campaign

食物及衛生局及衛生署於今年5月再次合辦「全城響應 器官捐贈」推廣運動，希望藉此讓更多市民對器官捐贈的認同化為行動、登記捐贈器官，以拯救垂危生命。

這項推廣運動的開幕禮於5月6日於港鐵九龍站舉行，並由前任食物及衛生局局長高永文醫生、香港鐵路有限公司主席馬時亨教授、前任食物及衛生局常任秘書長（衛生）聶德權先生、前任食物及衛生局副局長陳肇始教授、衛生署署長陳漢儀醫生、衛生署衛生防護中心總監黃加慶醫生、醫院管理局主席梁智仁教授和行政總裁梁栢賢醫生擔任主禮嘉賓。開幕禮內亦首映了衛生署最新一輯宣傳短片——「器官捐贈我願意 家人知道我意願」。

這次的推廣運動得到香港鐵路有限公司全力支持，除在港鐵九龍站舉行為期三日的展覽外，18個港鐵站亦於5月6日設立了推廣器官捐贈攤位。《器官捐贈推廣約章》簽署機構及非政府機構安排義工到場打理攤位，醫院管理局亦派出義工到場解答有關器官捐贈及移植的查詢。

The Food and Health Bureau and DH collaborated again in May this year to organise the 'Say Yes to Organ Donation' Promotional Campaign, hoping to get more people to transform their recognition of organ donation into actions and register their wish to donate organs to save lives.

The opening ceremony of the Campaign, which took place on 6 May at the Kowloon MTR Station, was officiated by the then Secretary for Food and Health, Dr KO Wing-man; the Chairman of MTR Corporation Limited, Professor Frederick MA; the then Permanent Secretary for Food and Health (Health), Mr Patrick NIP; the then Under Secretary for Food and Health, Professor Sophia CHAN; the Director of Health, Dr Constance CHAN; the Controller of the CHP of the DH, Dr WONG Ka-hing; the Chairman of the Hospital Authority (HA), Professor John LEONG; and the Chief Executive of the HA, Dr LEUNG Pak-yin. The ceremony also featured the debut of DH's latest promotional video 'Support Organ Donation - Share Your Wish with Your Family'.

The promotional campaign was fully supported by the MTR Corporation Limited. Apart from the three-day exhibition staged at Kowloon MTR Station, promotional booths were also set up at 18 MTR stations on 6 May. Signatories of the Organ Donation Promotion Charter and non-governmental organisations arranged volunteers to man the booths. HA also sent volunteers on site to answer queries about organ donation and transplantation.







## 抑鬱你我齊面對 同心同行衝過去

Depression Matters Let's Stand Together

世界衛生日 World Health Day 2017



# 2017年世界衛生日 — 抑鬱你我齊面對 同心同行衝過去

World Health Day 2017:  
Depression Matters — Let's Stand Together



2017年世界衛生日的主題為抑鬱症。香港每百名成人有三名是抑鬱症患者，每十名長者便有一名帶抑鬱症徵狀，然而超過一半抑鬱症患者沒有尋求任何精神健康服務協助。

為響應2017年世界衛生日的主題，衛生署聯同各政策局、部門及支持機構於四月以「抑鬱你我齊面對 同心同行衝過去」為口號，展開涵蓋全港的宣傳和公眾教育運動。是次運動旨在帶出兩個重要信息，並根據「好心情@HK」計劃所倡導的三大元素，即「與人分享」、「正面思維」及「享受生活」提出建議。第一個信息是「抑鬱症是可以治療的」，走向康復的第一步是跟信賴的人說出感受，患者亦應尋求專業協助和持續運動。運動經證實能有效預防兼控制抑鬱症。第二個信息是「當你身邊的人患上抑鬱症，你可以協助他們康復」，在支持抑鬱症患者的同時，你亦應妥善照顧自己。

詳情請瀏覽「世界衛生日」專題網站：[http://www.chp.gov.hk/tc/view\\_content/47929.html](http://www.chp.gov.hk/tc/view_content/47929.html)。

The theme for World Health Day (WHD) 2017 is depression. In Hong Kong, 3 out of 100 adults have depression and 1 out of 10 elderly persons has depressive symptoms, yet more than half of the people with depression have not sought help from mental health services.

To echo the theme of WHD 2017, DH launched a territory-wide publicity and public education campaign in April with various government bureaux/ departments and supporting organisations with the slogan 'Depression Matters - Let's Stand Together'. This campaign aims to bring out two important messages and provide advice based on the three key elements advocated by the 'Joyful@HK' Campaign, i.e. 'Sharing', 'Mind' and 'Enjoyment'. The first message is 'Depression can be treated'. While the first step to recovery is to share feelings with trustworthy people, people with depression should also seek professional help and exercise regularly. Exercise has been proven to be effective in both the prevention and management of depression. The second message is 'When you live with someone with depression, you can help them recover'. When offering support to people with depression, one should also take good care of oneself.

For more information, please visit the 'World Health Day' thematic website: [http://www.chp.gov.hk/en/view\\_content/47929.html](http://www.chp.gov.hk/en/view_content/47929.html).







## 「年少無酒」全港GIF動畫創作大賽 'Young and Alcohol Free' Animated GIF Design Contest Hong Kong

自去年起，衛生防護中心監測及流行病學處展開一系列名為「年少無酒」的宣傳教育活動，邀請全港中小學、家長教師會聯會、青年制服團體及非政府機構參與。活動不僅包括於全港不同媒體播放全新政府宣傳短片、舉辦工作坊、設立教育遊戲攤位等，還有全港GIF動畫創作大賽，讓中小學生明白拒絕酒精的重要，並提供機會讓家長與子女討論酒精的禍害。

大賽分為小學親子組及中學組，參加者就「年少無酒」、「拒絕酒精」及「實行健康生活」的主題創作GIF動畫。每個參賽組別均設立「優秀作品獎」、「最受歡迎作品獎」及「最踴躍參與學校獎」。

是次比賽反應非常踴躍，頒獎典禮已於六月舉行。評審成員包括輪椅劍擊運動員暨殘奧會七金得主余翠怡小姐、浸會大學電影學院講師陳浪濤先生、衛生署和教育局代表等，他們均盛讚參賽作品水準甚高。

詳情請瀏覽「年少無酒」專題網站：[http://www.change4health.gov.hk/tc/alcohol\\_aware/youngandalcoholfree/](http://www.change4health.gov.hk/tc/alcohol_aware/youngandalcoholfree/)。

Since last year, the Surveillance and Epidemiology Branch of CHP has launched a series of publicity events entitled 'Young and Alcohol Free' by inviting Hong Kong primary and secondary schools, Federation of Parent-Teacher Associations, Youth Uniformed Groups and non-governmental organisations for participation. The publicity did not only include broadcasting of new TV Announcement in the Public Interest via various Hong Kong media and setting up of workshops and educational game booths, but also conducting the 'Animated GIF Design Contest Hong Kong'. This contest aimed to increase primary and secondary students' awareness of the importance of 'Say No to Alcohol', as well as to provide an opportunity for parents to discuss the harm of drinking with children.

The contest was divided into two categories, namely the Family Category and Secondary School Category. All participants were required to create animated GIF files under three themes: 'Young and Alcohol Free', 'Say No to Alcohol' and 'Enjoy a Healthy Lifestyle' to compete for the 'Best Animated GIF Award', 'Most Popular Award' and 'Most Active Participating School Award' in each category.

The contest received an overwhelming response and a prize presentation ceremony was held in June. Adjudicators included the Hong Kong wheelchair fencer cum Paralympics 7-Gold Medallist Ms YU Chui-ye, the Hong Kong Baptist University Lecturer of Academy of Film Mr Wade CHAN, as well as the representatives from DH and the Education Bureau. Unanimously, they were impressed by the quality of the entries.

For further information, please visit the 'Young and Alcohol Free' thematic website: [http://www.change4health.gov.hk/en/alcohol\\_aware/youngandalcoholfree/](http://www.change4health.gov.hk/en/alcohol_aware/youngandalcoholfree/).







衛生署

二〇一五年

# 香港成人對飲酒的 認識、態度和行為調查



## 「年少無酒」專題網站及 Instagram帳戶

'Young and Alcohol Free'  
Thematic Website and Instagram Account



為吸引更多青少年認識酒精禍害，衛生防護中心新設「年少無酒」專題網站和Instagram帳戶 (youngandalcoholfree)。這些專頁透過輕鬆手法接觸年輕人，並以多媒體信息圖表跟他們分享「年少無酒」的資訊。專頁設立首三個月，已上載約40則Facebook帖文及160則IG帖文，當中一則是介紹「年少無酒」的政府宣傳短片，其參與率高達44萬6千次，包括按讚、留言、分享，以及逾44萬次瀏覽。

To raise awareness of alcohol-related harm among young people, CHP has launched the 'Young and Alcohol Free' thematic website and set up a new Instagram (youngandalcoholfree) account. Adopting a light-hearted approach, the platform aims to connect with young people and share with them multi-media infographics on 'Young and Alcohol Free'. Around 40 Facebook posts and 160 Instagram posts were uploaded to the platforms in the first three months after the launches. One of the posts, an Announcement in the Public Interest entitled 'Young and Alcohol Free' received some 446,000 engagements which included post likes, post comments, post shares and over 440,000 views.







## 2017年手部衛生關注日宣傳活動

### Hand Hygiene Awareness Day 2017 Promotional Activities

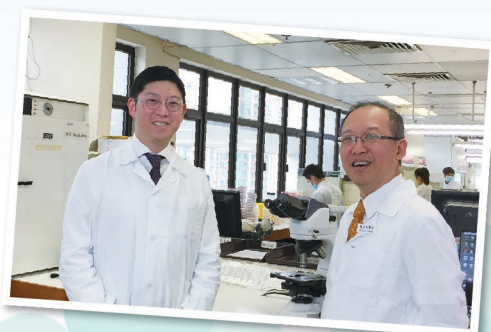
每年的5月5日為「手部衛生關注日」，今年衛生防護中心採納「抵禦抗生素耐藥性，你我潔手齊響應」為手部衛生推廣活動的口號，以響應世界衛生組織號召醫護人員「在正確的時間清潔你的手，終止抗生素耐藥問題的蔓延」。

耐藥性問題正加劇威脅全球公共衛生。有鑑於此，衛生防護中心感染控制處繼2015年後再製作了一系列專家訪談專輯，邀請多位微生物學和傳染病學專家講解抗微生物藥物耐藥性的負面影響及預防方法。該專輯曾在港鐵車廂內播出，並已上載至衛生防護中心網站。此外，感染控制處早前舉辦了以「慎用抗生素 預防耐藥性」為題的一分鐘短片創作比賽。該處希望透過以上活動進一步促使社區內市民慎用抗生素。

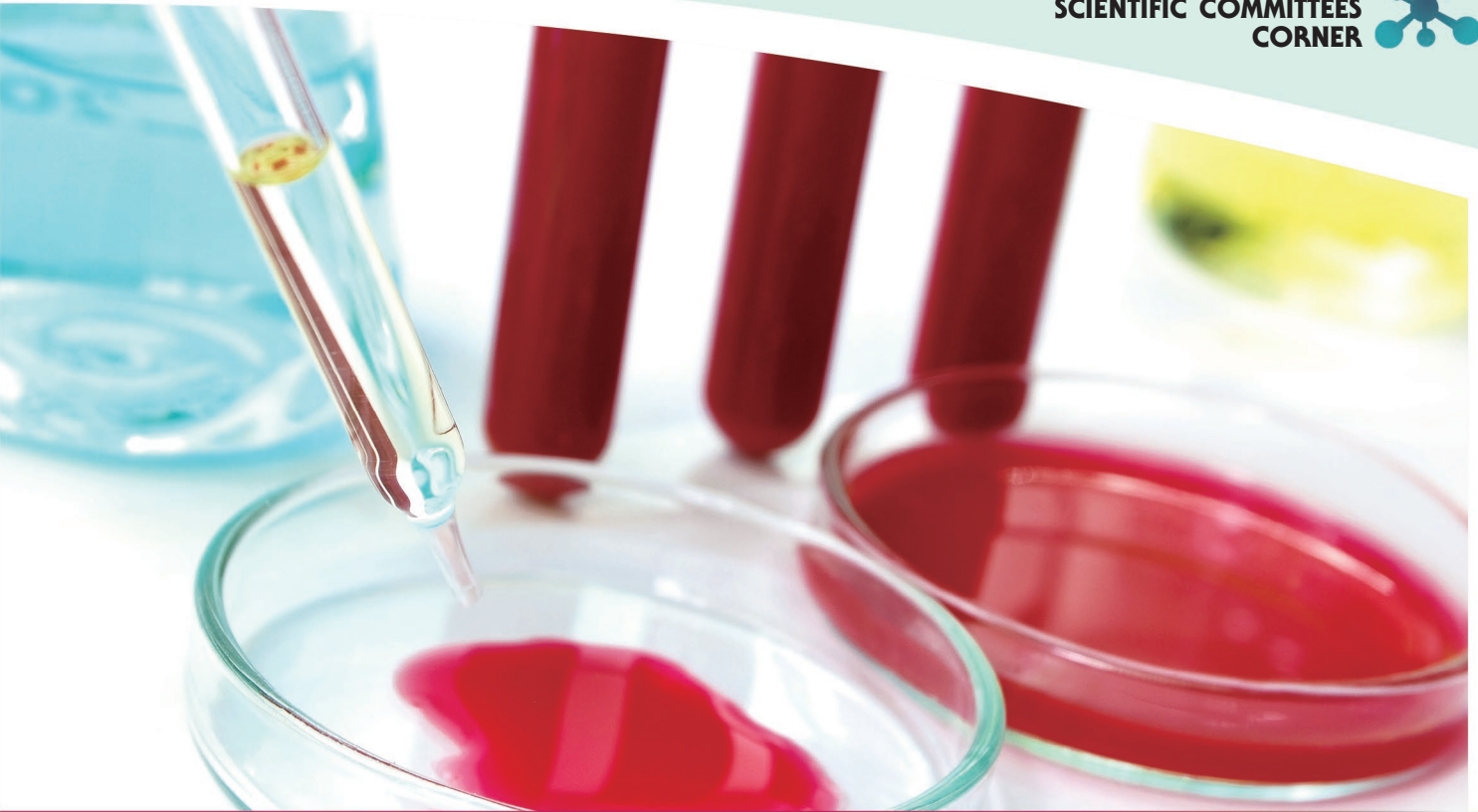


'Hand Hygiene Awareness Day' is marked annually on 5 May. Under the slogan 'Fight antibiotic resistance - it's in your hands', the theme adopted by CHP this year for hand hygiene promotion campaign echoes the call of the World Health Organization to healthcare workers, 'Clean your hands at the right times and stop the spread of antibiotic resistance (AMR)'.

AMR is posing increasing threats to global public health. In view of this, the Infection Control Branch (ICB) of CHP has produced a new series of experts interview programme further to its earlier production in 2015, in which various microbiologists and infectious disease experts were invited to explain the adverse impact caused by AMR and its preventive measures. This new series was broadcast in MTR train compartments and has been uploaded to the CHP website. In addition, ICB conducted a one-minute video competition under the theme of 'Use Antibiotics Wisely. Prevent Antimicrobial Resistance'. It is hoped that these efforts would further promote responsible use of antibiotics in the community.







## 關於愛滋病病毒暴露前預防藥物的臨時聲明

### Interim Statement on HIV Pre-exposure Prophylaxis

2016年12月，愛滋病及性病科學委員會（科學委員會）通過了「關於愛滋病病毒暴露前預防藥物的臨時聲明」。該文件中，科學委員會確認以暴露前預防藥物預防愛滋病病毒感染的國際研究，但亦同時指出成功與否與用者能否貫徹用藥有很大關係。其風險包括行為補償、不良反應，以及因不適當處方藥物而導致「藥物失敗的感染」。

科學委員會訂下了五項關於處方預防藥物的暫定守則，列舉如下：僅向高危目標群體處方預防藥物、小心監察服務對象是否貫徹用藥、提供綜合預防方案、預防和處理藥物副作用，以及改善香港目前在這方面知識不完備的情況。就此，醫學界應蒐集相關本地數據，並整理推行措施後所得之經驗，以作深入研究。這些數據與經驗將有助於制定關於暴露前預防藥物的公共衛生發展路向，亦有助於選出適合本地情況的用藥模式。

In December 2016, the Scientific Committee on AIDS and STI (SCAS) endorsed the 'Interim Statement on HIV Pre-exposure Prophylaxis (PrEP)'. In this document, the SCAS acknowledged the recent success of international trials of using PrEP for HIV infection. This success, however, hinged heavily on a high degree of adherence to the treatment regimen. Risks also include behavioural compensation, adverse effects and 'breakthrough' infection caused by inappropriate prescription.

Five interim principles of using PrEP were therefore put forward, namely limiting prescription to high risk individuals, careful monitoring of adherence, providing a comprehensive package of preventive measures, preventing and managing medication adverse effects, and addressing the sizeable knowledge gap in Hong Kong. In this context, data from local studies and experience gained from implementing pertinent measures should be collected for conducting profound medical researches. These data and experience will be conducive to determining the way forward of public health on PrEP, as well as the appropriate model of delivery of PrEP in Hong Kong.







## 梁子超醫生

Dr CC LEUNG

衛生防護中心公共衛生服務處主任梁子超醫生鍾情遠足，且聽梁醫生分享他的遠足心得。

梁醫生說：「十多年前，因感到身體發胖，覺得需要多些運動，於是開始在住所附近跑步。及後出現膝痛問題，因此改為遠足，不經不覺已維持了十多年。」現在每周末，梁醫生都會花兩至三小時在住所附近的山道遠足。

梁醫生最喜愛的路徑是柏架山道的自然徑——先由鰂魚涌出發，再沿自然徑登上大風坳為止。有空時，他會再經大潭上水塘走到黃泥涌峽道，然後才選擇折返或往下走至灣仔、香港仔等地。梁醫生覺得這條山道空氣清新，風景秀麗，尤其站在柏架山雷達站時，更能飽覽港島東周圍的風光，包括東面的柴灣、南面的赤柱和東北面的西貢。

梁醫生覺得這條路徑交通方便，亦相當安全。他表示，遠足可鍛煉身體，自從定時遠足後，體重已減去了三四十磅。

十多年來，梁醫生一直保持每周遠足的習慣，可說是風雨不改。他覺得在山間行走，可令自己在繁囂中得到寧靜，讓身心得到休息。

Dr CC LEUNG, Head of Public Health Services Branch of CHP, is fond of hiking. In this issue, Dr LEUNG shares with us his hiking experiences.

Dr LEUNG said, 'Ten years ago, I felt like I needed to exercise more because of gaining weight. I started jogging near my home, and subsequently I switched to hiking because of knee pain. I've already been hiking for more than ten years since then.' At weekends, Dr LEUNG usually hikes the mountain trail in the vicinity of his home for 2 to 3 hours.

Dr LEUNG's favourite trail is the one on Mount Parker. His hike usually starts at Quarry Bay and ends at Quarry Gap (Tai Fung Au). If time allows, he may hike through Tai Tam Upper Reservoir to Wong Nai Chung Gap Road. From there, he may either turn back or go downhill towards places like Wan Chai and Aberdeen. He thinks that this walking trail offers fresh air and beautiful scenery. The lookout at the Route Surveillance Radar of Mount Parker, for example, gives a vista from the top of eastern Hong Kong Island, including Chai Wan in the east, Stanley in the south and Sai Kung in the northeast.

Dr LEUNG considers that this trail is easily accessible and safe. He expressed that hiking promotes physical fitness. Ever since a regular hiking habit was developed, he has lost 30 to 40 pounds already.

For over a decade, Dr LEUNG has been hiking on a weekly basis regardless of the weather. He feels that hiking in hill can not only give him peace, but also calm his body and mind.





## 5.3.2017

衛生防護中心監測及流行病學處在香港童軍總會新界東地域舉辦的嘉年華活動上設置攤位遊戲，藉此增強大眾對酒精相關害處的意識。

The Surveillance and Epidemiology Branch of CHP hosted a game booth in a carnival organised by the Scout Association of Hong Kong New Territories East Region to raise public awareness about alcohol-related harm.



## 24.3.2017



衛生防護中心社區聯絡部舉辦簡介會向健康城市計劃及非政府機構介紹 2017/18年度「我好『叻』」社區健康推廣計劃的主題，以及有關的協作安排。

Community Liaison Division of CHP organised a briefing for Healthy City Projects and non-governmental organisations to introduce the themes of the 'I'm So Smart' Community Health Promotion Programme 2017/18, and relevant collaborative arrangements.

## 1.4.2017

衛生防護中心聯同香港大學公共衛生學院舉辦「年少無酒工作坊」，向九龍區醫療輔助隊少年團200多名團員講解飲酒對未成年人士的禍害。

CHP collaborates with the University of Hong Kong School of Public Health to organise the 'Young and Alcohol Free Information Sharing Session' for over 200 members of Auxiliary Medical Service Cadet (Kowloon Zone), which aimed to help them understand the harm of youth drinking.



9.4.2017



衛生防護中心社區聯絡部參與由建設健康九龍城協會舉辦的「健康龍城嘉年華」，以響應2017年世界衛生日主題「抑鬱症」和增加市民對抑鬱症的關注。

Community Liaison Division of CHP participated in the '2017 Healthy Kowloon City Carnival' organised by the Building Healthy Kowloon City Association to echo the theme of World Health Day 2017 'Depression', as well as to raise public awareness on depression.

26.4.2017

悉尼大學護理學院院長兼教授Professor Donna WATERS（右三）應香港大學護理學學士課程（註冊護士）（兼讀制）講師兼課程主任之邀來港，以了解香港的公共衛生系統。WATERS教授亦到訪衛生防護中心。



Professor Donna WATERS, Professor & Dean of the Faculty of Nursing and Midwifery (Sydney Nursing School), the University of Sydney (third right) was invited by the Lecturer & Programme Director of Bachelor of Nursing (Part-time) Programme for Registered Nurses, the University of Hong Kong to gain a better understanding about the public health system in Hong Kong. Professor WATERS also visited CHP.

19.5.2017



衛生防護中心社區聯絡部舉辦2016/17年「我好『叻』」社區健康推廣計劃嘉許典禮，以表揚積極參與計劃的協作機構及市民，並呼籲社區合作夥伴繼續支持推廣健康飲食和恆常體能活動。

Community Liaison Division of CHP organised a Recognition Ceremony to commend the organisations and community members who had actively participated in the 'I'm So Smart' Community Health Promotion Programme 2016/17, and to appeal for community partners' continuous support to promote healthy eating and regular physical activities.