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不再猶豫 接種疫苗 預防流感

Don't Hesitate - Get Vaccinated
to Prevent Seasonal Influenza

CHP
通訊
NEWSLETTER

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編者的話 Editor's Note

季節性流行性感冒（流感）傳染性極高。即使是健康人士，亦可能會患上嚴重流感。自2009年以來，衛生防護中心一直提供疫苗接種計劃，以鼓勵和支持目標群組的合資格人士接種季節性流感疫苗。2019/20年度的學校外展接種計劃將涵蓋更多小學，並以先導形式擴展至幼稚園和幼兒中心。今期《CHP通訊》會為讀者提供接種季節性流感疫苗的資料概覽。

Seasonal influenza is highly infectious. It is even possible for healthy persons to suffer from severe influenza. To encourage and support eligible persons of target groups to receive seasonal influenza vaccination, the CHP has been providing vaccination programmes since 2009. School outreach vaccination programmes in 2019/20 will cover more primary schools and, on a pilot basis, be extended to cover kindergartens and child care centres. In this issue, you can find an overview of seasonal influenza vaccination.

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預防流感
Prevent Flu
Get Vaccination 接種疫苗



不再猶豫 接種疫苗
預防流感

Don't Hesitate - Get Vaccinated
to Prevent Seasonal Influenza

接種流感疫苗的重要性

Importance of Influenza Vaccination

季節性流行性感冒（流感）是由流感病毒引致的疾病，而本港最常見的是H1N1、H3N2兩種甲型流感病毒，以及乙型流感病毒。流感病例一般在冬季（1月至3/4月）和夏季（7月至8月）較為常見。

Seasonal influenza is an illness caused by influenza viruses. In Hong Kong, the two subtypes of influenza A virus, H1N1 and H3N2, and influenza B virus, are most common. Seasonal influenza is usually more prevalent during winter (January to March/April) and summer (July to August).



衛生署署長陳漢儀醫生及衛生防護中心總監黃加慶醫生於2018年11月16日到訪粉嶺五旬節于良發小學，視察「學校外展疫苗接種先導計劃」下外展疫苗接種活動的運作情況。

The Director of Health, Dr Constance Chan, and the Controller of the CHP, Dr Wong Ka-hing, visited Pentecostal Yu Leung Fat Primary School in Fanling on 16 November 2018 to observe the operation of an outreach vaccination activity organised under the School Outreach Vaccination Pilot Programme.



流感病毒可以透過患者咳嗽、打噴嚏或說話時產生的飛沫傳播，亦可因直接接觸患者分泌物而傳播。流感患者一般會在2至7天內自行痊癒。但是，免疫力較低的人和長者一旦染上流感，病情或會較嚴重，可能會出現支氣管炎或肺炎等併發症，嚴重時更可導致死亡。即使是健康人士，亦可能會患上嚴重流感。因此，預防流感十分重要，而接種流感疫苗是既安全又有效的預防方法。接種流感疫苗可令身體產生抗體，抵抗流感病毒，預防嚴重併發症，減低入院留醫和死亡的風險。

流感疫苗證實安全

流感疫苗經過反覆試驗及品質檢測，證實非常安全可靠。雖然有小部分人士會於接種後出現輕微副作用，疫苗不會引致流感。流感疫苗雖含有卵清蛋白（即雞蛋白質），但疫苗製造過程經過反覆純化，卵清蛋白的含量極少，即使是對雞蛋敏感的人士，在一般情況下亦能安全接種。此外，現時在香港供應的流感疫苗並不含水銀或鋁。

一些罕見但嚴重的不良情況可能會在接種流感疫苗後出現，如吉巴氏綜合症（每100萬個接種疫苗的人士中約有一至兩宗個案）以及嚴重過敏反應（每分發1,000萬劑疫苗中有九宗個案）。然而，直至現在，並未有確鑿證據支持季節性流感疫苗與吉巴氏綜合症有因果關係。有研究顯示在感染流感後出現吉巴氏綜合症的風險（每100萬個感染者有17.20宗個案）遠比接種流感疫苗後（每100萬個接種疫苗的人士中有1.03宗個案）為高。

Seasonal influenza viruses may spread through droplets when patients cough, sneeze or talk, or through direct contact with the secretions of infected persons. Patients usually recover in 2 to 7 days. However, seasonal influenza can be a serious illness for persons with weakened immunity and elderly persons, and may be complicated by illnesses like bronchitis or pneumonia. In severe cases, seasonal influenza may even result in death. It is even possible for healthy persons to suffer from severe influenza. Therefore, it is highly important to prevent seasonal influenza. A safe and effective way is to receive seasonal influenza vaccination, which induces development of antibodies in the body to protect against influenza virus, thus preventing severe complications and reducing the risk of hospitalisation and death.

Safety of Seasonal Influenza Vaccine Proven

Seasonal influenza vaccine (SIV) has undergone repeated testing and quality assessment to ensure its safety and reliability. It cannot cause influenza although a small proportion of people would develop minor side effects after vaccination. While the vaccine contains ovalbumin (a chicken protein), the ovalbumin content is very low due to repeated purification in the vaccine manufacturing process. Even people who are allergic to eggs are generally safe to receive vaccination. In addition, seasonal influenza vaccines currently supplied in Hong Kong do not contain mercury or aluminum.

Seasonal influenza vaccination may be rarely followed by serious adverse events such as Guillain-Barré syndrome (about 1 to 2 cases per million vaccinees) and severe allergic reaction (9 per 10 million doses distributed). So far, there is no conclusive evidence supporting a causal relationship between SIV and Guillain-Barré syndrome. Studies have shown that the risk of Guillain-Barré syndrome after seasonal influenza infection (17.20 per million infected persons) is much higher than that after seasonal influenza vaccination (1.03 per million vaccine recipients).



流感疫苗的類別

現時本港已註冊的「滅活」和「減活」季節性流感疫苗均獲疫苗可預防疾病科學委員建議在2019/20年度在香港使用。含有已死亡病毒的「滅活」流感疫苗是透過注射接種，而含有已弱化病毒的「減活」流感疫苗則透過噴鼻接種。「滅活」流感疫苗有三價和四價兩種。由於四價疫苗提供多一種乙型流感病毒的額外保護，因此四價「滅活」流感疫苗相對於三價「滅活」流感疫苗應予優先採用。

海外研究及經驗一般顯示「滅活」流感疫苗能提供與「減活」流感疫苗相若的保護力。取決於不同產品，大部分的「滅活」流感疫苗適用於6個月或以上的人士，包括健康人士、孕婦和有長期健康問題的人士。「減活」流感疫苗只建議供年齡為兩歲至49歲的非懷孕及非免疫力低的人士使用。

最佳接種疫苗的時間

由於流行的季節性流感病毒株可能會不時改變，季節性流感疫苗的成分須每年根據流行的病毒株更新，所以流感疫苗必須每年接種。世界衛生組織每年2或3月為下一冬季流感季節建議應採用的流感疫苗組合。疫苗生產過程需時約5至6個月，故大約秋季時分可供使用。接種疫苗後，身體約需兩星期產生抗體來預防流感病毒，故此宜在冬季流感季節（一般於1月開始）來臨前接種流感疫苗。

疫苗可預防疾病科學委員會(科學委員會)就季節性流感疫苗接種的建議

一般來說，除個別有已知禁忌症的人士外，所有年齡為6個月或以上的人士都應接種季節性流感疫苗。然而，有較高風險患上嚴重流感或將流感病毒傳播到其他高危人士的群組，應優先接種季節性流感疫苗。自2009年以來，衛生防護中心每年均推行疫苗接種計劃，以鼓勵和支持目標群組的合資格人士接種季節性流感疫苗。截至2019年6月，2018/19年度的各項計劃整體接種數量約為1,195,000劑，較2017/18年度同期增加46.0%。

Types of Influenza Vaccines

Two types of SIVs registered in Hong Kong, namely inactivated influenza vaccine (IIV) and live attenuated influenza vaccine (LAIV) are both recommended for use in Hong Kong by the Scientific Committee on Vaccine Preventable Diseases (SCVPD) for the 2019/20 season. IIV contains dead virus and is given by injection, while LAIV contains weakened virus and is given by nasal spray. Quadrivalent IIV is preferred to trivalent IIV due to the additional protection against one more type of influenza B virus.

Overseas studies and clinical experience generally indicated that LAIV provides comparable protection against seasonal influenza to that by IIV. Depending on individual product, most IIVs are recommended for use among persons aged 6 months or above, including healthy people, pregnant women and people with chronic medical problems. LAIV can be used among non-pregnant and non-immunocompromised people aged 2 to 49 years.

Best Time for Influenza Vaccination

The circulating seasonal influenza strains may change from time to time. In accordance with the circulating strains, the composition of SIVs is updated every year. Therefore, it is necessary to get vaccinated against influenza every year. In February or March every year, the World Health Organization (WHO) makes recommendations on the formulation of influenza vaccines for the next winter influenza season. As the manufacturing process takes about 5 to 6 months, the vaccines can be available for use in the autumn. It is advisable to receive the SIV before the winter influenza season (usually starting from January), as it takes about two weeks after vaccination for antibodies to develop in the body to provide protection against influenza viruses.










Recommendations on Seasonal Influenza Vaccination by Scientific Committee on Vaccine Preventable Diseases (SCVPD)

In general, all persons aged 6 months or above, except those with known contraindications, should receive SIV. However, those who are generally at increased risk of severe influenza infection or transmitting influenza to other high-risk individuals should have a higher priority for seasonal influenza vaccination. The CHP has been implementing vaccination programmes annually since 2009 to encourage and support eligible persons of target groups to receive SIV. As of June 2019, the total number of vaccines administered under various vaccination programme/scheme in 2018/19 was approximately 1,195,000 doses, an increase of 46.0% over the same period in 2017/18.



在 2019/20 年度，科學委員會建議本港以下人士優先接種流感疫苗：

In the 2019/20 season, the SCVPD recommends the following priority groups for seasonal influenza vaccination in Hong Kong:

孕婦 Pregnant women		居於安老院舍的長者 Elderly persons living in residential care homes		居於殘疾人士院舍的長期宿友 Long-stay residents of institutions for persons with disability	
50歲或以上的人士 Persons aged 50 years or above		有長期健康問題的人士 Persons with chronic medical problems		醫護人員 Healthcare workers	
6個月至11歲兒童 Children between the age of 6 months to 11 years		家禽業從業員 Poultry workers		從事養豬或屠宰豬隻行業的人士 Pig farmers and pig-slaughtering industry personnel	

政府參考科學委員會的建議，將於2019/20年繼續為目標群組提供疫苗接種計劃。

Taking into consideration the recommendation of SCVPD, the Government will continue to provide vaccination programme/scheme in 2019/20 for target groups.

學校外展疫苗接種計劃

為提升學童的接種率，衛生防護中心於2018/19年度推出「學校外展疫苗接種先導計劃」和「優化外展接種計劃」，讓學童可在校內免費接種流感疫苗。

安排外展接種的小學數目由2017/18年度的65間上升至2018/19年度的405間，增加了逾五倍；安排外展接種的幼稚園和幼兒中心數目則由60間增加了兩倍至186間。衛生防護中心汲取了2018/19年度學校外展的經驗，作出檢討並諮詢相關持份者，以評估各項擴展外展措施的可行性。鑑於2018/19年度取得的成效，2019/20年度的學校外展接種計劃將涵蓋更多小學，並以先導形式擴展至幼稚園和幼兒中心。學校可參與於2019/20年秋季開始的「2019/20季節性流感疫苗學校外展(免費)」計劃，為學童安排免費接種流感疫苗。衛生防護中心已為醫生／醫療機構和學校舉辦會議和簡介會，講解計劃的安排及詳情。

School Outreach Vaccination Programme

To increase the SIV uptake rate among school children, the CHP has introduced the School Outreach Vaccination Pilot Programme and the Enhanced Vaccination Subsidy Scheme Outreach Vaccination in 2018/19 to provide free influenza vaccination for school children on campus.

The number of primary schools arranging outreach influenza vaccination has increased more than sixfold from 65 in 2017/18 to 405 in 2018/19, whereas the number of kindergartens/child care centres (KGs/CCCs) arranging outreach influenza vaccination has seen a threefold increase from 60 to 186 correspondingly. With experience gained in 2018/19, the CHP, in consultation with stakeholders, has reviewed the arrangements of outreach vaccination activities and evaluated the feasibility of further extending the coverage of outreach vaccination. In view of their effectiveness in 2018/19, the school outreach vaccination programmes in 2019/20 will cover more primary schools and, on a pilot basis, be extended to cover KGs/CCCs. Schools can arrange free influenza vaccination for school children by participating in the 2019/20 Seasonal Influenza Vaccination School Outreach (Free-of-charge) programme, which will start in the autumn of 2019/20. The CHP has been holding meetings and briefings with doctors/medical organisations and schools to explain the arrangements and details of the programme.



衛生防護中心會繼續鼓勵家長讓子女接種新一季的流感疫苗，加強個人保護，減少缺課和減少流感在社區傳播。即使學童未能在學校接種流感疫苗，家長也可以安排子女到參與疫苗資助計劃的私家醫生診所，接種受資助的疫苗。

總結

為保護自己和預防傳染他人，應盡早接種流感疫苗。接種疫苗後，仍須維持良好的個人及環境衛生習慣、注意飲食均衡、恆常運動、休息充足及不吸煙。

有關最新的流感資訊，市民可參閱衛生防護中心流感網頁及《流感速遞》周報。有關疫苗接種，可致電衛生防護中心熱線2125 2125或參閱疫苗接種計劃專頁（www.chp.gov.hk/tc/features/17980.html）了解詳情。

The CHP will continue to encourage parents to give consent for their children to receive the SIV of the coming season, so as to enhance personal protection and reduce school absenteeism and influenza transmission in the community. If school children miss the influenza vaccination in schools, parents can still arrange for them to receive subsidised influenza vaccination from any doctors enrolling in the VSS.

Conclusion

To protect oneself and prevent from infecting others, one should receive seasonal influenza vaccination as soon as possible. After vaccination, one should continue to maintain good personal and environmental hygiene habits, have a balanced diet, exercise regularly, take adequate rest and should not smoke.

For the latest information on influenza, please visit the CHP's website on influenza and the weekly *Flu Express*. For information on vaccination, please call the CHP's hotline at 2125 2125 or visit the CHP's website on vaccination schemes at www.chp.gov.hk/en/features/17980.html.



- ▲ 項目管理及專業發展處主任連慰慈醫生於2019年3月拍攝短片，鼓勵2018/19年度仍未接種季節性流感疫苗人士，盡快接種疫苗，預防流感。

Head of Programme Management and Professional Development Branch, Dr Ada Lin, filmed a short video in March 2019 to encourage people who have not received seasonal influenza vaccine in 2018/19 to get vaccinated as soon as possible to prevent influenza.



▲ 食物及衛生局局長陳肇始教授（前排左五）、衛生署署長陳漢儀醫生（前排左六）及世衛資深政策顧問麥龍迪詩教授（前排右六）在「世界無煙日」頒獎禮上與一眾到場支持的控煙合作夥伴合照。
The Secretary for Food and Health, Professor Sophia Chan (front row, fifth left); the Director of Health, Dr Constance Chan (first row, sixth left); and Senior Policy Adviser to the WHO Professor Judith Mackay (front row, sixth right) are pictured with tobacco control allies from different sectors joining and supporting the 'World No Tobacco Day Award' presentation ceremony.



衛生署獲世衛頒發「世界無煙日獎」肯定控煙工作成就

DH Receives WHO's 'World No Tobacco Day Award' for Accomplishments in Tobacco Control

在食物及衛生局局長陳肇始教授的見證下，衛生署署長陳漢儀醫生於5月30日代表衛生署接受世界衛生組織（世衛）頒發的「世界無煙日獎」，並感謝世衛頒發這項令人鼓舞的獎項，肯定了香港在控煙工作方面的努力。

今年適逢衛生署成立三十週年。陳漢儀醫生於頒獎禮上表示，在多位前任署長包括已故的李紹鴻教授、陳馮富珍醫生和林秉恩醫生帶領下，衛生署一直高度重視控煙工作。她亦感謝各合作夥伴，包括學術機構、醫護專業人員、教育界、非政府組織及各政府部門多年來的大力支持。衛生署會繼續與各界夥伴團結一致，合力面對挑戰，保障下一代免受煙草危害。

世衛將每年5月31日訂為「世界無煙日」，以提高大眾對煙害及吸入二手煙的認識，並減少使用各種煙草產品。世衛每年向世衛六大區域內會員國的人士或機構頒發「世界無煙日獎」，肯定其控煙工作的成就。



▲ 衛生署獲世衛頒發「世界無煙日」的獎章。
The medal of the 'World No Tobacco Day Award' received by the DH from the WHO.

世衛資深政策顧問麥龍迪詩教授向衛生署署長陳漢儀醫生頒發「世界無煙日獎」。

The Director of Health, Dr Constance Chan, received the 'World No Tobacco Day Award' from Senior Policy Adviser to the WHO, Professor Judith Mackay.

The Director of Health, Dr Constance Chan, accepted the 'World No Tobacco Day Award' from the World Health Organization (WHO) on behalf of the DH on 30 May under the witness of the Secretary for Food and Health, Professor Sophia Chan. Dr Chan thanked the WHO for this encouraging award in recognition of the local tobacco control efforts.

This year marks the 30th anniversary of the DH. Dr Chan remarked at the presentation ceremony that under the leadership of her predecessors including the late Professor S H Lee, Dr Margaret Chan and Dr P Y Lam, the DH has always accorded high priority to tobacco control. She also expressed her gratitude to partners from academia, the medical and healthcare professions, the education sector, the local community and different government departments for their strong support over the years. The DH will continue to work with its partners to address the challenges ahead to protect the future generation from the harm of tobacco.

The WHO marks 31 May as 'World No Tobacco Day' annually to raise awareness of the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form. Every year, the WHO presents the 'World No Tobacco Day Award' to individuals or organisations from member states of the six WHO Regions in recognition of their accomplishments in tobacco control.



衛生署邀請了藝人森美為「星級有營食肆」運動演唱主題曲。
The DH commissioned artiste Mr Sammy Leung to sing the theme song of the Campaign.



食物及衛生局局長陳肇始教授（前排中）及衛生署署長陳漢儀醫生（前排右七）與其他主禮嘉賓、「星級有營食肆」運動委員會成員、飲食業界代表及其他活動參與者在「星級有營食肆」運動開幕禮上合照。
The Secretary for Food and Health, Professor Sophia Chan (front row, centre) and the Director of Health, Dr Constance Chan (first row, seventh right) are pictured with other officiating guests, members of the Task Force on the Campaign, representatives from the catering industry and other participants at the 'EatSmart Restaurant Star+' Campaign Kick-off Ceremony.



「星級有營食肆」運動開幕禮 'EatSmart Restaurant Star+' Campaign Kick-off Ceremony



「有營食肆」運動已經推出超過十年。為鼓勵食肆提供更多元化的健康菜式，協助市民實踐健康飲食，衛生署於2019年優化「有營食肆」運動，推出「星級有營食肆」。「星級有營食肆」運動採用新制度，將「有營食肆」分為一星、兩星或三星。目前已有過千間食肆加入運動。

衛生署於2019年5月2日舉行了「星級有營食肆」運動開幕禮，多位飲食業界的代表亦有到場支持。開幕禮上，「星級有營食肆」運動推廣大使阮小儀即場示範烹調一款符合「蔬果之選」和「3少之選」（含較少油鹽糖）的菜式，並邀請主禮嘉賓食物及衛生局局長陳肇始教授和衛生署署長陳漢儀醫生品嚐。衛生署更邀請了著名藝人森美為「星級有營食肆」運動演唱主題曲，並製作了新的電視宣傳短片和音樂影片。

歡迎各位同事光顧「有營食肆」，品嚐健康又美味的「有營菜式」，並享受食肆不時為「有營菜式」提供的優惠！有關運動的詳情，請瀏覽專題網頁(restaurant.eatsmart.gov.hk)、Facebook (www.facebook.com/eatsmartrestaurant.dh)及Instagram (www.instagram.com/EATSMARTRESTAURANT)專頁。此外，你亦可下載「星級有營食肆」手機應用程式，以便外出用膳時搜尋「有營食肆」。



「星級有營食肆」運動推廣大使阮小儀（右一）在開幕禮上進行烹飪示範。
Ambassador of the 'EatSmart Restaurant Star+' Campaign, Ms Kitty Yuen (first right), held a cooking demonstration at the Kick Off Ceremony.

It has been more than ten years since the 'EatSmart@restaurant.hk' (ESR) Campaign was launched. To encourage restaurants to provide a wider choice of healthy dishes and assist members of the public in putting healthy eating into practice, the DH launched the 'EatSmart Restaurant Star+' (ESR Star+) Campaign in 2019 as the enhanced version of the ESR Campaign. Under the new scheme, EatSmart Restaurants (ESRs) are classified into one-star, two-star or three-star restaurants. At present, over 1,000 outlets have enrolled in the Campaign.

The launch ceremony of the ESR Star+ Campaign was held on 2 May 2019 with representatives from the food trade joining the occasion. At the ceremony, Ambassador of ESR Star+ Campaign, Ms Kitty Yuen, prepared a dish which fulfilled the requirements of 'More Fruit and Vegetables' dishes and '3 Less' dishes (less fat or oil, salt and sugar) for tasting by the Secretary for Food and Health, Professor Sophia Chan, and the Director of Health, Dr Constance Chan, who were in attendance as officiating guests. Meanwhile, the DH has commissioned famous artiste Mr Sammy Leung to sing the theme song of the Campaign, and produced a new TV Announcement in the Public Interest and a music video.

Colleagues are encouraged to patronise ESRs. 'EatSmart Dishes' are not only healthy and tasty, but also at times eligible for promotional offers! For more details on the Campaign, please visit its thematic website (restaurant.eatsmart.gov.hk), Facebook page (www.facebook.com/eatsmartrestaurant.dh) and Instagram page (www.instagram.com/EATSMARTRESTAURANT). You can also download the ESR Star+ mobile app to search for ESRs conveniently when eating out.





▲ 署方人員在該屋苑內一部飲水機採集水樣本。

Water samples being collected from a water dispenser at the housing block.



▲ 演習人員在該屋苑內的按摩池進行消毒。

Disinfection being conducted at the jacuzzi at the housing block.

▼ 演習人員講解該屋苑的供水系統平面圖。
A speaker explained the water supply layout plan of the housing block.



「鋯石」演習測試政府部門應對 退伍軍人病的協調能力

Exercise 'Zircon' Tests Government's Response against Legionnaires' Disease

衛生防護中心於2019年4月舉行代號「鋯石」的公共衛生演習，以測試政府應對退伍軍人病的協調能力。

約50名相關政府部門及機構的人員參與是次演習，31名內地和澳門衛生當局專家亦應邀以觀察員身分出席。演習分為兩部分，第一部分為4月12日舉行的桌面演習，相關衛生署單位、部門及機構討論和統籌模擬在同一屋苑出現兩宗退伍軍人病個案時所需採取的應變措施。

第二部分為4月30日的地面行動演習，舉行場地為一個專供長者租住的屋苑。演習模擬本港出現兩宗確診退伍軍人病個案。衛生署隨即進行流行病學調查，調查發現兩名患者是租住同一大廈的長者，而兩人在潛伏期內均曾使用屋苑的按摩池設施。署方協調相關政府部門和機構到該屋苑進行現場調查，並從可能的感染源頭採集水樣本和環境樣本進行化驗，以及建議相關感染控制措施。

演習為相關政府部門和機構提供了寶貴機會，以測試持份者處理傳染病爆發個案的應變能力，提升處理傳染病應變計劃的效能，並找出需改善的地方。衛生防護中心會繼續與相關政府部門、機構和持份者緊密合作，進行跨部門演習，提升香港在處理傳染病方面的整體應變能力。

The CHP organised a public health exercise code-named 'Zircon' in April 2019 to test the Government's preparedness against Legionnaires' Disease (LD).

About 50 participants from relevant government departments and organisations took part in the exercise, with 31 experts from the Mainland and Macao health authorities attending as observers. The exercise consisted of two parts. The first part was a table-top exercise conducted on 12 April, in which relevant DH units, government departments and organisations discussed and co-ordinated the response measures required in a simulated scenario of detection of two cases of LD in the same housing block.

The second part was a ground movement exercise conducted at a purpose-built housing block for the elderly on 30 April. The exercise simulated the occurrence of two confirmed cases of LD. The DH conducted immediate epidemiological investigations which revealed that both patients were elderly people residing in the same housing block and they had used the jacuzzi there during the incubation period. The DH co-ordinated with relevant government departments and organisations to conduct a site visit, collect water and environmental samples from potential sources of infection for testing, and advise on relevant infection control measures.

The exercise provided a valuable opportunity for relevant government departments and organisations to test the preparedness to respond effectively in the occurrence of an infectious disease outbreak. The exercise also helped refine the response plans for communicable diseases and revealed room for improvement. The CHP will continue to conduct inter-departmental exercises with relevant government departments, organisations and stakeholders concerned in close partnership, with a view to enhancing Hong Kong's overall preparedness in the control and prevention of communicable diseases.



潔手要夠二十秒 七個部位不能少

Don't Pass on the Bugs

Wash or Rub with 7 steps
for 20 seconds is a MUST

- 衛生署特別邀請本地藝術家設計原卡通畫像製作新海報，配以2019年「手部衛生日」宣傳活動口號，提醒市民要有效清潔雙手。
The DH produced a new poster with original cartoon character designed by a local artist and the slogan for the promotional campaign for Hand Hygiene Day 2019 to remind the public to practise proper hand hygiene.

2019年手部衛生日宣傳活動

Publicity Activities for Hand Hygiene Day 2019

每年的5月5日為世界衛生組織訂定的「手部衛生日」。今年的主題為「潔手要夠二十秒 七個部位不能少」，旨在提醒市民要有效清潔雙手，必須搓手最少二十秒，並確保覆蓋雙手七個部位。

手部衛生是最有效防止疾病傳播的方法，正確潔手能減少雙手細菌數量逾99%。一般情況下，當雙手有明顯污垢，應用梘液及清水洗手；若雙手沒明顯污跡，或沒有洗手設施時，則可用酒精搓手液潔手。

為響應2019年「手部衛生日」，感染控制處除開設專題網頁和以新的海報及電子橫額作宣傳外，更與食物環境衛生署合作，邀請其吉祥物「清潔龍阿德」在一套宣傳手部衛生的短片演出。短片已上載至多個社交媒體平台，供公眾觀看。

歡迎登入2019年「手部衛生日」專題網頁(www.chp.gov.hk/tc/features/101481.html)，了解更多有關手部衛生的資訊。



與「清潔龍阿德」合作宣傳手部衛生的短片
Short video on hand hygiene in collaboration with Keep Clean Ambassador Ah Tak



The World Health Organization (WHO) has designated 5 May of each year as Hand Hygiene Day. The theme of this year is 'Don't Pass on the Bugs. Wash or Rub with 7 Steps for 20 seconds is a MUST'. It aims to remind members of the public to perform hand hygiene properly by rubbing for at least 20 seconds, and to make sure to cover seven areas of our hands.

Hand hygiene is the single most important measure in reducing the spread of diseases. Proper hand hygiene can remove more than 99% of bacteria on our hands. Generally, we can wash our visibly soiled hands with liquid soap and water. If hands are not visibly soiled, or when hand-washing facilities are not available, we can clean our hands with alcohol-based handrub.

To echo Hand Hygiene Day 2019, apart from setting up a thematic webpage and publicising a new poster and e-banner, the Infection Control Branch has collaborated with the Food and Environmental Hygiene Department and invited its mascot, Keep Clean Ambassador Ah Tak, to appear in a short promotional video on hand hygiene. The video has been uploaded to various social media platforms for public viewing.

For more information, please visit the thematic website of Hand Hygiene Day 2019 at www.chp.gov.hk/en/features/101481.html.



衛生防護中心總監黃加慶醫生（前排右四）及感染控制處主任黃天祐醫生（前排中）與研討會的海外講者和參加者合照。

The Controller of the CHP, Dr Wong Ka-hing (front row, fourth right) and Head, Infection Control Branch, Dr Andrew Wong (front row, centre) are pictured with overseas speakers and other participants at the symposium.



預防醫院及社區院舍內與醫護環境相關感染專題研討會

Symposium on Prevention of Healthcare-associated Infections in Hospitals and Community Institutions



感染控制處於本年1月17至18日舉辦了「預防醫院及社區院舍內與醫護環境相關感染專題研討會」，由衛生防護中心總監黃加慶醫生致開幕詞。

研討會反應踴躍，共超過150名參加者出席。研討會旨在推廣感染控制科學委員會最近更新的預防醫護環境相關感染建議。研討會分四部分，各集中討論一種醫護環境的相關感染，分別是導尿管相關尿道感染、手術部位感染、血管內置導管相關性血流感染及呼吸機相關肺炎。

研討會從海外邀請了四位講者：Professor Anucha Apisarnthanarak（泰國）、Professor Trish M. Perl（美國）、Dr William R. Jarvis（美國）及Dr Michael Klompas（美國），他們也分別是四份建議的外部評審員。研討會上，各講者就醫護環境相關感染的預防及監測、全球和區域情況、多重耐藥性細菌的威脅以及預防策略的未來發展提供了寶貴的見解。

此外，本地醫護界別的講者亦就香港情況闡述更新建議的理據，並向與會人士分享建議實施情況的研究結果及本地的監測數據。

研討會有關資料已上載至以下網頁（只有英文版）：

icidportal.ha.org.hk/Trainings/View/139

The Infection Control Branch organised the 'Symposium on Prevention of Healthcare-associated Infections in Hospitals and Community Institutions' on 17 and 18 January this year. The Controller of the CHP, Dr Wong Ka-hing, gave a welcome address at the opening ceremony.

Well attended by an audience of over 150 people, the symposium aimed to promulgate the recently updated recommendations issued by the Scientific Committee on Infection Control on the prevention of healthcare-associated infections (HAIs). The symposium was composed of four sessions, each focusing on one major HAI, namely, catheter-associated urinary tract infection, surgical site infection, intravascular catheter-associated bloodstream infection, and ventilator-associated pneumonia.

The four overseas speakers invited to the symposium, namely Professor Anucha Apisarnthanarak (Thailand), Professor Trish M. Perl (USA), Dr William R. Jarvis (USA) and Dr Michael Klompas (USA), are also the external reviewers of the four recommendations. They provided valuable insights into the prevention and surveillance of HAIs, global and regional situation, the threat of multi-drug resistant organisms and future development of prevention strategy.

Meanwhile, local speakers from the healthcare sector provided local perspectives by elaborating on the evidence and rationales of changes in the recommendations, the survey results of local practice, and an overview of surveillance in Hong Kong.

All presentation materials have been uploaded to the following website:
icidportal.ha.org.hk/Trainings/View/139



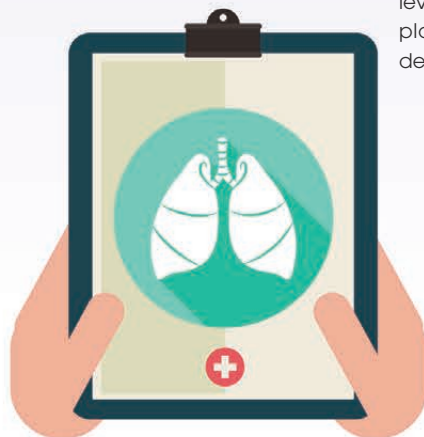
衛生防護中心胸肺科主任顧問醫生陳志權（左）、廣東省結核病控制中心主任周琳（中）和澳門特別行政區政府衛生局仁伯爵綜合醫院胸肺科主任張德洪（右）共同簽署粵港澳大灣區結核病防控聯合體合作協議。
The Consultant Chest Physician-in-charge of the CHP, Dr Chan Chi-kuen (left); the Director of the Centre for Tuberculosis Control of Guangdong Province, Dr Zhou Lin (Centre); and the Head of the Department of Pneumology, Conde de São Januário General Hospital of the Health Bureau of the Macao Special Administrative Region Government, Dr Cheong Tak-hong (right), jointly signed the co-operation agreement on prevention and control of tuberculosis with Guangdong and Macao.

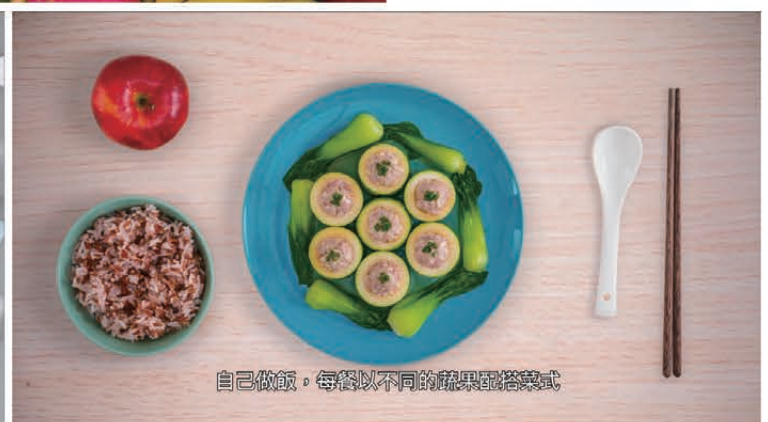
香港簽署粵港澳大灣區結核病防控聯合體合作協議

Hong Kong Signs Co-operation Agreement on Prevention and Control of Tuberculosis with Guangdong and Macao

衛生防護中心於2019年2月24日與廣東省結核病控制中心和澳門特區政府衛生局仁伯爵綜合醫院簽署粵港澳大灣區結核病防控聯合體合作協議。協議旨在進一步提高粵港澳大灣區結核病防控工作，以加強應對結核病的跨境預防和管理，並提高大灣區結核病的科研和學術水準，在促進深度合作和優勢互補下共同發展。

The CHP signed a co-operation agreement on the prevention and control of tuberculosis with the Centre for Tuberculosis Control of Guangdong Province and Conde de São Januário General Hospital of the Health Bureau of Macao SAR Government on 24 February 2019. The agreement aims to further step up efforts on the prevention and control of tuberculosis in the Guangdong-Hong Kong-Macao Greater Bay Area, so as to better prepare for cross-boundary prevention and management, as well as to enhance scientific research and academic standards on tuberculosis in the Bay Area. By deepening co-operation and fully leveraging on the competitive advantages of the three places, the agreement will facilitate complementary development in the Bay Area.





「日日水果蔬菜2+3」宣傳短片

Promotional Video '2+3: Eat Fruit and Vegetables Every Day'

水果和蔬菜能為身體提供各種營養素，包括維生素、礦物質及膳食纖維。每天保持均衡飲食並進食充足蔬果，能有助預防多種非傳染病，如高血壓、糖尿病、中風、心臟病、部分癌症及肥胖。衛生署建議12歲或以上人士，每天應進食最少兩份水果和三份蔬菜。然而，2014/15年度人口健康調查發現，只有5.6%的15歲或以上人士表示每日能進食建議的份量。

為此，中央健康教育組製作了以「日日水果蔬菜2+3」為主題的宣傳短片，除了向市民推廣每天應吃最少兩份水果和三份蔬菜的信息，短片亦提供在日常生活中增加蔬果攝入量的實用貼士。



「日日水果蔬菜2+3」
宣傳短片

Fruit and vegetables offer a wide range of nutrients, including vitamins, minerals and dietary fibre. An adequate daily intake of fruit and vegetables as part of a balanced diet can help prevent many non-communicable diseases such as hypertension, diabetes, stroke, heart diseases, a number of cancers and obesity. The DH recommends that persons aged 12 or above should consume at least two servings of fruit and three servings of vegetables each day. However, the Population Health Survey 2014/15 revealed that only 5.6% of persons aged 15 or above could meet the daily intake recommendation.

In view of this, the Central Health Education Unit has produced a promotional video titled '2+3: Eat Fruit and Vegetables Every Day'. In addition to promoting the message of consuming at least two servings of fruit and three servings of vegetables a day, the video also provides practical tips on how to increase the intake of fruit and vegetables in our daily lives.



Promotional video
'2+3: Eat Fruit and
Vegetables Every Day'



愛滋病及性病科學委員會的最新建議及指引

Latest Recommendations and Guidelines of Scientific Committee on AIDS and STI

愛滋病病毒可以在女性懷孕期間、分娩時或產後透過餵母乳傳播給嬰兒。通過有效和適時的治療，能大幅減低經由此途徑傳播愛滋病的風險。愛滋病及性病科學委員會（科學委員會）於2001年首次為預防母嬰傳播愛滋病制定建議臨床指引，並於2018年11月發布了最新的修訂版本。最新版本修訂了在懷孕期間可使用的抗愛滋病毒藥物建議，以及初生嬰兒在不同情況下服用預防感染藥物的安排。同時，修訂版本也新增了一項建議，即孕婦如有高風險感染愛滋病，應考慮於懷孕後期再次接受愛滋病毒抗體測試。

此外，科學委員會亦於2018年11月就使用非職業暴露後預防藥物（nPEP）對抗愛滋病毒發布了建議，以助在全港採取適切和標準化的方式使用nPEP。非職業接觸愛滋病毒是指在醫療環境以外，通過血液、生殖器分泌物或其他潛在感染性的體液接觸到愛滋病毒。使用nPEP旨在預防愛滋病毒在透過性接觸、共用針筒、職業環境以外的針刺及創傷等情況下傳播，是針對感染愛滋病毒的預防策略之一。科學委員會的建議包括臨牀處理流程、服用nPEP的考慮因素、藥物治療的選擇及對尋求服用nPEP人士的輔導及支援等。

Mother-to-child transmission of Human Immunodeficiency Virus (HIV) can occur anytime during the antepartum or intrapartum period, or through breastfeeding in the postpartum period. However, the risk of such transmission can be substantially lowered with effective and timely intervention. The Scientific Committee on AIDS and STI (SCAS) first published the recommended clinical guidelines on the prevention of perinatal transmission of HIV in 2001, which was recently revised in November 2018. The latest revision has updated the recommendations on the use of antiretroviral drugs during pregnancy and the duration of neonatal prophylaxis for infants with regard to different circumstances. It also includes a new recommendation on the consideration of HIV retesting for pregnant women with high risk for HIV acquisition at an advanced stage of pregnancy.

Meanwhile, the SCAS also released its recommendations on the use of non-occupational post-exposure prophylaxis (nPEP) against HIV in November 2018 to provide a territory-wide approach to the appropriate and standardised use of nPEP. Non-occupational exposure to HIV refers to exposure via blood, genital secretions, or other potentially infectious body fluids outside of healthcare settings. The aim of nPEP for HIV is to prevent HIV transmission. It is one of the prevention strategies targeted for individuals after significant exposures in circumstances such as sexual activity, shared needle use, needle stick injury outside of occupational settings, and trauma. The SCAS recommendations highlight the management pathway, eligibility for nPEP, choice of drug treatment and the counselling and support for individuals seeking nPEP.



6.3.2019

衛生署、勞工處及職業安全健康局舉行了「職業健康大獎分享會暨頒獎典禮」，其中「好心情@健康工作間大獎」表揚機構積極創造健康及愉快的工作環境。典禮上，獲獎機構分享了在工作間推廣身心健康成功的經驗。

The DH, the Labour Department and the Occupational Safety and Health Council held the 'Occupational Health Award Forum and Award Presentation Ceremony', in which the 'Joyful@Healthy Workplace Best Practices Award' was presented to commend organisations for actively creating a healthy and happy work environment. At the ceremony, awardees shared their successful experiences in promoting physical and mental health in the workplace.



8.3.2019



傳染病部舉辦了「2019年度定點監測會議」，共有超過110位各個定點監測系統的合作夥伴（包括私家醫生、中醫診所、幼兒中心／幼稚園及安老院舍的代表）參與。

The Communicable Disease Division organised the 'Sentinel Surveillance Conference 2019', which was attended by over 110 partners of various sentinel surveillance systems (including private medical practitioners, representatives from clinics of Chinese Medicine practitioners, child care centres/kindergartens and residential care homes for the elderly).

28.3.2019

多位來自人類及動物健康和食品安全界別的本地和海外抗菌素耐藥性專家參與「第四次抗菌素耐藥性專家委員會會議」，就最新的本地情況以及《香港抗菌素耐藥性策略及行動計劃（2017-2022）》的推行進展，進行了深入討論和經驗分享。

The 4th meeting of the Expert Committee on Antimicrobial Resistance was held to bring together local and overseas experts in the field of antimicrobial resistance in human and animal health, as well as food safety, for in-depth discussion and experience sharing on the latest local situation and progress of the 'Hong Kong Strategy and Action Plan on Antimicrobial Resistance (2017-2022)'.



9.4.2019



為鼓勵同事接種季節性流感疫苗，衛生署舉辦了標語海報設計比賽。衛生署署長陳漢儀醫生（前排正中）與九個獲獎參與組別的代表合照。

To encourage members of staff to receive seasonal influenza vaccination, the DH held a Slogan and Poster Design Competition. The Director of Health, Dr Constance Chan (centre, front row), took a group photo with the representatives from the nine winning service units.

28.4.2019

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」，透過健康講座鼓勵市民減低飲食中的鹽分及培養活躍的生活模式。

The Community Liaison Division participated in the '2019 Healthy Kowloon City Carnival' organised by the Building Healthy Kowloon City Association. A health talk was delivered to encourage the public to cut down on dietary sodium intake and develop an active lifestyle.





10.5.2019



社區聯絡部舉辦嘉許典禮，表揚積極參與2018/19年度「我好『叻』」社區健康推廣計劃的協作機構及市民，並呼籲社區合作夥伴繼續支持推動健康飲食及恆常體能活動。

The Community Liaison Division organised a recognition ceremony to commend organisations and community members who had actively participated in the 'I'm So Smart' Community Health Promotion Programme 2018/19, and to appeal for community partners' continuous support in promoting healthy eating and regular physical activity.

11.5.2019

衛生署與香港家庭醫學學院舉辦「2019世界家庭醫生日研討會」，慶祝世界家庭醫生日及探討家庭醫生在終身護理和基層護理的角色，共有170多位參加者出席。

The DH and the Hong Kong College of Family Physicians jointly organised the 'World Family Doctor Day Symposium 2019' to celebrate the World Family Doctor Day and discuss the role of family doctors in providing lifelong care and primary care. More than 170 participants attended the symposium.



11.5.2019



為提高校園安全意識，衛生署、教育局、職業安全健康局、香港中文大學及香港理工大學合辦了「令校園更安全——我們可以做什麼？」學生專題研習比賽。衛生防護中心總監黃加慶醫生於決賽當日致辭及頒獎。

The DH jointly organised the 'Safer Campus: What Can We Do?' Student Project Competition with the Education Bureau, the Occupational Safety and Health Council, the Chinese University of Hong Kong and the Hong Kong Polytechnic University to raise awareness of campus safety. The Controller of

the CHP, Dr Wong Ka-hing, delivered a speech and presented awards to the participants on the day of the second round adjudication.

20-22.5.2019

食物及衛生局局長陳肇始教授（左三）及衛生署署長陳漢儀醫生（左二）出席在瑞士日內瓦舉行的世界衛生組織（世衛）第七十二屆世界衛生大會，與世衛和其他國家及地區的衛生部門代表討論並交流各項公共衛生議題，並與世衛抗微生物藥物耐藥性事務助理總幹事Hanan Balkhy教授（中）合照。

The Secretary for Food and Health, Professor Sophia Chan (third left) and the Director of Health, Dr Constance Chan (second left) attended the 72nd World Health Assembly of the World Health Organization (WHO) in Geneva, Switzerland, where they had discussions and exchanged views on public health issues with representatives from the WHO and health departments of different countries and regions. They were pictured with the WHO's Assistant Director-General for Antimicrobial Resistance, Professor Hanan Balkhy (centre).



5.6.2019



社區聯絡部舉辦以「促進減少使用煙草」為主題的健康促進交流會，多位社區夥伴出席，分享在地區推行相關工作的經驗。

The Community Liaison Division organised a Health Promotion Sharing Forum under the theme of 'Promoting Reduction of Tobacco Use'. A number of community partners involved with related work at the district level attended the forum to share their experience.