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隨著夏天的來臨，部分傳染病亦進入了高峰期，除經常保持個人及環境衛生，懂得善用抗生素亦非常重要。本期專題介紹衛生署已開展的「善用抗生素 保護生命」宣傳活動，希望醫護界及市民齊心對抗耐藥性問題，以免日後「無藥可用」。

With the approach of summer, Hong Kong enters the peak season of some infectious diseases. It is particularly important at this time that personal and environmental hygiene be maintained to prevent the outbreak of communicable diseases. Equally important is the appropriate use of antibiotics. In this issue, you will learn about the Department's publicity campaign on the safe use of antibiotics, which calls on medical professionals to join hands with the public against the emergence of antimicrobial resistance. No action today, no cure tomorrow.

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「我個BB有流感，你有無開抗生素俾佢呀？」
'Did you prescribe antibiotics to my baby for the flu?'



「醫生，我喉嚨痛，駛唔駛食抗生素？」
'Doc, I have a sore throat. Do I need antibiotics?'

善用抗生素

Safe Use of Antibiotics

傷風和流行性感冒(流感)均是由過濾性病毒引致的疾病，而抗生素只能醫治由細菌引致的感染，對病毒引致的感染是沒有療效的。但是患者往往誤以為服用抗生素可以令他們早日痊癒，因而要求醫生處方抗生素。衛生署於2010年11月向1,500多名市民進行了一次調查，以了解市民對抗生素的認識、使用抗生素的態度和服用抗生素的習慣，結果顯示約三分之一的受訪者認為患上傷風、流感等疾病時須要服用抗生素，三分之二的受訪者更認為出現發燒、喉嚨痛等徵狀時便要服用抗生素。

「有傷風或流感，要食抗生素嗎？」

調查又發現，30%的受訪者求診時，會詢問醫生處方的藥物是否含

Cold and influenza (flu) are common illnesses that are caused by viruses. Antibiotics are treatment for bacterial infection but not viral. Yet many patients with cold or flu ask their doctors to prescribe antibiotics in the mistaken belief that antibiotics can speed up recovery. A public opinion survey conducted by the Department of Health (DH) in November 2010 on the knowledge, attitude and practice of taking antibiotics finds that, among 1,500 respondents successfully interviewed, a third believed that antibiotics could cure a cold or flu. Two thirds of them, moreover, thought that they needed to take antibiotics to treat a fever or sore throat.

「Do we need antibiotics for a cold or flu?」

The survey also finds that about 30% of the respondents have asked their doctors whether there are antibiotics in the medicine prescribed for them and over 45% of the respondents who accompany a child to see



有抗生素，而陪同小童求診的成人，約45%會詢問醫生為兒童處方的藥物是否含有抗生素。衛生署感染控制處主任黃天祐醫生表示，這次調查的結果顯示市民普遍對抗生素存有很大的誤解，其中最明顯的是誤以為服用抗生素可以治療由過濾性病毒所引致的傷風和流感等疾病。

此外，調查亦顯示，約30%的受訪者在調查前12個月內曾服用抗生素，雖然他們大部分(約87%)均遵照醫生的指示用藥，但餘下(約13%)的受訪者卻間中沒有或甚至完全沒有依照指示用藥，例如有些人認為在徵狀舒緩後便可停止服藥，而有些人則忘記服藥。

黃醫生表示，市民一直對抗生素的使用存有不少誤解。要糾正這些誤解和配合今年世界衛生日「抗菌素耐藥性」的主題，衛生署正推出一連串的活動，提醒醫護人員和公眾如何善用抗生素，包括4月7日世界衛生日當日舉行的科學研討會。

世界衛生組織(世衛)推動善用抗生素

黃醫生認為，自二次大戰期間盤尼西林問世以來，抗生素受到廣泛使用，令不少細菌變種並產生抗藥性，但近10至20年間研發的抗生素卻大為減少。因此世衛推廣「防禦耐藥性運動」，呼籲各地聯手對付抗藥性問題。目前衛生署正循密切監測、慎用抗生素、感染控制和社區參與四個範疇，防禦抗藥性細菌。

黃醫生說：「現時本港較常見的耐藥性細菌，包括『耐甲氧西林金黃葡萄球菌』(MSRA)和『廣譜β-內酰胺酶的大腸桿菌』(ESBL *E. Coli*)。而耐藥性最高的產碳青霉烯酶耐藥大腸桿菌細菌株亦在本港出現零星個案。」其中，社區型耐甲氧西林金黃葡萄球菌感染(CA-MRSA)於2007年已列為須呈報的法定傳染病，醫院管理局(醫管局)和衛生防護中心亦密切監測院內和社區中感染耐藥性細菌的趨勢。與此同時，衛生署會不斷更新有關指引、舉辦研討會等，向業界，尤其是新入職的醫生介

their doctors have asked whether the medicine prescribed for their child includes antibiotics. Dr Andrew Wong, Head of the Infection Control Branch (ICB), Centre for Health Protection (CHP), said that the survey has revealed that the public have misconceptions about antibiotics, the most common being that antibiotics can cure viral infections such as cold and flu.

Besides, the study reveals that 30% of the respondents have taken antibiotics in the 12 months prior to the survey. While most of them (87%) would follow their doctors' instructions in taking antibiotics, 13% of the respondents sometimes follow or have never followed the instructions; for example, some stop taking the antibiotics when they think they have recovered while others simply forget to take their medicine.

Dr Wong opined that the general public have quite a number of misconceptions about the use of antibiotics. To correct these misconceptions and to echo the theme of this year's World Health Day on combating antimicrobial resistance, DH has launched a health promotion campaign for healthcare professionals and the general public on the proper use of antibiotics. A scientific symposium on antibiotic resistance was held on World Health Day, 7 April 2011.



World Health Organization (WHO) Calls for Proper Use of Antibiotics

Dr Wong said that since the introduction of penicillin during the Second World War, antibiotics have become so widely used that many of the bacteria have mutated and developed resistance to antibiotics. On the other hand, the development of new antibiotics has not kept pace in the past 10 to 20 years. As such, WHO has called for worldwide effort to combat antimicrobial resistance. At present, DH is tackling the problem with a four-pronged strategy - surveillance, proper use of antibiotics, infection control and community engagement.

Dr Wong said, 'The most commonly found antibiotic resistant bacteria in Hong Kong are methicillin-resistant *Staphylococcus aureus* (MSRA) and Extended-Spectrum β-lactamase *Escherichia coli* (ESBL *E Coli*), whilst there have been sporadic cases involving the highly drug-resistant New Delhi metallo-β-lactamase-1 (NDM-1).' Community-associated methicillin-resistant *Staphylococcus aureus* (CA-MRSA) infection has been listed as a statutorily notifiable disease since 2007. The Hospital Authority (HA) and CHP will closely monitor the spread of these bacteria in hospitals and the community. At the same time, DH will regularly update guidelines on antibiotic use and organise seminars and talks to brief the healthcare sector, especially newly recruited doctors. An 'Antibiotic Stewardship Programme' has also been launched to require doctors in public hospitals to ask designated specialists for evaluation and advice when prescribing relatively potent broad-spectrum antibiotics.





紹有關指引；醫管局亦已在各公立醫院開展了一個「抗生素先導計劃」，要求醫生處方藥力較強的廣譜抗生素時，必須由專職醫生先作出評估和提供用藥建議。

業界與社區攜手應付抗藥性問題

在社區方面，衛生署尤其關注居住於安老院舍的長者，因為長者體弱，有較高機會入院接受治療，容易將醫院的抗藥性細菌帶入院舍以至社區。衛生署轄下的感染控制處和長者健康服務、醫管局轄下的社區老人評估小組和社康護理服務，以及感染控制專家攜手在荃灣和葵青區進行了一項「安老院舍感染控制導航計劃」，以了解安老院舍內感染控制和傳染病防控的情況，及有效地推廣預防和控制工作。

黃醫生繼續說：「市民懂得善用抗生素也很重要，所以衛生署尤其注重對公眾的宣傳教育工作，衛生署已製作了一系列宣傳短片，透過媒體、網頁和短片分享網絡等，向公眾傳遞有關的資訊。署方並印製了一系列宣傳海報、單張、提示卡等，協助執業醫生和藥劑師向病人和公眾解釋有關抗生素的資訊。公眾可在衛生防護中心網頁看到這些宣傳短片和資訊。」黃醫生補充說，衛生署計劃於2011年中進行另一次調查，以評估是項宣傳計劃的成效。

衛生署亦計劃在學校作出宣傳，協助下一代正確使用抗生素，更希望他們能影響父母。較早前，建設健康九龍城協會、九龍城民政事務處與衛生署合辦了世界衛生日嘉年華，將善用抗生素的訊息帶入社區。

面對抗藥性細菌在全球蔓延的問題，醫護界與市民必須同心協力，及早採取防禦措施，否則「明天將會無藥可用」。



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Community and Professionals Team Up to Combat Antibiotic Resistance

On the community front, DH has been paying close attention to elders residing in nursing homes, who are more likely to require medical services and thus may carry antibiotic resistant bacteria from hospitals into elderly homes and then the community. An 'Infection Control Stewardship Programme in Residential Care Homes for Elderly' has been launched by ICB and Elderly Health Service in collaboration with HA's Community Geriatric Assessment and Community Nursing Service in Tsuen Wan and Kwai Tsing Districts, so as to better understand infection control in residential care homes for the elderly and to effectively promote efforts to prevent and control the spread of infections.

Dr Wong added, 'It is also important for the public to understand how to use antibiotics properly. Hence, DH puts a lot of emphasis on public education and has produced a series of publicity videos for disseminating the relevant messages which will be broadcast through mass media, websites and video sharing networks. A series of posters, pamphlets and cue cards have also been produced to assist medical practitioners and pharmacists in explaining information on antibiotics to the patients and the public. Members of the public are welcome to visit the CHP website to view the videos and obtain more information.' Dr Wong added that DH is going to conduct a follow-up survey in the middle of 2011 to evaluate the effectiveness of the promotion programme.



DH is also planning to launch a publicity campaign in schools to educate students on the importance of using antibiotics properly and, hopefully, influence the parents through them. It has recently worked with Building Healthy Kowloon City Association and Kowloon City District Office to organise 'World Health Day 2011 – Health Carnival in Kowloon City' to help bring home the messages on proper use of antibiotics to the community.

The spread of antibiotic resistant bacteria has become a global concern. Medical professionals and the community must work together and take action today. Otherwise, there will be 'no cure tomorrow'.





「碧玉」跨境公共衛生演習 加強溝通及協調能力

Exercise Jasper – a public health exercise on cross-boundary communication and coordination

正所謂：「病毒傳播無疆界」，香港與深圳僅是一河之隔，加上跨境接觸日趨頻繁，因此兩地衛生部門一直合作無間，以控制傳染病的傳播，防範重大衛生事故的發生。

在2011年5月9日，衛生署衛生防護中心聯同深圳出入境檢驗檢疫局在深圳灣口岸舉行了一次跨境演習，讓兩地在8月舉行的第26屆深圳世界大學生夏季運動會（大運會）之前，得以加強雙方在處理公共衛生事故的溝通和協調能力。

是次代號「碧玉」的演習，目的是測試兩地部門處理於大運會期間出現傳染病事故的應變能力。演習於當日早上舉行，分為兩個部分。第一部分於深圳進行；第二部分則在香港進行，參與的部門包括港口衛生處、香港海關、消防處、入境事務處、警務處及香港深圳灣口岸設施管理處。

演習模擬有一批為數36名的旅客正前往深圳觀看大運會的賽事，其中一名男子在深圳的衛生檢查櫃台被發現有發燒徵狀，並懷疑感染了X傳染病，由於X傳染病是一種由飛沫傳播的嚴重新發現病症，該名來自海外的男訪客被送往深圳的醫院接受進一步調查及治療。

As the saying goes, 'Viruses respect no boundaries.' Given the geographical proximity and increased cross-boundary interactions between Hong Kong and Shenzhen, the health authorities of the two regions are working closely on disease control and contingency measures for major public health issues.

On 9 May 2011, a cross-boundary public health exercise was conducted by the Centre for Health Protection of the Department of Health (DH) and Shenzhen Entry-Exit Inspection and Quarantine Bureau (SZCIQ) at Shenzhen Bay Port, ahead of the 26th Shenzhen Summer Universiade (the Universiade) in August, to enhance communication and coordination between Hong Kong and Shenzhen in the event of a public health incident.

Code-named Jasper, the exercise aimed to test the response of the two sides in the event of an infectious disease outbreak during the Universiade period. The morning exercise comprised two parts, the first being conducted in Shenzhen while the second took place in Hong Kong, involving the participation of the Port Health Office, Customs and Excise Department, Fire Services Department, Immigration Department, Hong Kong Police Force and the Hong Kong Shenzhen Bay Port Facility Management Office.



由於源頭病人懷疑感染X傳染病，同行的全部人士均被送往深圳接受醫學監察。他的兩位緊密接觸者由於沒有出現病徵，並屬香港居民，所以要求返港接受醫學監察及治療。

深圳出入境檢驗檢疫局遂通知衛生署港口衛生處協助該兩名沒有出現病徵的緊密接觸者返港。兩地政府人員因而作出一連串跨部門的應變及協調安排，將兩人送往香港一家醫院接受檢查，而在深圳灣口岸的入境及衛生檢查櫃台則進行消毒程序，「碧玉」演習亦告完滿結束。

約130名來自香港和深圳各個相關政府部門和機構的人員參與這次演習；香港、內地和澳門約200名專家亦以觀察員身分出席。



The exercise scenario unfolded when a man, among a group of 36 spectators of the Universiade travelling to Shenzhen, was found to have fever and was suspected to have contracted Disease X, a severe emerging disease spread by droplets, at the Shenzhen Health Screening Post. The man, a foreign visitor, was sent to a hospital in Shenzhen for further investigation and treatment.

Since the index patient was suspected to have contracted Disease X, the whole tour group was put under medical surveillance in Shenzhen. His two friends, who were considered asymptomatic close contacts, were returned to Hong Kong for medical surveillance and treatment as they were Hong Kong residents.

The SZCIQ informed the Port Health Office of the DH to facilitate the return of the two asymptomatic close contacts. A series of inter-organisational responses and coordinated procedures were activated accordingly. The exercise ended with the two close contacts sent for medical examination at a Hong Kong hospital, and disinfection of the immigration counter and health post at Hong Kong Shenzhen Bay Port.

About 130 participants from Government departments and organisations from Hong Kong and Shenzhen took part in the exercise, which was observed by about 200 experts from Hong Kong, Mainland and Macao health authorities.



第十次粵港澳防治傳染病聯席會議

Tenth Tripartite Meeting on Prevention and Control of Infectious Diseases

由衛生防護中心統籌的第10次「粵港澳防治傳染病聯席會議」已於2011年1月11及12日在香港完滿舉行。

在為期兩日的會議上，來自三地約60名衛生官員回顧了三地衛生部門在傳染病監測、防治及通報機制等的合作情況，並對傳染病疫情概況、流感防控及傳染病資訊系統等作出深入討論和交流。三地代表並達成共識，同意在控制傳染病方面進一步加強交流合作，特別是對登革熱及其他蚊媒傳播疾病、腸病毒及麻疹的警覺及預防。

與會代表並議決第11次防治傳染病聯席會議將由澳門衛生局主辦。



The Tenth Tripartite Meeting on Prevention and Control of Infectious Diseases, organised by the Centre for Health Protection, was successfully held in Hong Kong on 11 and 12 January 2011.

About 60 public health and medical officials from Guangdong, Hong Kong and Macao attended the meeting. During the two-day meeting, participants reviewed collaboration of the three parties in the surveillance, prevention and control of infectious diseases and the notification system. They also had comprehensive and in-depth discussion and experience sharing on issues related to communicable diseases, including prevention and control of influenza and communicable disease information systems. Participants agreed to further strengthen mutual communication and co-operation in combating infectious diseases, including stepping up vigilance in the prevention and control of dengue fever and other mosquito-borne diseases, enterovirus infection and measles.

Participants in the meeting agreed that the Eleventh Tripartite Meeting would be hosted by Health Bureau of Macao.





預防及控制非傳染病分享研討會 - 健康生活由您起

Sharing Forum on Prevention & Control of Non-Communicable Diseases - Living a Healthy Life starts with YOU

為進一步呼籲各界共同協作、齊心推動非傳染病的防控工作，衛生署於2011年5月18日在香港理工大學蔣震劇院舉辦了『預防及控制非傳染病分享研討會—健康生活由您起』，約有130位人士參與。

當日的研討會分兩部分進行，監測及流行病學處主任梁挺雄醫生致歡迎辭後，由監測及流行病學處高級醫生歐韻儀醫生介紹剛啟用的「活出健康新方向」網站（www.change4health.gov.hk），該網站定期發放有關非傳染病防控的最新資訊，同時提供了一個與健康促進夥伴和公眾的溝通渠道，讓公眾掌握實踐健康生活模式的相關資訊及技能；接著由食物環境衛生署科學主任郭麗儀女士向與會者分享如何善用營養標籤去選購健康的包裝食品；最後，由中央健康教育組健康促進項目經理陳瑩瑩女士簡介鼓勵在職人士在工作間實踐健康生活模式的『健康在職先導計劃』。

研討會第二部分首先由社區聯絡部馮永輝醫生討論健康飲食和低碳飲食的關係；隨後，由監測及流行病學處科學主任歐陽潔薇女士講解酒精對身體的損害，這個議題是「香港非傳染病防控策略框架」內的一個優先處理範疇；食物及衛生局研究處副顧問醫生林美怡醫生闡述了「健康護理及促進基金」及新一輪撥款申請的6個優先課題，最後由基層醫療統籌處的高級醫生李培文醫生介紹其中一個優先課題——推廣家庭醫生的概念。

由於這次研討會反應熱烈，衛生署會按參加者的需要和意見，考慮為本地非政府組織安排更多的論壇或工作坊。

To continuously engage the community in the prevention and control of Non-Communicable Diseases (NCD), the Department of Health (DH) held a 'Sharing Forum on Prevention & Control of Non-Communicable Diseases – Living a Healthy life starts with YOU' on 18 May 2011 at the Chiang Chen Studio Theatre of the Hong Kong Polytechnic University. About 130 participants attended the event.

The forum consisted of two sessions. After a welcoming speech by Dr TH Leung, Head of the Surveillance and Epidemiology Branch (SEB), Dr Winnie Au, Senior Medical Officer of SEB, introduced the newly launched 'Change for Health' website (www.change4health.gov.hk). The website disseminates up-to-date information on prevention and control of NCD, and serves as a communication channel with our health promotion partners and members of the public. The public can acquire the knowledge and skills from the website to help them live a healthy lifestyle. Ms Joey Kwok from the Food and Environmental Hygiene Department advised on how to read nutrition labels on prepackaged food to make smart choices. Ms Fotinus Chan, Health Promotion Project Manager of our Central Health Education Unit (CHEU), concluded this session with a briefing on the Health@work Pilot Project, which aims to advocate healthy lifestyle in the workplace.

Dr Benjamin Fung of the Community Liaison Division (CLD) began the second session by explaining healthy eating and low carbon diet. This was followed by a presentation by Ms May Au-Yeung from SEB on the harmful effect of alcohol on health in Hong Kong, which is also one of the priority areas in the Strategic Framework for Prevention and Control of NCD. Next came Dr Jenny Lam, Associate Consultant of the Food and Health Bureau, who gave an overview of the Health Care and Promotion Fund and six priority themes for the current round of application. The final speaker was Dr Jeff Lee, Senior Medical Officer of the Primary Care Office (PCO), elaborating on one of the thematic priorities – 'Promoting Family Doctor Concept'.

The Forum was well received by all in attendance. The DH will consider all feedback received from participants and this forum hopefully will be the start of many more similar events to come.



「行樓梯 健身心」社區推廣計劃

Stair Climbing Community Programme

「行樓梯 健身心」社區推廣計劃，由屋邨管理諮詢委員會、非政府機構與衛生署攜手推行。活動由各屋邨管理諮詢委員會提供資助，衛生署則提供專業支援，建立協作平台，鼓勵社區團體籌辦屋邨健康推廣活動。為方便街坊隨時隨地多做運動，我們在各屋邨挑選適合步行的梯間供居民參考，協助大家養成多行樓梯的習慣。

在2010年7月至2011年3月期間，美田邨、葵涌邨和天悅邨已先後舉辦了「行樓梯 健身心」的推廣活動，提高居民對恆常運動的健康意識。



The Stair Climbing Community Programme was a community health promotion programme jointly organized by the Department of Health (DH), the Estate Management Advisory Committees (EMADs), and non-governmental organizations. EMADs provided the funding while DH provided professional support in establishing a platform for community groups to carry out health promotion activities at individual housing estates. Under the programme, suitable stairs in housing estates were selected for residents to get into the habit of climbing the stairs. In this way, they can exercise at any time.

Promotional events on stair climbing were held between July 2010 and March 2011 in Mei Tin Estate, Kwai Chung Estate and Tin Yuet Estate to raise public awareness of the health benefits of regular physical activities.



「有『營』食客」社區推廣計劃嘉許典禮

EatSmart Customer Community Programme Recognition Ceremony

衛生署聯同香港心臟專科學院在2010年再度推出的「有『營』食客」社區推廣計劃，反應熱烈，超過400位「有『營』食客」和32間非政府機構參加。「有『營』食客」嘉許禮已於2011年4月13日舉行，約有190人應邀出席，場面十分熱鬧。

出席的主禮嘉賓包括衛生署衛生防護中心總監曾浩輝醫生、香港心臟專科學院候任院長王國耀醫生和香港餐飲聯業協會會長黃家和太平紳士，他們在會上和幾位「有『營』食客」代表分享了外出用膳的健康飲食心得：點菜時除了以多菜少肉為原則外，還不要忘記要求侍應「少油，唔該！」

最後，三位主禮嘉賓、協作機構代表及一眾「有『營』食客」一齊手牽著手，承諾攜手合作把「結伴參與 促進健康」的訊息推廣至社區各階層。

The EatSmart Customer Community Programme was launched again by the Department of Health and the Hong Kong College of Cardiology in 2010. Over 400 participants from 32 non-government organisations (NGOs) were enrolled in the programme. On 13 April 2011, around 190 participants joined the Recognition Ceremony to celebrate the success of the programme.

Officiating at the Recognition Ceremony were Dr Thomas Tsang, Controller of Centre for Health Protection, Dr Wong Kwok-yiu, President-Elect of the Hong Kong College of Cardiology and Mr Wong Ka-wo, JP, President of Hong Kong Federation of Restaurants & Related Trades.

During the ceremony, the officiating guests and the EatSmart customers shared smart tips on choosing healthier food when eating out, such as ordering dishes with more vegetables and less meat, or simply saying, 'Less oil, please.'

At the finale of the ceremony, the officiating guests, NGO representatives, and all EatSmart customers joined hands and pledged to work together to promote 'Partnership in Health' in the community.





疫苗可預防疾病科學委員會的新建議

New Recommendation by Scientific Committee on Vaccine Preventable Diseases

肺炎球菌感染泛指由肺炎鏈球菌（肺炎球菌）引致的疾病，嚴重的可以致命，此細菌至今已被發現有超過90種不同的血清類型。

注射疫苗可增強人體免疫力，是保護我們免受傳染病感染的最佳方法之一。因此，自2009年9月起，七價肺炎球菌結合疫苗已被納入兒童免疫接種計劃內，並於2010年10月由十價肺炎球菌結合疫苗取代。

疫苗可預防疾病科學委員會參考了多項科學證據、疫苗安全性、海外經驗以及本地流行病學數據的最新趨勢後，最近發表了「十三價肺炎球菌結合疫苗於兒童免疫接種計劃的使用」建議文件。委員會認為，十三價肺炎球菌結合疫苗相較七價或十價肺炎球菌結合疫苗，可以為兒童提供更有效的防護，以對抗入侵性肺炎球菌疾病，因此更適合於兒童免疫接種計劃內使用。

以上建議已上載到衛生防護中心網頁，歡迎查閱。

Pneumococcal infection represents a wide range of diseases caused by the bacterium *Streptococcus pneumoniae* (pneumococcus), which can be life-threatening in severe cases. To date, more than 90 serotypes of pneumococcus have been identified.

Vaccination can strengthen human immunity and provides one of the best protections against infectious diseases. In September 2009, PCV7 was incorporated into the Childhood Immunisation Programme and was subsequently replaced by PCV10 in October 2010. Taking into account the immunogenicity and safety profile of PCV13, overseas experience and recent trends in local surveillance data, the Scientific Committee on Vaccine Preventable Diseases (SCVPD) has recently issued a scientific paper titled 'Recommendations on the Use of 13-valent Pneumococcal Conjugate Vaccine in Childhood Immunisation Programme'. The Committee considered that PCV13 confers better protection against invasive pneumococcal disease and is preferable over PCV7 and PCV10 for use in the Childhood Immunisation Programme of Hong Kong.

The recommendations are now available on CHP website for reference.



家庭傭工衛生手冊

(新印尼語翻譯本)

Hygiene Handbook for Domestic Helpers

A new translated version in Bahasa Indonesia

很多香港家庭均僱用外籍家庭傭工協助照料家務。現時在港的外籍家庭傭工主要來自菲律賓及印尼兩國，當中除了大多數菲律賓籍傭工能閱讀英文，祖籍印尼的傭工則較偏好以印尼文編寫的讀物。為了提高印尼傭工的個人和家庭衛生常識，衛生署中央健康教育組已將原有的中英文版本翻譯成印尼文，更直接地向他們提供實用的健康指引。

以上手冊已上載到衛生防護中心網頁。



Many Hong Kong families hire foreign domestic helpers to assist with household chores. The foreign domestic helpers are mainly from the Philippines or Indonesia. While most Filipinos can read English, most Indonesian domestic helpers prefer to read in Bahasa Indonesia. To promote personal and household hygiene among Indonesian domestic

helpers, the Central Health Education Unit of the Department of Health has translated the Hygiene Handbook for Domestic Helpers into Bahasa Indonesia, making practical guidance more accessible to them.

The handbook has been uploaded onto the CHP website.

工餘剪影

After work

助理署長(健康促進)程卓端醫生

Dr Regina CHING, Assistant Director of Health (Health Promotion)

「沒有時間做運動嗎？」

大家可以想像程醫生的工作有多繁忙，但她一直保持經常運動的習慣。現時，她每周操練乒乓球一至兩課，間中在晚間踏單車，並且於每周大部分日子進行跑步。原來程醫生在大學年代已經很活躍。她曾以隊長身份帶領港大女子乒乓球隊出戰；最近更連續三屆獲得衛生署乒乓球比賽女子組單打冠軍。

程醫生分享她做運動的心得：「做運動最重要是持之以恆及善用時間，大家可在每天工餘時間除了看看電視或讀一會兒書之外，也可做點運動，這樣有助平衡生活與工作。」

‘No time for exercise?’

Despite being a very busy person as one can imagine, Dr Ching keeps to a regimen of regular exercise. She now practises table tennis once or twice a week. Sometimes, she pedals her bicycle in the evening. She also goes jogging most days of the week. Dr Ching has been active since her university days, when she was captain of women's table tennis team of the University of Hong Kong. She has been the women's table tennis champion of the Department of Health for the last three years.

Sharing her views on exercise, Dr Ching said, ‘The most important thing about doing exercise is perseverance and time management. After work, you may feel like watching TV or doing some reading, but you should also find the time for exercise. It helps to maintain your work-life balance.’





健康在職

Health@work.hk



除了運動外，經常保持健康的工作及生活環境亦有助提高生活質素。

衛生署於2010年底舉辦了「健康在職先導計劃」，旨在推動及鼓勵員工於工作和日常生活中實踐健康的生活模式。中央健康教育組，亦成為首批20間參與計劃的機構之一。

「健康在職先導計劃」不但協助參與同事更了解自己的健康需要，並透過在工作間安排的不同類型健體活動，建立更有利健康的工作環境，引導、鼓勵和推動同事實踐更健康的生活模式。中央健康教育組更成立了「健康委員會」，一方面蒐集參與活動同事的意見，另一方面從籌辦活動中累積寶貴經驗和能力，為落實推廣職場健康的工作打下基礎。

Apart from exercise, maintaining a healthy environment at home and work is conducive to enhancing our quality of life.

In the end of 2010, the Department of Health launched a Health@work.hk Pilot Project, with the aim of encouraging employers and employees to adopt healthy life styles both in their workplace and at home. The Central Health Education Unit (CHEU) has become one of the 20 participating organisations in this pilot project.

The initiative helps colleagues to better understand their health and wellness needs, and through organising various health-related activities within the workplace, it encourages colleagues to live more healthily as well as to create a working environment that supports, guides and motivates

colleagues to adopt healthier choices for better health. The initiative also led to formation of the first 'Wellness Committee' in CHEU. The committee has solicited ideas and feedback from colleagues, and has gained experience in organising health promotion activities that laid the foundation for health promotion in the workplace.





09.05.2011



天津市衛生局代表團到訪衛生防護中心，就傳染病監測和防控工作等與中心同事進行討論及交流，並且參觀中央呈報辦公室及感染控制模擬室。

A delegation of healthcare officials from Tianjin visited CHP to discuss and share experience in monitoring, prevention and control of infectious diseases. The delegation also visited CHP's Central Notification Office and Simulation Ward.

18.04.2011



20位來自陝西省的官員到訪衛生防護中心，分享應付重大衛生事故的經驗，並了解緊急應變中心在疫情爆發時的運作情況。

A delegation of 20 officials from Shaanxi Province visited CHP to share experience in handling major health events. They were also introduced to the operation of the Emergency Response Centre, which serves as an information hub during disease outbreaks.

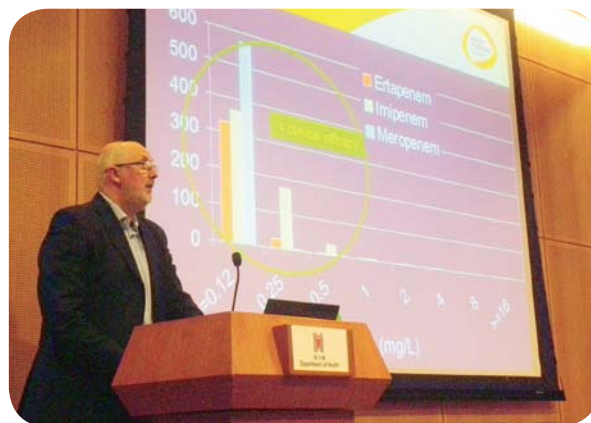
14.04.2011



開心「果」日系列活動之「水果•愛•家人」模型製作比賽暨頒獎禮順利舉行。十個得獎作品隨後作公開展出，讓市民感受一下與家人一起吃水果的喜悅。

The 'Fruit • Sweet • Home' Model Making Competition cum Prize Presentation Ceremony was successfully held as the highlight of the Joyful Fruit Day events organised by the Department of Health. This was followed by the exhibition of the 10 winning models.

12-14.04.2011



公共衛生化驗服務處微生物部舉辦「鑑定和監測具公共衛生風險的病原體」工作坊，邀請了英國衛生防護署感染中心的Dr Neil Woodford和Dr Alan Johnson作為主講嘉賓，就抗萬古霉素腸球菌和碳青霉烯酶耐藥腸桿菌等議題進行了一系列專題演講。

The Microbiology Division, Public Health Laboratory Services Branch organised a workshop on the 'Detection and Surveillance of Pathogens of Public Health Significance'. The keynote speakers at the workshop, Dr Neil Woodford and Dr Alan Johnson from the Centre for Infections, Health Protection Agency, UK, conducted a series of lectures on hot topics including vancomycin-resistant enterococcus and carbapenemase producing enterobacteria.



19.03.2011



本年度的世界防癆日開幕典禮在九龍灣德福廣場舉行，以防癆標語創作比賽冠軍標語「齊齊響應防癆日，注重衛生防結核」作為宣傳口號。

The 2011 World TB Day Opening Ceremony was held at Telford Plaza, Kowloon Bay, using the winning entry in the tuberculosis slogan design competition organised by the Hong Kong Tuberculosis, Chest & Heart Diseases Association as the advertising slogan.

04.03.2011



深圳出入境檢驗檢疫局代表團一行到訪衛生防護中心，參觀了中央呈報辦公室、模擬病房和緊急應變中心。

A delegation from the Shenzhen Entry-Exit Inspection and Quarantine Bureau visited CHP and toured the Central Notification Office, Simulation Ward and Emergency Response Centre.

23.02.2011



社區聯絡部舉辦「初探酒精在香港的問題」健康促進交流會，邀請嘉賓分享他們的寶貴工作經驗，探討香港人飲酒及相關衍生問題的概況。

The Community Liaison Division organised a Health Promotion Sharing Forum on 'Alcohol Use in Hong Kong'. Guest speakers shared their experiences and explored alcohol consumption and related problems among Hong Kong people.

26.1-1.2.2011



香港愛滋病顧問局舉辦社區持份者諮詢會議，邀請各界為下一份香港愛滋病建議策略（2012年至2016年）的草擬本提供意見。

The Advisory Council on AIDS hosted a Community Stakeholders' Consultation Meeting to collect inputs from the community for the formulation of 'Recommended HIV/AIDS Strategies for Hong Kong 2012-2016'.



20-21.01.2011



世界衛生組織西太平洋區人群和社區健康司司長韓鐵如醫生到訪衛生署，就非傳染病預防和健康促進課題交流經驗。他同時參觀了一間至「營」學校，並在健康城市聯盟中國香港支部舉辦的「健康城市研討會」上致辭。

Dr Han Tieru, Director, Division of Building Healthy Communities and Populations of WHO WPRO, visited the Department of Health to share his experience on non-communicable disease prevention and health promotion. He also visited an EatSmart School and gave a presentation in the 'Healthy Cities Seminar' organised by The China Hong Kong Chapter, Alliance for Healthy Cities.

04.01.2011



衛生署署長林秉恩醫生分別在1月4日、3月8日和5月12日出席了大埔、黃大仙及九龍城區議會的會議，加強地區層面的溝通和建立支持網絡。

Dr PY Lam, Director of Health, attended meetings of Tai Po, Wong Tai Sin and Kowloon City District Councils on January 4, March 8 and May 12 respectively to strengthen communication and build a support network at community level.

02.01.2011



中央健康教育組在維多利亞公園工展會會場進行器官捐贈宣傳活動，並邀得捐肝救同胞的海關督察許細文先生出席參與。

The Central Health Education Unit organised a promotional activity for organ donation at the Hong Kong Brands and Products Expo. The event featured Customs Inspector Mr Hui Sai-man, who had donated part of his liver to save the life of a colleague.

18.12.2010-09.04.2011



中央健康教育組積極推動「幼營喜動校園先導計劃」，舉辦了多場工作坊，鼓勵學前機構教職員、家長和幼兒照顧者為學童締造有利健康飲食和體能活動的校園環境。

The Central Health Education Unit has stepped up its effort to promote the StartSmart@school.hk Pilot Project. A number of workshops have been held during this period to offer ideas to preschool personnel, parents and care-givers to create a supportive environment that encourages healthy eating and physical activity.