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衛生署衛生防護中心抗禦傳染病不遺餘力，除了要應付在全球多國肆虐的禽流感以外，亦須對其他致命的傳染病嚴加防範。其中，愛滋病及性病的感染數字持續上升，為免情況惡化，愛滋病及性病科學委員會一直為預防、關懷、控制及治療愛滋病及性病，提供具科學基礎的研究及建議。

### 多角度監測

愛滋病及性病科學委員會主席劉宇隆教授指出：「要監控及預防愛滋病，首先要確認出病患者並提供護理及治療，但愛滋病並非沙士（SARS）或肺結核等需要呈報的傳染病，染病者可以私隱理由不作公開，所以較難掌握實際的患病數字。現時

The Centre for Health Protection (CHP) of the Department of Health (DH) strives to safeguard Hong Kong from infectious diseases. Apart from the avian influenza which has been rampant across the world, other communicable diseases should also be kept under strict vigilance. Among these diseases are Acquired Immuno-deficiency Syndrome (AIDS) and sexually transmitted infections (STI), which have been increasing in prevalence. To control the spread of the diseases, the Scientific Committee on AIDS and STI has all along been providing evidence-based research data and suggestions for the prevention, care, control and treatment of AIDS and STI.

### Multifaceted monitoring

"To monitor, control and prevent the spread of AIDS, we have to first identify and offer care and treatment for the AIDS patients. However, AIDS is not a notifiable



衛生防護中心會以不同的形式監察愛滋病，除了靠公立及私立醫院的通報，亦會主動替懷孕婦女提供自願性質的愛滋病測試。據過去經驗，如能及早發現孕婦患有愛滋病，並以藥物控制病情，胎兒受感染的機會可大幅下降至少於百分之一。」此外，由於愛滋病會引致免疫功能下降，而有研究發現部分肺結核病患者的病因可能是患有愛滋病導致免疫力下降，所以衛生防護中心除了會為所有美沙酮中心的戒毒人士提供愛滋病毒測試外，亦建議為所有肺結核病人提供同類檢驗。

## 接受、關懷及教育愛滋病人

儘管衛生防護中心從不同角度監測，但要掌握實際的愛滋病感染數字，仍面對不少障礙。以吸毒者、性工作者及同性戀者等愛滋病患的高危人士為例，如他們沒有到戒毒中心或醫院求診，根本無法確認實際情況有多嚴重。劉教授說：「香港其實屬於低發病區，可是周邊國家卻是高發病區，隨著交通便利，香港人出入境頻繁，當中有多少人光顧性工作者或吸毒而沒有做足安全措施？要獲取這類數據仍然甚有難度。」劉教授認為，除了要與國內及周邊國家合作，互通通報監測結果及追蹤病毒走勢，更重要的是接受、關懷及教育愛滋病人，為他們提供藥物及醫療服務，讓他們不再諱疾忌醫，才是有效預防愛滋病蔓延的最佳方法。

## 愛滋病及性病科學委員會

「愛滋病科學委員會」於去年年中正式易名為「愛滋病及性病科學委員會」，並增加對性傳染病的監控。「一直以來，感染性病的人不一定會求診，坊間對性病甚至沒有一定的診斷準則。本港對性病的監控，只在起步階段，不像對愛滋病方面的研究，早在十多年前已經展開。」劉教授指，近年來嬰兒患有先天性梅毒的人數有上升趨勢，但原因為何？全港有多少人感染梅毒及淋病？均有待普查研究。「性病監控得宜，有助預防愛滋病，相反亦然；可是在這方面的醫療及監控人手目前並不足夠。」劉教授認為，衛生防護中心在人



劉教授（右二）在衛生防護中心研討會中與其他專家探討性病及愛滋病。

Prof LAU (right 2nd) discussing STI and HIV with other health professionals in the CHP Symposium.

communicable disease like SARS or tuberculosis (TB), and the patients may choose to keep their status confidential, making it difficult for us to grasp the actual size of the infected population." Professor LAU Yu Lung, Chairman of the Scientific Committee on AIDS and STI said. "Nowadays, the CHP will monitor the development of AIDS population by voluntary reporting of HIV infection from both public and private hospitals, and is also offering AIDS test for pregnant women to take on a voluntary basis. Past experience tells us that early detection of HIV infection in pregnant women, will greatly decrease the risk for infection of the baby to less than 1%." Apart from that, TB could be the presenting infection of HIV-infected individuals. All attendees of the methadone clinics are offered to be tested for HIV infection, and the CHP is also recommending to provide the same test to all TB patients.

## Embrace, care about and educate AIDS patients

The CHP monitors AIDS through different channels, but to project an accurate size of the infected population is still a task laden with obstacles. For example, if the high risk groups such as drug addicts, sex workers and homosexuals do not seek medical help from the drug rehab facilities or hospitals, there is no way to assess the size of the problem. According to Professor LAU, "Hong Kong is actually an area with low prevalence, but the surrounding areas are the reverse. With improved transportation and rapid trans-

boundary movement, how can we tell the number of Hong Kong people who patron sex workers or take drugs without safety precautions in these high prevalent regions? This is simply a daunting task." Professor LAU believes that we have to work with the Mainland and the surrounding countries to exchange surveillance findings and monitor the trend of viral infection. More importantly, we have to embrace, care about and educate AIDS patients and provide them with medicine and health care services. By this way, they will cease to shy away from the medical treatments they ought to receive. He believes this is the best approach to stop AIDS from spreading.

## Scientific Committee on AIDS and STI


The Scientific Committee on AIDS has changed its name to the Scientific Committee on AIDS and STI since the middle of last year, and strengthened its surveillance and control over STI since then. "STI patients do not always look for medical help. There are even varying sets of criteria for diagnosis of STI among local practitioners. The surveillance and control over STI are only at a primitive stage when compared with the work that has been done on AIDS, which has been around since more than a decade ago."

Professor LAU pointed out that the number of congenital syphilis cases has been on the rise in recent years, but the cause was not known. The number of patients with STI are also to be revealed by population survey. "If



力和資源有限的情況下，能有目前的成就已屬難能可貴，但要真正防控疾病，政府必須投放更多資源培訓專業人才。

## 追求知識的熱情

身為香港大學醫學院兒童及青少年科學系主任，劉教授有他的一套行醫哲學：「從事醫護工作，學術知識及實際技能固然不可或缺；但最重要的是我們要有終身學習、謙厚、熱誠和開明的態度。」他以「海灘拾貝」作比喻：當拾到一顆貝殼，再望望廣闊的海洋，才明白手中所有的其實微不足道。正如一位學者，見識越多，才明白自己的不足。即使學海無涯，他相信只要內心尚有一團火，有追求學問的熱情，便應每天不斷學習。同樣地，即使疾病的數據不易全面掌握，劉教授仍盡力而為。所以，劉教授也從事病毒學、免疫學、疫苗、遺傳學及公共衛生等多方面的研究。他現正對輪狀病毒疫苗作測試，並就沙士、禽流感及其他疾病如紅斑狼瘡等進行各種研究。深信這種求知精神既能推動將來的研究發展，亦能隨著他的教學薪火相傳。 




STI is put under control, AIDS will in turn be put under control and vice versa. However, the human resources allocated to the treatment and surveillance of these diseases are still not enough." Professor LAU believes that it is not easy for the CHP to manage its present achievement in view of the limited manpower and resources. However, for the efforts in disease prevention to pay off, the Government must invest more resources in the training of professionals.

## The passion for knowledge


As the Head of Department of Paediatrics and Adolescent Medicine, Professor LAU has developed his own philosophy towards

practising. "For a health care worker, both academic knowledge and practical skills are important, but the most crucial element is the attitude. We must be willing to learn, humble, sincere, enthusiastic and open-minded." He mentioned "a shell to the sea" as a metaphor to explain his view: pick up a seashell and gaze over the vast ocean before you, and you will instantly understand that what is in your hand doesn't count much. A scholar should realise his or her own shortcomings when his or her knowledge increases. No one can know everything in the world, but a passion for knowledge should be able to propel us to learn continuously.

This passion is also the reason for Professor LAU to try his best even though it is not easy to fully grasp the complexities of diseases, and the reason for him to take part in multi-disciplinary research with many collaborators in various fields, such as virology, immunology, vaccinology, genetics and public health. He is engaged in rotavirus vaccine trial, SARS and avian influenza research in terms of pathogenesis, genetics of infectious and autoimmune diseases, such as Systemic Lupus Erythematosus. Undoubtedly, this passion for knowledge will be a driving force for many years to come, and the passion will be passed on to his students. 

## 科學委員會天地 Scientific Committees Corner

衛生防護中心於2006年1月21日，在「新發現及動物傳染病科學委員會」的支持下，舉辦了一個名為「禽流感的最新資訊及抗病毒藥物之應用研討會」。

是次研討會的講者包括本地專家及海外主講嘉賓海頓教授。海頓教授來自美國維珍尼亞大學醫學院，是一位國際知名的臨床病毒學家。此研討會旨在向醫護專業人士提供最新的禽流感流行病學資訊，以及根據最新的科學證據，討論抗病毒藥物於流感的應用，並探討了一系列與禽流感相關的課題，包括政府的應變計劃、禽流感的發病原理和實驗室的診斷，以及抗病毒藥物的應用。是次研討會反應熱烈，共接待了約七百位參加者。 

The CHP organised the Seminar "Update on Avian Influenza and the Use of Anti-viral

Agents" on 21 January 2006 with the support of the Scientific Committee on Emerging and Zoonotic Diseases (SCEZD).


We are honoured to have a faculty of distinguished speakers, including local experts and the overseas keynote speaker, Professor Frederick Hayden, who is a world-renowned clinical virologist from the University of Virginia School of Medicine. The purpose of this Seminar was to provide local health care professionals an update on the epidemiology of avian influenza and to discuss the role of various anti-viral agents for influenza in light of latest scientific evidence. During the Seminar, a spectrum of issues related to avian influenza were discussed, including the Government's preparedness plan, pathogenesis and laboratory diagnosis of the



「禽流感最新資訊及抗病毒藥物應用研討會」的講者包括本地及海外專家。

Speakers in the seminar "Update on Avian Influenza and the Use of Anti-viral Agents" included local and overseas experts.

disease, as well as the considerations in using anti-viral agents.

The CHP was encouraged by the overwhelming response as the Seminar received around 700 participants. 



## 結核參比實驗室

### TB Reference Laboratory

結核病是一種可治療的疾病，主要是透過病人呼吸道的噴沫傳染。由於仍未有有效的針藥預防結核病，所以盡早發現患病及給予有效的治療，是目前最佳的防控方法。結核參比實驗室在香港的結核病防控計劃中擔當著重要的角色，它除了為衛生署胸肺科轄下診所提供日常的化驗服務，亦為所有公立及私立機構的化驗所提供真菌化驗及藥物敏感測試等服務。如有流行病爆發，還可透過病人的指模及DNA在實驗室進行流行病學的分子測試，查證傳染病的來源及連繫。

由於實驗工作具傳染性及存在風險，故參比實驗室給特別設計成三段式以確保安全。實驗室位於公共衛生檢測中心內一個完全被隔離的位置，入口裝了雙重門，實驗室的空氣只會單向地由外流入並保持負氣壓，以防空氣倒流。實驗室內不同範圍的工作人員亦會穿著不同顏色的工衣以之識別，令安全控制更為有效。

香港特別行政區衛生署衛生防護中心轄下的結核參比實驗室於2005年榮獲世界衛生組織評定為跨國結核參比實驗室，並於2006年2月18日在公共衛生檢測中心舉行慶祝典禮。

Tuberculosis (TB) is a curable disease and is mainly transmitted through aerosol generated from the patient's respiratory tract. Since there is at present no effective vaccine protecting against the infection, the best way to stop TB transmission is to detect and treat the patient quickly and effectively. The TB Reference Laboratory plays a pivotal role in the TB control programme in Hong Kong. It provides routine laboratory diagnostic services to clinics of the TB & Chest Service in the Department of Health (DH), as well as reference laboratory service for mycobacteria identification and drug susceptibility testing to all laboratories in the public and private sectors. Molecular epidemiological studies by DNA fingerprinting are also conducted in case of outbreak to confirm possible epidemiological linkages.

Due to the hazardous nature of work and the high throughput of the laboratory, the laboratory is designed with bio-safety level 3 and is situated in an isolated zone of the Public Health Laboratory Centre (PHLC). Entry is



公共化驗服務處甘啟文醫生介紹結核參比實驗室。  
Dr KAM Kai Man of Public Health Laboratory Services Branch introducing the "TB Reference Laboratory".

through double doors, airflow is inward into the lab maintained at negative pressure and does not re-circulate. Staff working in different areas also put on different lab coats for easy identification and effective safety management.

The TB Reference Laboratory of the DH has been designated by the World Health Organization as one of the Supranational TB Reference Laboratories in the world in 2005. A ceremony was organized on 18 February 2006 at the PHLC to commemorate this important designation.



## 項目巡禮 Programmes in Focus

### 衛生防護中心研討會 — 結核病、性病及愛滋病 CHP Symposium - Updates on TB, STI and HIV

在2006年2月19日舉辦的衛生防護中心研討會以「結核病、性病及愛滋病」為主題。結核病、性病及愛滋病是三種對公共衛生有嚴重影響的常見傳染病，專業醫護人員、學術界與社區人士必須緊密合作，方可有效地預防及控制。是次研討會旨在讓有關界別的醫護人士及專家分享經驗，並藉此宣傳預防以上疾病的重要性。

"Updates on TB, STI and HIV" was chosen as the theme of the CHP Symposium held

on 19 February 2006. Tuberculosis (TB), sexually transmitted infections (STI), and human immunodeficiency virus infection (HIV) are three common infectious diseases of major public health importance. Clinicians, public health professionals, academic sector and the community must work closely together for effective prevention and control of these diseases. This Symposium aims to promote sharing of experience among health professionals and experts from these fields.




來自世界衛生組織的 TEE Ah Sian 醫生在研討會上發表演說。


Dato' Dr TEE Ah Sian, Director, Combating Communicable Diseases, World Health Organization, Western Pacific Regional Office, giving speech at the CHP Symposium.



## 項目巡禮 Programmes in Focus

### 「社會市場學 - 健康促進活動之應用」研討會 Seminar on social marketing as applied in health promotion

於2006年1月23日舉辦的「社會市場學 - 健康促進活動之應用」研討會旨在介紹有關社會市場學的主要理論、概念及應用。當日有超過一百六十位來自四十多間非政府機構和衛生署的代表出席。 


The "Seminar on social marketing as applied in health promotion" held on 23 January 2006 was organised to introduce the major concepts, theories, principles and practices of social marketing. There were over 160 attendants from more than 40 non-governmental organisations (NGOs) and the DH. 




來自澳洲聯邦政府健康及高齡服務部的高級顧問 Dr Tom CARROLL (左二) 應邀為是次研討會的專題講者。其他講者有世界癌症研究基金會(香港)的發展總監(亞洲)石嘉蘭女士 (Ms Karen SADLER, 中)、香港吸煙與健康委員會主席左偉國醫生(右二)。

Dr Tom CARROLL (left 2nd), Senior Adviser on Research and Social Marketing to the Commonwealth Department of Health and Ageing, Australian Government, was invited to be the keynote speaker. Other speakers included Ms Karen SADLER (middle), Development Director, Asia, World Cancer Research Fund Hong Kong and Dr Homer TSO (right 2nd), Chairman of Hong Kong Council on Smoking & Health.

### 健康在你手 Wash hands for better health


為響應世界衛生組織提倡「清潔衛生更安全」，衛生防護中心本年1月至6月推出一系列鼓勵大眾洗手的活動，包括印發海報、小冊子、年曆、貼紙、紀念品和在各區懸掛橫額，並於新春前夕在各口岸派發利是封，務求宣揚「健康在你手，勿忘勤洗手」。

Responding to the "Clean Care is Safer Care" advocated by the World Health Organization,


a series of activities which heightening the awareness of hand washing among the general public was held from January to June 2006 by the CHP. These include production of posters, pamphlets, calendars and stickers, hanging banners in different districts and distribution of red pockets at the border control points during lunar new year. The public are encouraged to "wash hands for better health". 



### 《增值工作坊》—— 健康湯水篇 "Add-value Workshop" – Healthy Soup

在忙碌工作過後，一碗美味健康的湯水實在教人身心舒暢，也有助均衡飲食。衛生署聯同食物環境衛生署於2006年2月24日至3月24日期間在各區街市舉辦《增值工作坊》- 健康湯水篇，向大家介紹多款以公眾街市內常見食物炮製的簡易健康湯水。除派發食譜外，更即場作烹調示範和講解均衡飲食之道。

A bowl of healthy and tasty soup after a tiring day of work is refreshing and contributes to

a balanced diet. The "Add-value Workshop" on soup co-organised by the DH and the Food and Environmental Hygiene Department was held from 24 February to 24 March 2006 in the markets of local districts. It introduced some simple and healthy homemade soup with ingredients commonly found in public markets. There were cooking demonstration and talks on balanced diet. Also, recipes were distributed during the workshops. 





## 新設施強化緊急應變機制

### New facilities to strengthen emergency response mechanism

衛生署衛生防護中心信息發布中心及緊急應變中心有助加強衛生防護中心與內地衛生部、廣東省衛生廳及其他國際衛生機構如世界衛生組織的合作，應付重大公共衛生緊急

事故。2006年3月16日，行政長官曾蔭權先生在中心啟用前到場參觀當中的各項設施。

信息發布中心及緊急應變中心啟用典禮於

2006年3月23日舉行，當日下午亦舉辦了信息傳達研討會，讓來自衛生署及傳媒的講者分享有關信息傳達的心得。 (HP)

The Risk Communication Centre (RCC) and Emergency Response Centre (ERC) help to enhance CHP's collaboration with the Ministry of Health, the Health Department of Guangdong Province and other international health authorities such as the World Health Organization (WHO) in dealing with major public health emergencies. Before launching, the Chief Executive, Mr Donald Tsang visited the installations in RCC and ERC on 16 March 2006.

The Launching Ceremony of the RCC and ERC was held on 23 March 2006. A Risk Communication Workshop was also held in the afternoon. Speakers from the DH and media shared their experiences in relation to risk communication. (HP)



行政長官曾蔭權先生（中）參觀信息發布中心及緊急應變中心的各項設施。

Mr Donald TSANG, the Chief Executive (middle) visited the installations in RCC and ERC.

廣東省衛生廳廳長姚志彬教授（左二）及衛生福利及食物局局長周一嶽醫生（中）蒞臨信息發布中心及緊急應變中心啟用典禮主持剪綵儀式。

Professor YAO Zhi-bin, Director-General of Health Department of Guangdong Province (left 2nd) & Dr York CHOW, Secretary for Health, Welfare and Food (middle) officiated at the Launching Ceremony of the RCC and ERC.



## 數據分析及疾病模型培訓工作坊

### Data Modelling and Surveillance training workshop

衛生防護中心監測及流行病學處於2005年11月29日至12月1日期間舉辦的「數據模型及監測講座」，主要講授各種數據系統的監測、運作和錯誤偵察方法，及系統將來的發展與評估等。

來自美國波士頓哈佛兒科醫院的 Ben Y REIS 博士應邀講授課程，並在工作坊環節帶領小組進行實習操作，其他講者包括監測及流行病學處內各部門的多位同事。超過五十名專業醫護人員參加了是次講座，加深了對應用數據模型工具於監控傳染病方面的認識。 (HP)

A training workshop on Data Modelling and Surveillance was organised by the Centre for

Health Protection from 29 November to 1 December 2005.

The workshop focused on the themes of setting up surveillance for different data systems, data modelling and processing, aberration detection, ongoing system development and evaluation.

Dr Ben Y REIS from Harvard Children's Hospital at Boston, USA was invited to deliver lectures and conduct workshop sessions including guided group practical during the workshop. Others speakers presented in the workshop included colleagues from various sections of the Surveillance and Epidemiology

Branch. The workshop was well received by more than 50 healthcare professionals. (HP)



來自美國波士頓哈佛兒科醫院的 Dr Ben Y REIS（中）應邀講授課程，並在工作坊環節帶領小組進行實習操作。

Dr Ben Y REIS (middle) from Harvard Children's Hospital at Boston, USA was invited to deliver lectures and to conduct workshop sessions.



# 活動快拍 Snapshots of Events

9-12.2005

紅絲帶中心在宣傳「要有一套」安全套推廣運動中創作的「dom dom歌」廣告，得到國際廣告界的讚揚，這個廣告在洛杉磯贏得「莫比廣告大獎」。

The Red Ribbon Centre's Safer Sex Campaign, which was featured by the "dom dom song", won the Mobius Advertising Award first place in Los Angeles.



1.12.2005

衛生署與其他相關政府部門、教育界、專業團體及本港社區聯合推出「健康飲食在校園」計劃，各單位商討如何向小學生宣揚健康飲食的重要性。

The meeting on "Healthy Eating in Schools Campaign" enlisted the efforts of various Government departments, education sector, professional bodies and the community in Hong Kong, discussing the publicity plan on healthy eating habit among school children.



9-20.1.2006



衛生署感染控制處及醫院管理局傳染病控制培訓中心委託美國Emory大學公共衛生學院的流行病學專家為本港公立及私立醫院的專業醫護人員講授流行病學。

The Infection Control Branch and the Infectious Disease Control Training Centre, Hospital Authority commissioned the Rollins School of Public Health, Emory University, US, to deliver the Epidemiology in Action Programme for healthcare professionals in public and private hospitals.

17-19.1.2006

英格蘭及威爾斯衛生防護局生物資訊科主管 Dr Jonathan GREEN (左3)向衛生防護中心人員介紹生物資訊在公共衛生化驗所之功能，並與有關人員商討增強數據分享及建立公共衛生生物資訊網絡。

Dr Jonathon GREEN (left 3rd), Head of the Bioinformatics Unit of Health Protection Agency of England and Wales, visited the CHP's Public Health Laboratory Centre. He gave a presentation on the role of bioinformatics in public health laboratory and discussed with CHP's staff on enhancement of data sharing and setting up of a public health bioinformatics network.



2.2006

衛生署社區聯絡部聯同教育統籌局在港、九及新界西北為中小學教職員舉辦了四場關於學校應如何處理雀鳥以防禽流感的講座。

Four briefing sessions on "Handling of Birds" in schools were held for teachers and staff of primary and secondary schools in northern and western New Territories, Hong Kong Island and Kowloon by Community Liaison Division for prevention of Avian Flu.



9.2.2006

衛生署社區聯絡部為本署同事及非政府機構社工舉辦了兩場有關疾病預防的經驗分享會。

Two forums were held by Community Liaison Division for staff of DH services and interested non-governmental organisations for sharing experiences about health protection.





## 活動快拍 Snapshots of Events

26.2.2006

衛生署社區聯絡部參與由觀塘區議會主辦的「觀塘運動日」，展出了關於「水果蔬菜2+3」、行樓梯及反吸煙的展板及派發小冊子。

Community Liaison Division participated in the event "Exercise Day in Kwun Tong" which was organised by Kwun Tong District Council. Exhibition boards were displayed and leaflets for "2+3", stair-climbing and anti-smoking were distributed.



26.2.2006

社會衛生科參與在遮打道行人專區舉辦的「第一屆香港性文化節」，設立遊戲攤位，透過問答遊戲、宣傳單張和紀念品向市民傳達正面的性健康訊息。

Social Hygiene Service had run a booth in "The First Hong Kong Sex Cultural Festival" held at Chater Road Pedestrian Area to disseminate information on sexual health to the public through Q&A game, pamphlets and souvenirs.



2-3.2006

衛生防護中心在「屯門區康復服務推廣嘉年華會」中設置遊戲攤位，以提醒市民正確洗手步驟有助預防流感。

To raise public awareness on the practice of "proper hand washing" to protect oneself against influenza, a game booth for hand washing was arranged in a promotional carnival held in Tuen Mun.



## 編者的話 Words from the Editor

天氣乍暖還寒，雀鳥在天上往還，旅遊人士也絡繹不絕，疾病傳播在這季節亦更見頻繁。全球人類感染禽流感的數字已經過百。衛生署衛生防護中心除了要力抗禽流感外，對預防其他嚴重的傳染病亦不能有半點鬆懈。今期我們訪問了衛生防護中心愛滋病及性病科學委員會主席劉宇隆教授，以了解他對本地防控性病及愛滋病工作方面的見解。

預防勝於治療，要捍衛健康，必須注意個人及環境衛生、飲食均衡及強身健體。為了向市民傳遞此訊息，衛生防護中心各部門日以繼夜不遺餘力，從內文介紹的每項活動和計劃中，可見一斑。

大家如對「CHP通訊」有任何意見，可傳真或

電郵至本刊編輯部。傳真號碼為2591 6127，電郵地址為 [rcag@dh.gov.hk](mailto:rcag@dh.gov.hk)。

Weather is getting warmer, people travel around like birds flying in the sky. It's spring time at which diseases can be transmitted more frequently. Up to now, more than a hundred cases of human avian flu are found all over the world. Apart from avian flu, the CHP also needs to protect citizens from many other infectious diseases, such as AIDS and sexually transmitted diseases. Therefore, we have invited Professor LAU Yu Lung, Chairman of the Scientific Committee on AIDS and STI, for

understanding of his view on surveillance and prevention of AIDS and STI in Hong Kong.

Prevention is better than cure. To prevent illnesses, we must beware of personal and environmental hygiene, have a balanced diet and exercise more to strengthen our physique. The CHP is making every effort to disseminate health messages to the general public every day as shown by programmes and events being showcased in this issue.

We welcome suggestions. Please fax them to our Editorial Board at 2591 6127 or email to [rcag@dh.gov.hk](mailto:rcag@dh.gov.hk).