

打針抗流感 齊心唔好等！

Protect yourself and have a flu jab!

醫管局今年10月11日起為同事注射季節性流感疫苗，轄下公立醫院及普通科門診診所則於10月25日起分階段為合資格人士注射。基督教聯合醫院感染控制主任兼微生物學顧問醫生馮秀珍提醒大家，醫院前線同事因要經常接觸抵抗力較弱的病人，應主動打流感針，保護自己和身邊人的健康，每位打流感針的同事，均可獲精美紀念品「針筒原子筆」一枝！



The seasonal influenza vaccination programme will start on 11 October for HA staff and on 25 October for eligible members of the public in public hospitals and general out-patient clinics. Dr **Kitty Fung**, Infection Control Officer cum Consultant Microbiologist at United Christian Hospital, reminds frontline staff that they should get a flu jab to protect themselves and those around them. Colleagues will receive a needle shaped pen as a souvenir after vaccination.

Q1: 若曾於剛完結的夏季流感高峰期期間打流感針，還需要再打嗎？

Do I need to receive seasonal influenza vaccination again if I had already had one during summer surge this year?

A1: 需要。因為在該段期間注射的流感針屬上年度的疫苗，與2017/18年度的流感疫苗成分不同，加上流感針最佳保護期一般為四至六個月左右，所以大家應再注射新年度的流感針。

Yes. Seasonal influenza vaccination taken during summer surge this year is the vaccine for 2016/17. The components of vaccine are different from that of the 2017/18 vaccines. The best protection period after vaccination is in general around four to six months, therefore a new vaccination is needed.

Q2: BB 可否打流感針？

Can babies receive seasonal influenza vaccination?

A2: 六個月以上的嬰兒可以打流感針。六個月以下的嬰兒則可透過母乳得到少量流感病毒抗體。九歲以下兒童首次打流感針需打兩劑，兩劑的接種時間需要相隔至少四個星期。

The vaccine is licensed for babies six-month-old or above. Those below six months get a small amount of antibodies from breast milk. For children below nine and have never received flu vaccination, they need to receive two doses of vaccines, with at least four weeks apart.



Q3: 所有人都可以接種疫苗嗎？

Is seasonal influenza vaccination suitable for everyone?

A3: 曾對流感疫苗或其成分有嚴重過敏反應的人，不宜打流感針。若對雞蛋有嚴重過敏反應、出血病症患者或服用抗凝血劑的人士，應先徵詢醫生意見。

People who have previously had severe allergic reaction to inactivated influenza vaccines or their components should not receive inactivated seasonal influenza vaccination. Individuals who have severe egg allergy, have bleeding-related disorders or are taking anticoagulants should consult a doctor before getting vaccinated.

Q4: 為何打流感針後，仍可能患感冒或流感？

Why do some people still suffer from flu after getting a jab?

A4: 流感病毒分甲、乙、丙三型，而流感針只可有效預防甲及乙型流感病毒，並不能預防丙型流感病毒及其他病毒或細菌引起的呼吸道感染。因此，打流感針後大家仍須保持個人及環境衛生和良好生活習慣。

Influenza viruses are classified as type A, B and C. The vaccine can only protect vaccinated individuals from type A and B viruses. They are still susceptible to type C virus and respiratory infections caused by other viruses or bacteria. Maintaining good personal hygiene and habits of daily living will safeguard you against infection.



Q5: 若同事打針後出現不適，會否影響病房運作？

Will ward operation be affected if colleagues fall sick after vaccination?

A5: 由於流感病毒對免疫力低的病人風險較高，容易引致併發症，甚或死亡，所以醫護人員應打流感針，避免將流感病毒傳播予病人。管理人員應協調前線同事分批打針，確保部門運作正常，釋除同事憂慮。

Influenza viruses may cause complications or even death in patients who have weak immunity. Therefore healthcare staff getting vaccination can protect themselves and their patients. Supervisors are advised to facilitate frontline colleagues to get vaccinated in turn.

Q6: 打完流感針後通常會大病一場？

Will I fall sick after being vaccinated?

A6: 本港註冊的流感針屬滅活疫苗，即是不含活性的病毒成分，故不會引致流感。部分人士或會於接種後出現輕微副作用，如接種部位紅腫和疼痛、發燒、肌肉及關節疼痛，通常兩天內消退。若出現持續不適或嚴重過敏反應如風疹或呼吸困難等，需要立即諮詢醫生。

Currently, inactivated seasonal influenza vaccine is the only type of influenza vaccine registered in Hong Kong. It does not contain living viruses and does not cause influenza. Recipients may experience soreness, redness or swelling around the injection site, mild fever, and muscle and joint pain, which may last for up to two days. If there is persistent discomfort or presence of urticaria or shortness of breath, medical advice should be sought promptly.

