

備足彈藥抗流感

每年這個時候，又要溫馨提示大家打流感針，讓身體儲備足夠彈藥，迎接冬季流感這場硬仗。一如往年，醫管局10月會推出一系列鼓勵及方便同事的打針措施，堅持每年打針的你，一定要繼續支持。而以往因各種理由而不打流感針的你，《協力》也希望你從感染及應急事務總行政經理莊慧敏醫生的口中，獲得正確打針資訊，將訊息傳給身邊人！

另外，今期推出「高手在HA」系列，報導醫院內的隱世高手或奇人異事。打頭陣的是威爾斯親王醫院創傷及矯形外科部門主管何百昌醫生。何醫生放下手術刀，竟是口琴界世界級名家，10至11頁與你細閱他的口琴人生。

Load ammunition for the flu battle

Influenza vaccination is the best ammunition to boost our immune system against contagious flu virus. Similar to past years, Hospital Authority will roll out a range of facilitating measures in October to encourage colleagues to take flu jab. If you are a regular flu shot recipient, keep it up this year. If for whatever reasons, you are not, Dr Vivien Chuang, Chief Manager (Infection, Emergency and Contingency) will answer your queries. Do pass information onto your friends and loved ones.

A new feature series 'HA's Got Talent' will showcase colleagues possessing outstanding flair and skills in various areas. First to appear in the series is Dr Ho Pak-cheong, Chief of Service of Department of Orthopaedics & Traumatology from Prince of Wales Hospital. Putting down the scalpel, he is actually a world class harmonica virtuoso! Page 10 to 11 have more, please read on!



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流感病毒，不容忽視！為及早築起抗流感的防線，醫管局將於10月10日開始為同事打流感針，轄下公立醫院及普通科門診診所10月24日起分階段為合資格人士注射。

近年，愈來愈多同事主動打流感針，去年接種率達32%，但仍有部分同事因對流感疫苗製造、成效及副作用等存疑而卻步。《協力》訪問了十名同事，了解他們為何不打針，並由感染及應急事務總行政經理莊慧敏醫生回應，分享正確打流感針資訊，消除同事憂慮，盼將打流感針變成一種習慣和文化。

Beware of flu! To build up defence against influenza, the seasonal influenza vaccination programme for all Hospital Authority (HA) staff and eligible members of the public will start on 10 October and 24 October respectively in public hospitals and general out-patient clinics.

In recent years, more and more colleagues take a flu shot. Last year, the vaccination rate reached 32%. However, some staff are still sceptical about the production, efficacy and side effects of flu vaccine. HASLink has talked to 10 colleagues who share their views about not getting a flu jab. These concerns are responded by Dr Vivien Chuang, Chief Manager (Infection, Emergency and Contingency), with the hope of not only clearing doubts but also making flu vaccination a part of organisation culture.



感染及應急事務
總行政經理莊慧敏醫生
Dr Vivien Chuang, Chief Manager
(Infection, Emergency and
Contingency)

100 問實答 打針真相

open dialogues on flu vaccination



我體質差身體又抱恙，不適合打流感針。

除了對任何疫苗成分或接種任何流感疫苗後出現嚴重過敏反應的人外，所有年滿六個月或以上人士都適宜每年打流感針，保障個人健康。如接種當日生病，可延遲至病癒後才打流感針。

I am unhealthy and not suitable to take a flu jab.

Except people with known contraindications, such as severe allergic reaction to vaccine component or influenza vaccine, everyone aged six months or above should receive seasonal influenza vaccine for personal protection every year. If you are sick on the day of vaccination, you should reschedule the flu jab appointment until fully recovered.

我怎知道疫苗是否正牌或過期？

流感疫苗必須先註冊才可在香港銷售，標籤必須附有香港註冊編號（即HK-XXXXX(五位數字)）。你打流感針前，可向醫護人員查詢疫苗包裝的資料，亦可在政府藥物辦公室網站 (www.drugoffice.gov.hk) 核對註冊紀錄。疫苗保質期通常只有一年，需於攝氏2度至8度之間儲存和運輸，否則不應使用。

How do I know if the vaccine is genuine or expired?

Seasonal influenza vaccine must be registered in Hong Kong and labelled with a five-digit product registration number (HK-XXXXX).

You can check the packaging information of the vaccine before getting flu jab. The registration record can also be checked on the Government Drugs Office website (www.drugoffice.gov.hk). The shelf life of the vaccine is usually one year and should be stored and transported at two to eight degree Celsius.

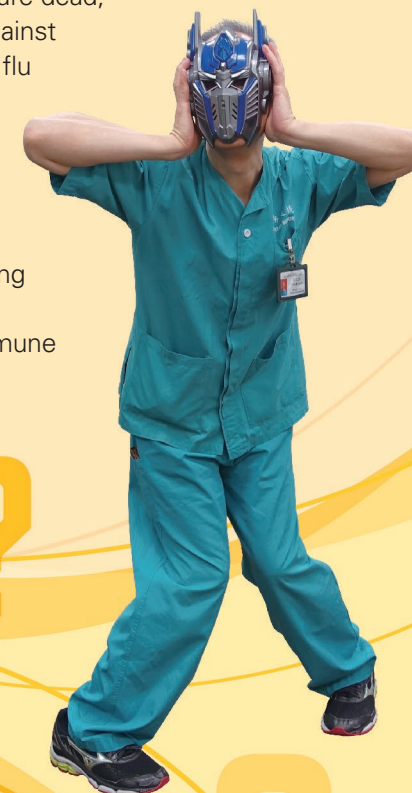


打流感針等於打細菌入身體，所以很多人打針後承受不了，反而生病！

現時政府提供注射的滅活流感疫苗內含有已死的病毒，能刺激身體免疫系統產生抗體，故不會因而感染流感。打流感針後約兩週才能發揮保護作用。部分人打針後可能出現輕微發燒和肌肉酸痛，誤以為是感染流感或生病，其實這是免疫系統製造抗體，產生反應的表徵。

Taking flu jab is to inject virus into your body. That is why many people fall sick after vaccination!

The viruses in the inactivated influenza vaccine are dead, which can induce development of antibodies against influenza virus infection in the body. Therefore, flu vaccine does not cause influenza. People will have protection two weeks after receiving flu jab. Some recipients may have mild fever and muscle soreness after injection which are mistakenly considered as influenza infection or falling sick. In fact, these are symptoms of production of antibodies in the immune system.



若我打針後生病發燒，部門同事就要分擔我的工作！

流感疫苗十分安全，除了接種處可能出現痛楚、紅腫外，一般並無其他副作用。有些人或在打針後6至12小時內出現發燒、肌肉疼痛，以及疲倦等症狀，是身體免疫系統產生抗體的反應，通常兩天內會減退。

若同事感染流感，不單可引致缺勤而令其它同事分擔你的工作，更可能傳播病毒予病人，特別是免疫力低的病人。他們風險較高，容易引致嚴重併發症，甚至死亡，故醫護人員應該打流感針。管理人員應協調前線同事分批打針，同事亦可選擇在放假前，以及冬季服務高峰期前打流感針。

I am afraid of falling sick after vaccination. It may cause heavy workload to my colleagues.

Influenza vaccine is very safe and usually well tolerated apart from occasional soreness, redness or swelling at the injection site. A small number of recipients may experience fever, muscle pain and feelings of discomfort or weakness that begin 6 to 12 hours after injection. These effects may last up to two days.

If staff get sick from flu, their work will be passed to other colleagues. Moreover, influenza viruses may cause complications or even death in patients who have weak immunity. Healthcare staff getting flu shot can protect themselves and their patients. Supervisors are advised to facilitate frontline colleagues to get vaccinated in turn. Alternatively, colleagues can get vaccinated before holiday or the winter surge.



科學家每年「買大細」估流感來製造疫苗，又不準確，我為何要拿自己性命去「搏」？

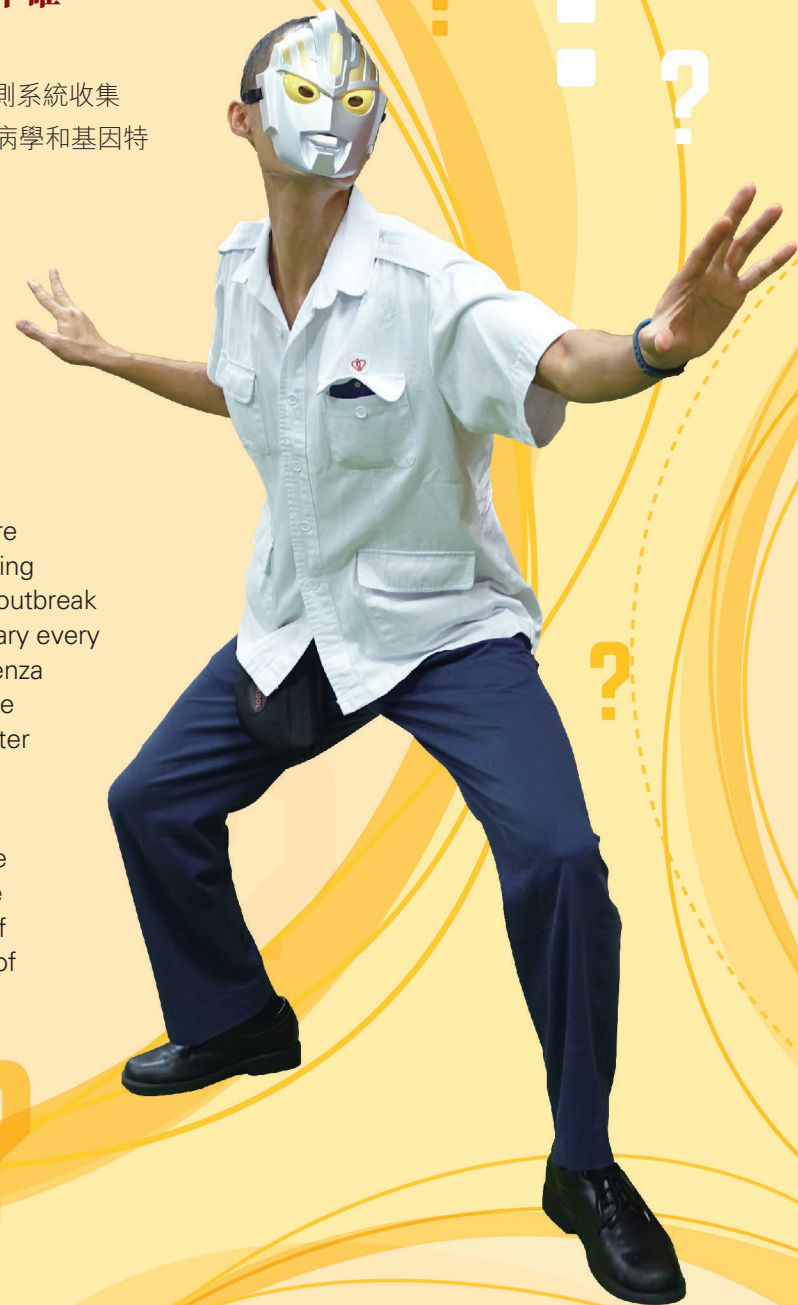
製造疫苗並非「靠估」，而是經過一系列科學實證。世界衛生組織透過全球監測系統收集不同地區和社群蔓延的流感病毒資料，每年2月召開會議，分析流感病毒的流行病學和基因特徵，評估上一年度疫苗的有效性，並建議本年度北半球地區流感疫苗組合。接着，製造商便開始生產疫苗，由製造到供應市場，約需五至六個月。

打流感針不是「搏命」，而是保命。當疫苗的抗原與流行的病毒吻合，保護效用可達70%至90%。若病毒抗原出現變化，以致衍生出新的病毒品種，流感疫苗仍能提供20%保護。

Scientists 'gamble' on the vaccine composition. Why should I do such death-defying act?

World Health Organisation (WHO) runs a series of scientific tests and simulations before selecting influenza virus strains which are likely to be the most prevalent in the upcoming seasonal influenza season. WHO aggregates and analyses the data of local influenza outbreak through a worldwide network of collaborating centres. Meetings take place in February every year to analyse the epidemiology and genetic characteristics of the prevailing influenza viruses, and also of the previous year's vaccine. They recommend specific vaccine viruses for inclusion in the upcoming vaccines for the Northern hemisphere. After that, manufacturers will produce vaccines. From manufacturing to market supply, it takes about five to six months.

Taking flu jab is not death-defying, but for health protection. When the vaccine strains closely match the circulating influenza viruses, the efficacy of influenza vaccine range from 70% to 90%. Even if there is viral antigenic drift or change, the efficacy rate of flu vaccine can be at least 20%.



我日日做運動，十分強壯，很少生病，何需打針？

健康人士亦有可能感染流感，就算病徵輕微，流感病毒可透過咳嗽、打噴嚏或說話時產生的飛沫傳播，感染你身邊的人。2017至2018冬季流感季節，570名成人確診感染流感的嚴重個案中，有74%沒有打流感針。所以，關愛自己及身邊的人，盡早打流感針！

I am very healthy because I exercise every day and have a balanced diet. I do not need a flu shot!

Influenza does not discriminate and can be a threat to anyone no matter you are healthy or not. Even if the flu symptoms are mild, the virus can spread through coughing, sneezing or droplets. In the 2017/18 winter flu season, 74% of the 570 severe adult influenza cases were not flu-vaccinated. So, take care of yourself and the people around you. Get a flu shot as soon as possible!



我是支援的同事，不會接觸病人，不用打流感針吧！

打流感針能保障自己和身邊人的健康，保護家人尤其重要。較高的疫苗接種率，能提升社會整體抗疫能力。一個社群裏愈多人打流感針便可增加整體免疫力，愈容易切斷傳染病的感染鏈，有助降低流感病毒擴散的風險。

I am a supporting staff and I have no contact with patients. It is unnecessary for me to take a flu jab!

Flu vaccination protects individuals and people around them, most importantly family members. A higher vaccination rate will enhance herd immunity in society. When more people in a community take flu shot, the infection chain of influenza virus can be easily cut off and reduce the spread of the virus.



關愛身邊人 即打流感針
Get protected, get a jab!



公眾篇
For Public



同事篇
For HA Staff

「媽媽谷」說，孕婦打流感針會影響胎兒，我不敢打，萬一BB有事怎麼辦？

打流感疫苗不會影響胎兒健康，孕婦和餵母乳的媽媽都適合打流感針。媽媽打針後產生的抗體，可減低自己及胎兒感染流感的可能，同時降低懷孕期間因感染流感而出現嚴重併發症的風險。有外國研究估計，打流感針的孕婦出現流產的風險比沒打的低51%；嬰孩出世後首六個月因感染流感而入院的風險亦降低25%。

I learnt from gossip forum on social media that vaccination can be dangerous to foetus. It is very scary. What if it affects my baby?

Flu shot is safe and suitable for pregnant woman, foetus and breastfeeding mother. The antibodies developed in mother's body can reduce risk of infection and influenza related complications for the mother and the foetus. A study found that a pregnant woman who gets a flu vaccine is about 51% less likely to experience miscarriage than an unvaccinated pregnant woman. Also, the risk of being hospitalised due to flu of newborns of vaccinated mother is 25% lower for the first six months after birth.



如果打流感針那麼重要，為何不強制所有醫護人員打針？

打針是個人選擇，並非強制措施。打流感針是對抗流感最有效的方法，故醫管局會採取鼓勵方法，希望同事自願打流感針，保護自己及身邊人的健康。根據衛生防護中心在2017/18冬季流感季節收集的數據顯示，流感疫苗在所有年齡層的保護效為63.4%，乙型流感為59.3%，效果屬於中等至良好保護。

Why not make flu vaccination mandatory for all healthcare workers if it is so important?

Getting vaccinated is a matter of personal choice. HA encourages colleagues to take flu shot because it is the most effective way to protect themselves and people around them. According to data of the 2017/18 influenza season from Centre for Health Protection, the overall efficacy of flu vaccine for all age groups is 63.4% and 59.3% for influenza type B. The efficacy is considered as medium to high.



我怕流感針有水銀。而且年年打針會影響身體免疫機能，產生抗藥性，真的生病時便無藥醫！

大家可以放心，香港市面用的流感針是「單劑量」，完全不含水銀，例如屬防腐劑的硫柳汞！另外，因打流感針而產生的抗體可維持整個年度流感季節，不會產生抗藥性，所以愈早打愈早得到保護。加上，流行的季節性流感病毒株會時常改變，所以流感針的成分必須每年更新，加強保護效能。

I am worried that there is mercury in influenza vaccine! Moreover, taking flu shot every year may develop resistance to targeted therapies against influenza.

The influenza vaccines currently used in Hong Kong is single-dose and do not contain a mercuric compound including the preservative 'thimerosal'. The protection of vaccine can last for the whole flu season and will not cause any drug resistance. Moreover, as the circulating seasonal influenza strains may change from time to time, the composition of the flu vaccine is updated yearly to enhance protection.

