

香港特別行政區和澳門特別行政區正面對持續「季節性流行性感冒病毒」肆虐的威脅，禍不單行的是「新型冠狀病毒變異病毒株」亦正持續感染港澳市民，**首當其衝的固然是高危人士**。市民有須要加強對抗流感和新冠病毒的防疫意識。

「急性壞死性腦炎」是一種嚴重的神經系統疾病，由病毒入侵中樞神經系統並引發隨後的炎症反應所引致。它的病徵包括全身抽筋，患者意識和神智迅間轉差，**快速地導致昏迷和死亡**。即使患者僥幸地康復，但隨後可有廣泛的多器官損害和終生神經功能缺損，需要長時間醫治和復康治療。



嬰、幼兒和青少年不單是每一個家庭的重要成員，亦都是社會未來的主要棟樑。我們絕對關愛和重視每一個小生命的寶貴價值，有責任去保護他們的健康和令他們茁壯成長。家長和照顧者應從科學角度重視疫苗接種的益處，疫苗接種是為了保護

嬰、幼兒童和青少年的健康和生命。**科學數據證明季節性流行性感冒疫苗和新冠疫苗臨床效果非常有效**，嚴重不良的疫苗反應相當罕見，所以家長、孕婦、患長期病患或年長人士及其照顧者毋須擔心。我們在此懇切呼籲家長和照顧者不要再猶豫，應儘快讓嬰、幼兒童和青少年接種 2023/24 年季節性流感疫苗和完成接種新冠疫苗*來預防現正肆虐的流行性感冒和新冠病毒「同時來襲」。大家可以放心，流感疫苗和新冠疫苗是可以同時間一齊接種。如有疑問可以請教家庭醫生。另外市民亦要保持良好個人和環境衛生習慣。

兒童及青少年如患上流行性感冒、新冠和各類呼吸道病毒感染，可參考以下立法會（醫療衛生）議員林哲玄醫生和十三個港澳醫護團體聯合致家長及照顧者的「**兒童及青少年流行性感冒、新冠和呼吸道病毒感染的留家照顧處理及預防方法**」^一和衛生署衛生防護中心官方 YouTube 頻道「**流感肆虐 - 家長和照顧者預防和處理兒童感染方法**」網上講座^二。

希望大眾市民應認知「多疫夾擊」對自己和家人的害處。立法會（醫療衛生）議員林哲玄醫生、立法會陳凱欣議員（選舉委員會）和十五個港澳醫護團體謹致家長、學童、孕婦、患長期病患或年長人士及其照顧者的聯合呼籲「**流感肆虐、快打疫苗**」。亦希望當局、業界和媒體多加力度於灌輸正確疫苗資訊給廣大市民。



*完成接種新冠疫苗 = 接受香港特別行政區政府衛生署衛生防護中心疫苗可預防疾病科學委員會建議接種的新冠疫苗劑量。

參考資料：

- 一、 香港兒科醫學會、澳門兒科專科醫學會、香港中華醫學會有限公司、香港兒童免疫過敏及傳染病學會、香港感染及傳染病醫學會、立法會（醫療衛生）議員林哲玄醫生、香港婦產科學會、香港兒童及青少年皮膚科學會、香港護理學院、香港兒科護理學院、香港兒科護士學會、亞洲醫療專科學院、香港助產士會和香港學校護士學會致家長及照顧者「**兒童及青少年流行性感冒、新冠和呼吸道病毒感染的留家照顧處理及預防方法**」

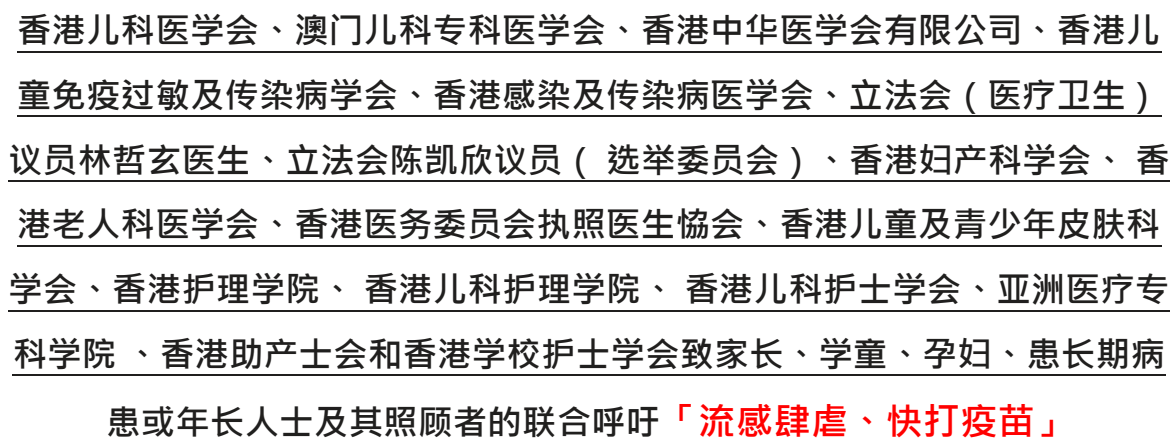
https://medicine.org.hk/hkps/download/statements/20240131_Statements_v2.pdf

- 二、 「**流感肆虐 - 家長和照顧者預防和處理兒童感染方法**」網上講座。二零二四年一月三十一日。衛生署衛生防護中心官方 YouTube 頻道，衛生署衛生防護中心，香港特別行政區政府。

<https://www.youtube.com/watch?v=LABz8xDmKho>

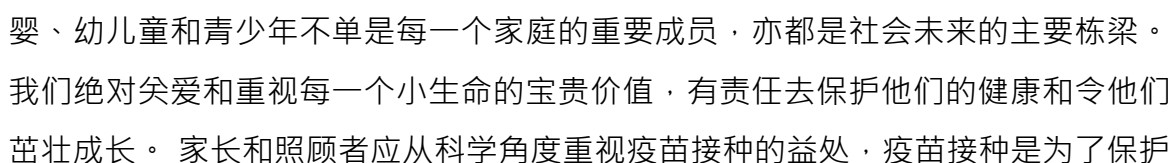
二零二四年五月五日





高危群组 (包括婴幼儿、幼童、孕妇、长者、和患长期病患人士) 感染流行性感冒病毒后容易引发重症、需要住院、甚至需要进入深切治疗部和有部份更不幸死亡。不可忽略的是学童在学校和群体活动中多社交接触，绝对容易将呼吸道病毒，包括流感病毒在学校和社区传播，亦会将病毒带回家居感染家中高危人士。

高危群组绝对有需要接种流感疫苗来预防流行性感冒病毒感染后患上重症和入院的机会，亦更加可大大减低死亡率或康复后引致的后遗症。



嬰、幼兒和青少年的健康和生命。**科学数据证明季节性流行性感冒疫苗和新冠疫苗临床效果非常有效**，严重不良的疫苗反应相当罕见，所以家长、孕妇、患长期病患或年长人士及其照顾者毋须担心。我们在此恳切呼吁家长和照顾者不要再犹豫，应尽快让嬰、幼兒和青少年接种 2023/24 年季节性流感疫苗和完成接种新冠疫苗*来预防现正肆虐的流行性感冒和新冠病毒「同时来袭」。大家可以放心，流感疫苗和新冠疫苗是可以同时间一齐接种。如有疑问可以请教家庭医生。另外市民亦要保持良好个人和环境卫生习惯。

儿童及青少年如患上流行性感冒、新冠和各类呼吸道病毒感染，可参考以下立法会（医疗卫生）议员林哲玄医生和十三个港澳医护团体联合致家长及照顾者的「**儿童及青少年流行性感冒、新冠和呼吸道病毒感染的留家照顾处理及预防方法**」^一和卫生署卫生防护中心官方 YouTube 频道「**流感肆虐- 家长和照顾者预防和处理儿童感染方法**」网上讲座^二。

希望大众市民应认知「多疫夹击」对自己和家人的害处。立法会（医疗卫生）议员林哲玄医生、立法会陈凯欣议员（选举委员会）和十五个港澳医护团体谨致家长、学童、孕妇、患长期病患或年长人士及其照顾者的联合呼吁「**流感肆虐、快打疫苗**」。亦希望当局、业界和媒体多加力度于灌输正确疫苗资讯给广大市民。



*完成接种新冠疫苗 = 接受香港特别行政区政府卫生署卫生防护中心疫苗可预防疾病科学委员会建议接种的新冠疫苗剂量。

参考资料：

- 一、香港儿科医学会、澳门儿科专科医学会、香港中华医学会有限公司、香港儿童免疫过敏及传染病学会、香港感染及传染病医学会、立法会（医疗卫生）议员林哲玄医生、香港妇产科学会、香港儿童及青少年皮肤科学会、香港护理学院、香港儿科护理学院、香港儿科护士学会、亚洲医疗专科学院、香港助产士会和香港学校护士学会致家长及照顾者「**儿童及青少年流行性感冒、新冠和呼吸道病毒感染的留家照顾处理及预防方法**」。
https://medicine.org.hk/hkps/download/statements/20240131_Statements_v2.pdf
- 二、「**流感肆虐 - 家長和照顧者預防和處理兒童感染方法**」網上講座。二零二四年一月三十一日。衛生署衛生防護中心官方 YouTube 頻道，衛生署衛生防護中心，香港特別行政區政府。
<https://www.youtube.com/watch?v=LABz8xDmKho>



二零二四年五月五日

precious value of every child and have the responsibility to protect their health and enable them to thrive. Parents and caregivers should value the benefit of vaccination from a scientific perspective, vaccination is to protect the health and lives of infants, young children and adolescents. **Scientific data has proved that seasonal influenza vaccines and COVID-19 vaccines are clinically very effective**, and serious adverse vaccine reactions are quite rare. Therefore, parents, pregnant women, chronically ill or elderly people and their caregivers need not to worry. We sincerely appeal to parents and caregivers should no longer hesitate and to vaccinate infants, young children and adolescents with the 2023/24 seasonal influenza vaccine and complete the COVID-19 vaccination* as soon as possible to prevent the current epidemic of influenza and COVID-19, "Twindemic". You can be reassured that the flu vaccine and the COVID-19 vaccine can be given at the same time. If you have any questions, please consult your family doctor. In addition, the public should also maintain good personal and environmental hygiene habits.

If children and teenagers suffer from influenza, COVID-19 and various respiratory virus infections, you can refer to the following recommendation in the reference "**Caring for Children and Adolescents with Seasonal Influenza, COVID-19 and Respiratory Viruses Infections at Home and Their Prevention**¹" issued by Dr Hon David LAM Tzit-yuen, Member of the Legislative Council (Healthcare) and thirteen Hong Kong and Macau medical and nursing societies and the online talk "**Influenza is Raging - How can Parents and Caregivers Prevent and Manage Influenza Infections in Children?**²" on the official YouTube channel of the Center for Health Protection of the Department of Health.

We hope that the general public will be aware of the harmful effects of "Twindemic" or Tridemic" attacks on themselves and their families. Dr. Hon David LAM Tzit-yuen, Member of the Legislative Council (Healthcare), Hon Chan Hoi-yan, Member of the Legislative Council (Election Committee) and fifteen medical and nursing societies from Hong Kong and Macau would like to issue this joint appeal to parents, children, pregnant women, chronically ill or elderly people and their caregivers, **"The Flu is Raging, Get Vaccinated Quickly."** We also hope that the health authorities, health professionals and the media will contribute more efforts to promote and promulgate vaccine information to the general public.



**Complete COVID-19 vaccination = To receive the number of doses of COVID-19 vaccination as recommended by the Scientific Committee on Vaccine Preventable Diseases, Centre for Health Protection, Department of Health, Hong Kong SAR Government.*

Reference:

1. "**Caring for Children and Adolescents with Seasonal Influenza, COVID-19 and Respiratory Viruses Infections at Home and Their Prevention**" by The Hong Kong Paediatric Society, The Macau Pediatric Society, The Hong Kong Chinese Medical Association Ltd., The Hong Kong Society for Paediatric Immunology Allergy and Infectious Diseases, The Hong Kong Society for Infectious Diseases, Dr Hon David LAM Tzit-yuen, Member of the Legislative Council (Healthcare), The Obstetrical and Gynaecological Society of Hong Kong, The Hong Kong Paediatric and Adolescent Dermatology Society, The College of Nursing Hong Kong, The Hong Kong College of Paediatric Nursing, The Hong Kong Paediatric Nurses Association, Asian Medical Expert Academy, The Hong Kong Midwives Association and The Hong Kong School Nurse Association Ltd https://medicine.org.hk/hkps/download/statements/20240131_Statements_v2.pdf
2. "**Influenza is Raging - How can Parents and Caregivers Prevent and Manage Influenza Infections in Children?**" 31st January 2024. Centre for Health Protection (CHP) of the Department of Health's official YouTube channel. Government of the Hong Kong Special Administrative Region. <https://www.youtube.com/watch?v=LABz8xDmKho>



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