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Stay Strong & Fight Against Flu

For enquiries and appointments, please contact us
What is Flu?

Seasonal influenza is an acute illness of the respiratory tract caused by influenza viruses. It is usually more common in periods from January to March/April and from July to August in Hong Kong. Three types of seasonal influenza viruses are recognised to cause human infection, namely A, B and C. In the spring of 2009, influenza A (H1N1) virus emerged to cause illness in human and resulted in a pandemic in mid 2009. Influenza A (H1N1) pdm09 virus has now become one of the seasonal influenza strains worldwide.

Transmission

Influenza viruses mainly spread through droplets when infected people cough, sneeze or talk. The infection may also spread by direct contact with the secretions of infected persons. The incubation period is usually around one to four days. Infected persons may pass the viruses to other people one day before and up to five to seven days after they develop symptoms. The period may be longer in young children or severely immunocompromised persons.

Symptoms

Symptoms may include fever, cough, sore throat, runny nose, muscle pain, fatigue and headache; some may also have vomiting and diarrhoea. Cough is often severe and prolonged but fever and other symptoms generally resolve in five to seven days. However, influenza is a serious illness to the weak and frail or elderly people, and may be complicated by bronchitis, chest infection or even death.

Treatment

The use of medicines is for relieving symptoms. Antiviral agents may reduce severity and duration of illness but must be used under doctor’s prescription. Infected persons should have adequate rest and drink plenty of water.

Prevention

1. Seasonal Influenza Vaccination

Seasonal influenza vaccination can prevent seasonal influenza and its complications. Except those with known contraindications, all people aged 6 months or above should receive seasonal influenza vaccinations.

When should I receive seasonal influenza vaccination?

The vaccine composition is updated annually in accordance with the circulating seasonal influenza strains. Therefore you should receive vaccination every year. After vaccination, the antibodies needs two weeks to develop in the body and become effective against influenza virus infection.

Who should receive seasonal influenza vaccination?

- Pregnant women
- Elderly persons staying in homes for the aged
- Long stay residents of residential care homes for the disabled
- Aged 50 or above
- With chronic diseases*
- Medical personnel
- Children aged from 6 months to 11 (below 12)
- Poultry workers
- Pig farmers and pig-slaughtering industry personnel

* Including patients with chronic cardiovascular diseases (except hypertension without complication), lung, metabolic or kidney diseases, obesity (BMI 30 or above), who are immunocompromised by diseases (AIDS) or treatments (cancer treatment); children or adolescents on long-term aspirin (aged from 6 months to 18); patients with chronic neurological conditions that can affect respiratory function or the handling of respiratory secretions or that can increase the risk for aspiration or those who lack self-care abilities.
What are the differences between inactivated influenza vaccine (IIV) and live attenuated influenza vaccine (LAIV)?

The IIV contains dead virus and LAIV weakened viruses. The former is given by injection, while the latter is in nose spray form. Both are effective vaccines with different indications. Depending on individual product, most IIVs are recommended for people aged 6 months or above, including those who are healthy, pregnant and with chronic medical problems. LAIV applies to non-pregnant and non-immunocompromised people aged 2 to 49 years. Please consult your doctor for details.

Who should not receive IIV?

- A history of severe allergy to any vaccine component or after seasonal influenza vaccination
- Fever
- Egg allergy, bleeding disorders, being on anticoagulants. Please consult your doctor for advice

Who should not receive LAIV?

- A history of severe allergic reaction to any vaccine component or after seasonal influenza vaccination
- Children and adolescents on aspirin or salicylate-containing therapy
- Children aged from 2 to 4 and diagnosed with asthma; or had wheezing or asthma in the past 12 months
- Children and adults who are immunocompromised by any cause
- Severely immunosuppressed persons
- Pregnancy
- Use of influenza antiviral medication within previous 48 hours
- Egg allergy. Please consult your doctor for details

Common Side Effects (IIV)

- Pain, redness and swelling at the injection site
- Fever
- Muscle pain
- Fatigue

Rare Side Effects (IIV)

- Hives
- Swelling of lips and tongue
- Breathing difficulty
- Guillain-Barré Syndrome

Common Side Effects (LAIV)

- Nasal congestion
- Running nose
- Fever
- Sore throat
2. Keep Good Personal and Environmental Hygiene

- Keep hands clean all the time
- Cover the nose and mouth while sneezing or coughing, dispose of used tissue into a lidded rubbish bin and wash hands thoroughly afterwards
- If you have respiratory symptoms, wear a surgical mask and seek medical advice immediately
- Frequently touched surfaces should be cleaned and disinfected regularly with 1:99 diluted household bleach. If the surfaces are metallic, disinfect with 70% alcohol
- Use absorbent disposable towels to remove obvious contaminants, such as respiratory secretions, vomitus or excreta. The soiled surface and its surrounding areas should also be disinfected with 1:99 diluted household bleach, then left for 15 to 30 minutes, rinsed with water and kept dry. Disinfect metallic surfaces with 70% alcohol
- Maintain good air circulation

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**Frequently Asked Questions**

1. **How long does the vaccine take to become effective?**

   It becomes effective 3 weeks after vaccination.

2. **When should children be vaccinated? How many doses are required?**

   Children can receive vaccination at the age of 6 months. Two doses are required if one begins vaccination below 9 years of age. The third dose should be given 28 days after the second one.

3. **Who can receive flu vaccine?**

   According to the recommendations of the Department of Health, all people, especially children, the elderly, women who are planning pregnancy or already pregnant, and high risk personnel (such as medical staff), should receive vaccination before the summer flu season.

   Receiving the vaccination can even prevent related complications.

4. **What are the common side effects?**

   Clinically speaking, the most common side effects are headache, fever, muscle sore or swelling or redness at the injection site.

5. **Can I receive vaccination if I am allergic to certain food or drugs?**

   Vaccination is not recommended for those who are allergic to proteins contained in the related vaccine.
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「疫」境自強
對抗流感

查詢或預約，歡迎聯絡我們

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何謂流感

季節性流行性感冒（流感）是由流感病毒引致的急性呼吸道疾病。本港流感一般於一月至三/四月和七、八月較為流行。已知可感染人類的季節性流感病毒有三種類型：甲型、乙型和丙型。在2009年春季，甲型（H1N1）流感病毒首次出現並導致人類感染個案，並在2009年中出現流感大流行。甲型（H1N1）pdm09流感病毒現已成為全球季節性流感病毒株之一。

播途徑

流感病毒主要透過患者咳嗽、打噴嚏或說話時產生的飛沫或直接接觸患者的分泌物而傳播。潛伏期一般約為1至4天，患者可在病發前約1天至病發後5至7天傳染他人。幼兒或免疫功能嚴重受損人士的傳染期會更長。

病徵

病徵包括發燒、咳嗽、喉嚨痛、流鼻水、肌肉痛、疲倦和頭痛；亦可能出現嘔吐和腹瀉等。咳嗽多是嚴重和持續時間較長，但發燒和其他病徵一般會在5至7天內自行減退。然而，免疫力較低的人士或長者一旦染上流感會是嚴重的疾病，而且可能會出現支氣管炎或肺炎等併發症，甚至死亡。

治療

主要使用藥物治療症狀，抗病毒劑能減輕病情和縮短患病時間。但必須由醫生處方才可服用。患者亦要有充足休息和多喝水。
滅活流感疫苗和減活流感疫苗的分別

滅活流感疫苗含已死亡病毒，可透過注射接種；而減活流感疫苗則含已弱化病毒，須透過噴鼻接種。滅活流感疫苗和減活流感疫苗同樣有效，惟適用人士有別。因應不同產品，大部分滅活流感疫苗均適用於6個月或以上的人士，包括健康人士、懷孕婦女及有長期健康問題人士。減活流感疫苗只建議供年齡為2歲至49歲的非懷孕及非免疫力低人士使用。詳情請向醫生查詢。

不宜接種或須押後接種滅活流感疫苗人士

- 對任何疫苗成分或接種任何流感疫苗後曾出現嚴重過敏反應
- 發燒
- 對雞蛋過敏、有出血病症或服用抗凝血劑，應先諮詢醫生意見

不宜接種或須押後接種減活流感疫苗人士

- 對任何疫苗成分或接種任何流感疫苗後曾出現嚴重過敏反應
- 正服用亞士匹靈或含水楊酸鹽藥物的兒童和青少年
- 有下列情況的2至4歲兒童：曾確診哮喘；或過去12個月曾患喘鳴或哮喘
- 因任何原因導致免疫功能減弱的兒童及成人

常見副作用（滅活流感疫苗）

- 接種處出現痛楚、紅腫
- 發燒
- 肌肉疼痛
- 疲倦

罕見副作用（滅活流感疫苗）

- 風疹塊
- 口舌腫脹
- 呼吸困難
- 吉巴氏綜合症

常見副作用（減活流感疫苗）

- 鼻塞
- 流鼻水
- 發燒
- 喉嚨痛

免疫系統嚴重受抑制
- 懷孕
- 在過去48小時曾服用流感抗病毒藥物
- 對雞蛋過敏人士，應先諮詢醫生意見
2. 保持良好的個人及環境衛生

- 經常保持雙手清潔
- 打噴嚏或咳嗽時應用紙巾掩蓋口鼻，將已用紙巾棄於有蓋垃圾箱內，然後徹底清潔雙手
- 如出現呼吸道感染症狀，應戴上外科口罩，並盡早求診
- 使用1比99稀釋家用漂白水定期清潔和消毒經常接觸的表面；金屬表面則可用70%酒精清潔消毒
- 用吸水力強的即棄抹巾清理可見污物，例如呼吸道分泌物，再用1比49稀釋家用漂白水消毒受污染地方及鄰近各處，待15至30分鐘後，用水清洗並抹乾。金屬表面可用70%酒精清潔消毒
- 保持室內空氣流通

常見問題

1. 接種流感疫苗後多久可產生抗體及保護作用？

接種後約3星期後可產生保護作用。

2. 小童應何時開始接種流感疫苗？需要接種多少針？

幼童於6個月大後便能接種流感疫苗。少於9歲之兒童又是一次接種流感疫苗便需要接種兩針，第二針與第一針需相隔28天。

3. 誰人適宜接種流感疫苗？

根據衞生署建議任何人可於每年流感高峰期前接種流感疫苗，更鼓勵小童、長者、預備懷孕或懷孕期間婦女、長期病患及高危人士如醫護人員等按時接種流感疫苗以作適當的保護。

接種疫苗更可預防併發症。

4. 有何常見副作用？

臨床上最常見的副作用有頭痛、發燒、肌肉酸痛或注射部位腫痛或紅腫。

5. 食物或藥物敏感者能注射嗎？

對蛋白敏感者不能注射此疫苗，因疫苗有蛋白成分，會引起敏感反應。