

## 常見問題 Frequently Asked Questions

### Q：是否每年都要接種季節性流感疫苗？

Is it necessary to get vaccinated against seasonal influenza every year?

A：是。季節性流感病毒株可能會不時改變，因此，季節性流感疫苗的成分需每年根據流行的病毒株而更新，以加強保護。

Yes. The circulating seasonal influenza strains may change from time to time. In accordance with the circulating strains, the seasonal influenza vaccine composition is updated every year to enhance protection.

### Q：季節性流感疫苗會否立即有效？

Will the seasonal influenza vaccine work right away?

A：不會。接種疫苗後身體約需兩星期產生抗體來預防流感病毒。為預防流感，所有人士須維持良好的個人及環境衛生習慣、注意飲食均衡、恆常運動、充份休息及不吸煙。

No. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. For prevention against influenza, all individuals should maintain good personal and environmental hygiene practices, balanced diet, regular exercise, adequate rest and no smoking.

### Q：香港使用的流感疫苗含有水銀或鋁嗎？

Do influenza vaccines in Hong Kong contain mercury or aluminum?

A：沒有。現時於香港供應的流感疫苗並不含水銀或鋁。  
No. The influenza vaccine currently available in Hong Kong does not contain mercury or aluminum.

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有關流感疫苗的詳情，或政府疫苗資助計劃的安排，歡迎致電 3946 6188 向本院服務人員查詢。

For more information about influenza vaccination and arrangement of the Department of Health's Vaccination Subsidy Scheme, please speak with our service team at 3946 6188.

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# 流感疫苗 INFLUENZA VACCINATION



接種流感疫苗 守護您我健康  
Guard your health. Get influenza vaccine.



香港中文大學醫院  
CUHK  
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## 流感通識 Knowing Influenza

**流行性感冒(簡稱流感)**是一種由病毒引致的疾病。流感可由多種類型的流感病毒引起，香港最常見的是H1N1及H3N2兩種甲型流感和乙型流感。

香港的流感高峰期一般為每年的一至三月或四月、七至八月(視乎每年實際情況而定)。病毒主要透過呼吸道飛沫傳播。患者一般會在2至7天內痊癒，但高危人士(例如：孕婦及兒童等)則可能出現較嚴重的併發症，如鼻竇炎、支氣管炎、心肌炎或肺炎等，甚至可導致死亡。

**Influenza** is an infectious viral disease. It can be caused by various types of influenza viruses (influenza A virus – H1N1 and H3N2, and influenza B virus – the most commonly seen in Hong Kong).

The influenza peak season in Hong Kong are normally from January to March/April, and from July to August (subject to the actual situation of each year). The viruses are mainly spread through droplets from the respiratory tract. It is usually self-limiting with recovery within 2 to 7 days. However, for high risk groups (for example, pregnant women, children and etc.), more severe complications can occur, such as sinusitis, bronchitis, myocarditis, pneumonia, and at extreme situations, death.

## 預防流感的方法 Ways to Prevent Influenza

除注意個人衛生及保持環境清潔外，接種季節性流感疫苗是其中一種有效方法。由於健康人士亦有可能患上嚴重流感，因此，除個別有已知禁忌症的人士外，所有年滿6個月或以上人士都適宜接種季節性流感疫苗，以保障個人健康。

Besides maintaining good personal and environmental hygiene, receiving seasonal influenza vaccination is one of the effective means to prevent seasonal influenza. Given that severe cases can occur even in healthy persons, all members of the public aged 6 months or above, except those with known contraindications, should receive seasonal influenza vaccine for personal protection.

除健康人士外，高危人士更應優先接種疫苗，包括：Apart from healthy persons, people in the high risk groups should have higher priority for the vaccination, including:

- 孕婦 Pregnant women
- 兒童 Children
- 長者 Elderly
- 有長期健康問題或免疫力較低的人士，如長期心血管疾病、肺病、新陳代謝疾病或腎病患者  
Chronic disease patients or patients with compromised immunity, such as chronic cardiovascular diseases, lung diseases, metabolic diseases, or renal diseases
- 醫護人員 Healthcare workers
- 家禽業從業員 Poultry workers
- 從事養豬或屠宰豬隻行業的人士  
Pig farmers and pig-slaughtering industry personnel

## 病徵 Clinical Features



發燒  
Fever



喉嚨痛  
Sore throat



咳嗽  
Cough



頭痛  
Headache



肌肉疼痛  
Muscle ache



流鼻水  
Runny nose



全身疲倦  
Fatigue



## 疫苗 Vaccination

### 四價滅活注射式流感疫苗 Quadrivalent inactivated influenza vaccine

預防的 流感病毒 類型 Preventive against	預防四種不同的流感病毒 (兩種甲型流感病毒和兩種乙型流感病毒) 4 types of influenza viruses (2 A viruses and 2 B viruses)  (四價季節性流感疫苗的配方是根據世界衛生組織每年就下一個流感季節所作出的建議而制定。 The composition of quadrivalent seasonal influenza vaccines is developed according to the annual World Health Organization recommendations for the next influenza season.)
疫苗類型 Vaccine type	滅活疫苗 Inactivated vaccine
適用人士 Applicability	6個月大或以上人士* Suitable from the age of 6 months or above*
接種方式 Method of administration	肌肉注射/皮下注射 Intramuscular injection/subcutaneous injection  6個月大至9歲前的人士：須注射1至2針 (首次接種要注射2針，每針至少相隔4星期) Aged between 6 months and before 9 years: 1 to 2 dose(s) (first-time vaccination will require 2 doses and at least 4 weeks apart)  9歲或以上的人士：注射1針 Aged 9 years or above: 1 dose
副作用 Side effects	主要副作用如注射部位脹痛、紅腫或發燒等，一般是短暫的反應 Side effects are mostly temporary and can include soreness, redness and swelling around the injection site or fever

\* 流感疫苗不適用於對疫苗或其成分有嚴重過敏史的人士，而不同疫苗供應商所提供的流感疫苗有別。如有任何疑問，請徵詢家庭醫生或醫療服務單位意見。  
Flu vaccine is contraindicated for those with a history of severe hypersensitivity to any ingredient in the vaccine, or a previous dose of flu vaccine, and there are differences between influenza vaccines. If you have any questions, please consult your family doctor or health care provider for medical advice.