香港助產士會 Hong Kong Midwives Association | 防止虐待兒童會 Against Child Abuse | 香港兒科護理學院 Hong Kong College of Paediatric Nursing | 香港兒童及青少年皮膚科學會 Hong Kong Paediatric and Adolescent Dermatology Society | 香港兒童免疫過敏及傳染病學會 The Hong Kong Society for Paediatric Immunology, Allergy and Infectious Diseases | 香港中華醫學會有限公司 Hong Kong Chinese Medical Association Ltd | 香港兒科醫學會 The Hong Kong Paediatric Society | 澳門兒科專科醫學會 Macau Pediatric Society | 香港婦產科學會 The Obstetrical and Gynaecological Society of Hong Kong | 香港護理學院 College of Nursing Hong Kong | 香港兒科護士學會 Hong Kong Paediatric Nurses Association | 香港學校護士學會 The Hong Kong School Nurses Association Ltd

「懇切呼籲各嬰幼童、孕婦、餵哺母乳的婦女、高齡或患有長期病患人士儘快接種 2023/24 年季節性流感疫苗，亦應同時完成接種新冠疫苗*：以預防冬季流行性感冒和新冠病毒同時來襲所導致的重症、急性併發症、入院、死亡和中、長期後遺症」 – 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、防止虐待兒童會、香港助產士會和香港學校護士學會聯合聲明”

新型冠狀病毒疫情過去三年於全球肆虐，為應付新冠狀疫情的一系列防疫措施如戴口罩、勤清潔雙手和保持社交距離令流行性感冒和其他呼吸道病毒感染大大減少，各年齡層人士應對流感病毒的抗體和免疫能力亦隨之而然相對缺乏。 隨著新冠疫情後放寬社交距離措施和強制「口罩令」的解除，**不同種類和多不勝數的呼吸道病毒，例如：合胞病毒、腺狀病毒、副流感病毒等接二連三感染人群。 其中「季節性流行性感冒」感染是最令人擔心的情況**。

參考處於南半球的澳洲在解除新冠疫情防疫措施後所經歷的流行性感冒季節，患流感個案不但較往年早出現，整體流感病例激增速度也比往年快得多，突破過去多年的平均數。 北半球今年冬季流行性感冒季節將至，**預計流感的肆虐將會對沒有免疫力的人群造成重大範圍的嚴重感染。 更有科學證據顯示同時感染流行性感冒病毒和新冠病毒會導致更嚴重的病情**。(參考資料一)

香港特別行政區和澳門特別行政區近日流行性感冒和新冠疫情同樣亦見到有上升趨勢。令人擔憂的是幼兒，尤其是六個月至三歲群組的新冠疫苗接種率仍然「強差人意」，但兒童感染流行性感冒病毒和/或新冠病毒引致的重症卻主要集中在三歲以下未打齊針的小孩身上。市民亦絕對不能輕視**同時間感染流行性感冒和新型冠狀病毒的風險**。高危群組如孕婦、嬰幼童、高齡或患有長期病患人士，若同時感染流感和新冠病毒，更加容易引致重症、急性併發症和死亡。

嬰、幼兒童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。 我們在此懇切呼籲家長和照顧者不要再猶豫，**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**。 家長和照顧者應該從科學角度出發，用疫苗來保護嬰、幼兒童和青少年的健康和生命，**已經有足夠臨床數據證明，新冠疫苗是預防感染新冠病毒後患「重症」、「併發症」、「死亡」和減低康復後出現「後遺症」最有效的方法**。

家長和照顧者倘若對疫苗接種尚有疑問，容讓我們用以下簡單的解說來釋除大家對疫苗接種的疑慮：人類的**「免疫系統」**是人體抵禦外敵如病毒、細菌、寄生蟲等的防衛機制。每當以上的「病原體」入侵身體，免疫系統這支「軍隊」就會出動去清除敵人。然而如果之前沒有接觸過這些病原體，這過程往往需要花上比較長的時間，換言之這段長的反應時間就是病原體於身體「肆意搗亂」的機會，導致一切不良的後果。正如感染新冠病毒後導致患「重症」、「併發症」和「死亡」，甚至康復後出現「後遺症」的情況無異。

接種疫苗可避免身體承受這種災難性的打擊，疫苗能令免疫系統生產出「記憶細胞」，記著反擊曾「交過手」敵人的方法，待同一類的敵人再來襲時，記憶細胞就會迅間指揮作戰及生產「T 细胞」和「抗體」，快速對付敵人，避免身體受嚴重破壞。正如接種新冠疫苗可預防感染新冠病毒後患上「重症」、「併發症」、「死亡」和減低康復後出現「後遺症」的機會一樣。

現時嬰幼兒自出生後已接種多種疫苗，以預防多類型有關的疾病，例如「麻疹」、「小兒麻痺症」、「百日咳」、「破傷風」、「水痘」等等。 多年前這些疾病在未有對應它們的疫苗時期都是引致大量人口包括嬰幼兒死亡的疾病。隨著對應這些致命疾病的疫苗研發、普及應用和廣泛接種在嬰幼兒的身上，**這些疾病現已經不能再在我們社會中肆虐、死亡人數亦隨之而然大大減少。 以「天花」疫症為例，曾經導致三分之一地球上的人口死亡。隨著人類發明和接種「牛痘」疫苗、世界衛生組織於一九八零年五月宣告天花疾病已於地球上被消滅！**(參考資料二、三)

如以上所說，**流感疫苗**和**新冠疫苗**亦是利用同樣原理，接種後可避免嬰幼兒染疫後出現重症、併發症甚至死亡。 流感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，所以家長和照顧者毋須擔心。 家長和照顧者不應再猶疑，現在應儘快為嬰幼兒接種 2023/24 年季節性流感疫苗和完成接種新冠疫苗來預防今年的冬季流行性感冒和新冠病毒同時來襲。 **流感疫苗和新冠疫苗可以同時間一齊接種**。(參考資料四) 高齡或患有長期病患人士亦應儘快接種 2023/24 年季節性流感疫苗，並同時完成接種新冠疫苗。

母親身體內的抗體能透過胎盆及母乳傳給胎兒及母乳哺育的嬰幼兒，故此**孕婦和餵哺母乳的婦女亦應接種流感和新冠疫苗來保護自己以及胎兒和初生嬰兒，免受這兩種病毒感染所帶來的嚴重後果。**

每一位感染新冠病毒後康復的兒童、青少年和成年人都應該完成接種新冠疫苗，以預防再感染新冠病毒後出現重症或後遺症。

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、防止虐待兒童會、香港助產士會和香港學校護士學會謹在此**發出聯合聲明，「懇切呼籲各嬰幼童、孕婦、餵哺母乳的婦女、高齡或患有長期病患人士儘快接種 2023/24 年季節性流感疫苗，亦應同時完成接種新冠疫苗*：以預防冬季流行性感冒和新冠病毒同時來襲所導致的重症、急性併發症、入院、死亡和中、長期後遺症」**。

*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。(參考資料五、六)

二零二三年十月廿十日

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五. **我應接種多少劑新冠疫苗？**2023 年四月二十日香港特別行政區政府衛生署衛生防護中心 https://www.chp.gov.hk/files/pdf/poster_recommend_dose.pdf

六. **新發現及動物傳染病科學委員會和疫苗可預防疾病科學委員會關於在香港使用 COVID-19 疫苗的共識臨時建議** 2023 年三月二十九日 https://www.chp.gov.hk/files/pdf/consensus_interim_recommendations_on_the_use_of_covid19_vaccines_in_hong_kong_29mar.pdf

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"Sincere Appeal to Infants, Children, Pregnant and Breastfeeding Women, The Elderly and Those with Chronic Diseases to Receive The 2023/24 Seasonal Influenza Vaccine As Soon As Possible. They Should Also Complete / Update Their COVID-19 Vaccination* to Prevent Severe Diseases, Acute Complications, Hospitalization, Death, and Medium and Long-term Sequelae Caused by the Simultaneous Attack of Influenza and COVID-19 – Joint Statement 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 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, Against Child Abuse, The Hong Kong Midwives Association and The Hong Kong School Nurse Association Ltd."

The COVID-19 pandemic has been raging around the world for the past three years. A series of anti-epidemic measures in response to the COVID-19 pandemic, such as wearing masks, cleaning hands frequently and maintaining social distance, have greatly reduced influenza and other respiratory virus infections. People of all ages are lacking the antibodies and immunity to combat Influenza and other respiratory viruses. With the removal of mask mandate and relaxation of social distancing measures after the COVID-19 pandemic, **various types of respiratory viruses, e.g. Respiratory Syncytial Virus, Adenovirus, Parainfluenza virus, etc., now endemic in the community. Among these viruses, the "Seasonal Influenza" infection is the most worrying**.

Referring to the influenza season experienced by Australia in the Southern Hemisphere after the lifting of COVID-19 anti-epidemic measures, not only did Influenza cases appear earlier than in previous years, but the overall influenza cases surged much faster than in previous years, exceeding the average over the past many years. Influenza season is approaching this winter in the Northern Hemisphere, **and it is expected that the raging influenza will cause serious infections on a large scale in people who have no immunity. There is scientific evidence that co-infection with influenza virus and COVID-19 can lead to more severe illness**. (Reference 1.)

The Hong Kong Special Administrative Region and the Macau Special Administrative Region have both seen an upsurge in Influenza and COVID-19 infections recently. What worrying is that the COVID-19 vaccination rate among young children, especially those aged six months to three years, is still "unsatisfactory". However, severe illness caused by influenza viruses and/or COVID-19 in children is mainly concentrated in those less than three-year-olds who have not completed their COVID-19 vaccination. **The public must not underestimate the risk of contracting both influenza and COVID-19 at the same time**. High-risk groups, such as pregnant women, infants and young children, the elderly or people with chronic diseases, are

more likely to suffer from severe illness, acute complications and death if they are infected with influenza and COVID-19 at the same time.

Infants, young children and teenagers are not only important members of every family, but also the main pillars of the future of society. We absolutely care and value every child's life and have the responsibility to protect the health and growth of infants, children and adolescents. We sincerely appeal to parents and caregivers not to 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. Parents and caregivers should understand vaccines from a scientific perspective to protect the health and lives of infants, young children and adolescents. **There is sufficient clinical data to prove that the COVID-19 vaccine can prevent "severe disease", "complications" and "death" after COVID-19 infection and the most effective method to avoid "sequelae" after recovery**.

If parents and caregivers still have doubts about vaccination, let us use the following simple illustration to explain how the immune system works with infection and vaccination: The human "**immune system**" is the body's defense mechanism against foreign enemies such as viruses, bacteria and parasites, etc. Whenever the above "pathogens" invade the body, the "army" of the immune system will be dispatched to eliminate the enemies. However, if the body has not been exposed to these pathogens before, this process often takes longer time. In other words, this long reaction time is an opportunity for pathogens to "wreak havoc" in the body, leading to all adverse consequences. It is the same process that leads to "severe illnesses", "complications" and "death" after being infected with COVID-19, and even causing "long term sequelae" after recovery.

Vaccination can prevent the body from suffering such a catastrophe. The vaccine can cause the immune system to produce "memory cells" to remember how to fight back against specific enemy. When the same type of enemy strikes again, the memory cells will quickly command the battle and produce "T cells" and "antibodies" which can quickly deal with the enemy and prevent serious damage to the body. Just as vaccination against COVID-19 can prevent "severe illnesses", "complications", "death" even after being infected and reduce the chance of suffering from "long term sequelae" after recovery.

At present, infants and young children have been vaccinated with various vaccines since birth to prevent different types of diseases, such as "Measles", "Poliomyelitis", "Pertussis", "Tetanus", "Chickenpox" etc. Many years ago, these diseases were the ones that killed many people including infants when there were no vaccines against them. **With the development of vaccines and widespread provision of vaccination to the infants and young children against these deadly diseases, these awful diseases can no longer cause severe problems in our community, and the number of deaths has also been greatly reduced. Take the "Smallpox" epidemic as an example, which once had caused the death of one-third of the Earth's population. With the invention of "vaccinia" vaccine, the World Health Organization had already announced in May 1980 that smallpox disease had been eradicated from the earth**! (Reference 2 &3)

As mentioned above, **Influenza vaccines and COVID-19 vaccines** employ the same principle to help body defend the attacks by the viruses. After vaccination, it can prevent severe illness, complications and even death in infants and young children even they are infected. Influenza vaccines and COVID-19 vaccines are clinically very effective, and serious adverse vaccine reactions are quite rare, so parents and caregivers need not to worry. Parents and caregivers should no longer hesitate and should vaccinate infants and young children with the 2023/24 seasonal influenza vaccine and complete the COVID-19 vaccine as soon as possible to prevent the simultaneous attack of Influenza and COVID-19 infection in the coming Winter. The flu vaccine

and the COVID-19 vaccine can be given at the same time. (Reference 4.) Elderly people and individuals with chronic illnesses should also receive the 2023/24 seasonal influenza vaccine and complete the COVID-19 vaccine at the same time as soon as possible.

Antibodies in the mother's body can be transferred to the fetus and infant through the placenta and breast milk. Therefore, **pregnant, and breastfeeding women should also be vaccinated against influenza and COVID-19 as to protect themselves, their fetuses and newborn babies from the serious consequences of influenza and COVID-19 virus infections**.

Children, adolescents, and adults **recovered from COVID-19 should complete COVID-19 vaccination** to prevent severe illnesses and complications.

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 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, Against Child Abuse, The Hong Kong Midwives Association and The Hong Kong School Nurse Association Ltd. jointly in this "**Sincere Appeal to Infants, Children, Pregnant and Breastfeeding Women, The Elderly and Those with Chronic Diseases to Receive The 2023/24 Seasonal Influenza Vaccine As Soon As Possible. They Should Also Complete Their COVID-19 Vaccination*: To Prevent Severe Diseases, Acute Complications, Hospitalization, Death, and Medium and Long-term Sequelae Caused by the Simultaneous Attack of Influenza and COVID-19"**.

*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.

20th October 2023

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香港助產士會 Hong Kong Midwives Association | 防止虐待兒童會 Against Child Abuse | 香港兒科護理學院 Hong Kong College of Paediatric Nursing | 香港兒童及青少年皮膚科學會 Hong Kong Paediatric and Adolescent Dermatology Society | 香港兒童免疫過敏及傳染病學會 The Hong Kong Society for Paediatric Immunology, Allergy and Infectious Diseases | 香港中華醫學會有限公司 Hong Kong Chinese Medical Association Ltd | 香港兒科醫學會 The Hong Kong Paediatric Society | 澳門兒科專科醫學會 Macau Pediatric Society | 香港婦產科學會 The Obstetrical and Gynaecological Society of Hong Kong | 香港護理學院 College of Nursing Hong Kong | 香港兒科護士學會 Hong Kong Paediatric Nurses Association | 香港學校護士學會 The Hong Kong School Nurses Association Ltd

「恳切呼吁各婴幼童、孕妇、喂哺母乳的妇女、高龄或患有长期病患人士尽快接种 2023/24 年季节性流感疫苗，亦应同时完成接种新冠疫苗*：以预防冬季流行性感冒和新冠病毒同时来袭所导致的重症、急性并发症、入院、死亡和中、长期后遗症」- 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、防止虐待儿童会、香港助产士会和香港学校护士学会联合声明”

新型冠状病毒疫情过去三年于全球肆虐，为应付新冠状疫情的一系列防疫措施如戴口罩、勤清洁双手和保持社交距离令流行性感冒和其他呼吸道病毒感染大大减少，各年龄层人士应对流感病毒的抗体和免疫能力亦随之而然相对缺乏。随着新冠疫情后放宽社交距离措施和强制「口罩令」的解除，**不同种类和多不胜数的呼吸道病毒，例如：合胞病毒、腺状病毒、副流感病毒等接二连三感染人群。其中「季节性流行性感冒」感染是最令人担心的情况**。

参考处于南半球的澳洲在解除新冠疫情防疫措施后所经历的流行性感冒季节，患流感个案不但较往年早出现，整体流感病例激增速度也比往年快得多，突破过去多年的平均数。北半球今年冬季流行性感冒季节将至，**预计流感的肆虐将会对没有免疫力的人群造成重大范围的严重感染。更有科学证据显示同时感染流行性感冒病毒和新冠病毒会导致更严重的病情**。 (参考资料一)

香港特别行政区和澳门特别行政区近日流行性感冒和新冠疫情同样亦见到有上升趋势。令人担忧的是幼儿，尤其是六个月至三岁群组的新冠疫苗接种率仍然「强差人意」，但儿童感染流行性感冒病毒和/或新冠病毒引致的重症却主要集中在三岁以下未打齐针的小孩身上。市民亦绝对不能轻视**同时间感染流行性感冒和新型冠状病毒的风险**。高危群组如孕妇、婴幼童、高龄或患有长期病患人士，若同时感染流感和新冠病毒，更加容易引致重症、急性并发症和死亡。

婴、幼儿童和青少年不单是每一个家庭的重要成员，亦都是社会未来的主要栋梁。我们绝对关爱和重视每一个小生命的宝贵价值，有责任去保护他们的健康和令他们茁壮成长。我们在此恳切呼吁家长和照顾者不要再犹豫，尽快让婴、幼儿童和青少年接种 2023/24 年季节性流感疫苗和完成接种新冠疫苗。家长和照顾者应该从科学角度出发，用疫苗来保护婴、幼儿童和青少年的健康和生命，**已经有足够临床数据证明，新冠疫苗是预防感染新冠病毒后患「重症」、「并发症」、「死亡」和减低康复后出现「后遗症」最有效的方法**。

家长和照顾者倘若对疫苗接种尚有疑问，容让我们用以下简单的解说来释除大家对疫苗接种的疑虑：人类的「**免疫系统**」是人体抵御外敌如病毒、细菌、寄生虫等的防卫机制。每当以上的「病原体」入侵身体，免疫系统这支「军队」就会出动去清除敌人。然而如果之前没有接触过这些病原体，这过程往往需要花上比较长的时间，换言之这段长的反应时间就是病原体于身体「肆意捣乱」的机会，导致一切不良的后果。正如感染新冠病毒后导致患「重症」、「并发症」和「死亡」，甚至康复后出现「后遗症」的情况无异。

接种疫苗可避免身体承受这种灾难性的打击，疫苗能令免疫系统生产出「记忆细胞」，记着反击曾「交过手」敌人的方法，待同一类的敌人再来袭时，记忆细胞就会迅间指挥作战及生产「T 细胞」和「抗体」，快速对付敌人，避免身体受严重破坏。正如接种新冠疫苗可预防感染新冠病毒后患上「重症」、「并发症」、「死亡」和减低康复后出现「后遗症」的机会一样。

现时婴幼儿自出生后已接种多种疫苗，以预防多类型有关的疾病，例如「麻疹」、「小儿麻痹症」、「百日咳」、「破伤风」、「水痘」等等。多年前这些疾病在未有对应它们的疫苗时期都是引致大量人口包括婴幼儿死亡的疾病。随着对应这些致命疾病的疫苗研发、普及应用和广泛接种在婴幼儿的身上，**这些疾病现已经不能再在我们社会中肆虐、死亡人数亦随之而然大大减少。以「天花」疫症为例，曾经导致三分之一地球上的人口死亡。随着人类发明和接种「牛痘」疫苗、世界卫生组织于一九八零年五月宣告天花疾病已于地球上被消灭！** (参考资料二、三)

如以上所说，**流感疫苗**和**新冠疫苗**亦是利用同样原理，接种后可避免婴幼儿染疫后出现重症、并发症甚至死亡。流感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，所以家长和照顾者毋须担心。家长和照顾者不应再犹疑，现在应尽快为婴幼儿接种 2023/24 年季节性流感疫苗和完成接种新冠疫苗来预防今年的冬季流行性感冒和新冠病毒同时来袭。**流感疫苗和新冠疫苗可以同时间一齐接种**。 (参考资料四)
高龄或患有长期病患人士亦应尽快接种 2023/24 年季节性流感疫苗，并同时完成接种新冠疫苗。

母亲身体内的抗体能透过胎盆及母乳传给胎儿及母乳哺育的婴幼儿，故此**孕妇和喂哺母乳的妇女亦应接种流感和新冠疫苗来保护自己以及胎儿和初生婴儿，免受这两种病毒感染所带来的严重后果**。

每一位感染新冠病毒后康复的儿童、青少年和成年人都应该完成接种新冠疫苗，以预防再感染新冠病毒后出现重症或后遗症。

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、防止虐待儿童会、香港助产士会和香港学校护士学会谨在此**发出联合声明，「恳切呼吁各婴幼童、孕妇、喂哺母乳的妇女、高龄或患有长期病患人士尽快接种 2023/24 年季节性流感疫苗，亦应同时完成接种新冠疫苗*：以预防冬季流行性感冒和新冠病毒同时来袭所导致的重症、急性并发症、入院、死亡和中、长期后遗症」**。

*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。 (参考资料五、六)

二零二三年十月廿十日

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