



「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在聖誕佳節前儘快接種 2023/24 年季節性流感疫苗，亦應同時完成接種新冠疫苗\* 和保持良好個人和環境衛生習慣：以預防「肺炎支原體」和多種呼吸道病毒感染「多重夾擊」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、香港感染及傳染病醫學會、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、亞洲醫療專科學院、香港助產士會和香港學校護士學會聯合聲明”

為應付新冠疫情的一系列防疫措施如戴口罩、勤潔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，各年齡層人士應對呼吸道病毒的抗體和免疫能力亦隨之而然相對缺乏，「免疫負債」情況非常嚴重。這現象解釋到過往半年不同種類和多不勝數的呼吸道病毒，例如：季節性流行性感冒、合胞病毒、腺狀病毒、副流感病毒等接二連三感染人群。

最近「肺炎支原體」感染有增多的趨勢。因為其特別的生物特質和漫長繁殖時間，肺炎支原體於各國解除新冠防疫措施一段時日之後，此時此刻正在全球不同地方肆虐。雖然周邊地區肺炎支原體耐藥性的問題比較嚴重，而暫時亦未有疫苗可以針對肺炎支原體，但市民可以放心，因為香港和澳門醫生已經掌握診斷和治療肺炎支原體的方案，市民祇要保持良好個人和環境衛生習慣（參考資料一），肺炎支原體感染增多的情況是可以控制的（參考資料二.至四.）。反觀「季節性流行性感冒」、「新型冠狀病毒」和其他呼吸道病毒（例如合胞病毒..等）感染的「多重夾擊」更加令人擔心。

已經有足夠科學證據顯示同時感染流行性感冒和新冠病毒會導致更嚴重的病情。（參考資料五.）。市民絕對不能輕視同時感染多種呼吸道病毒的風險。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。

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。**（參考資料六.）

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、香港感染及傳染病醫學會、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、亞洲醫療專科學院、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在聖誕佳節🎄🎅前儘快接種 2023/24 年季節性流感疫苗，亦應同時完成接種新冠疫苗\*和保持良好個人和環境衛生習慣：以預防「肺炎支原體」和多種呼吸道病毒感染「多重夾擊」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。(參考資料七. 至十.)

二零二三年十二月十八日

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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 Before Christmas 🎅🎄. They Should Also Complete / Update Their COVID-19 Vaccination\* And Maintain Good Personal and Environmental Hygiene to Prevent Severe Diseases, Acute Complications, Hospitalization, Death, and Medium and Long-term Sequelae Caused by the Simultaneous Attack of “Mycoplasma Pneumoniae” and “Respiratory Viruses” – 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 Hong Kong Society for 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, Asian Medical Expert Academy, The Hong Kong Midwives Association and The Hong Kong School Nurse Association Ltd.”**

A series of anti-epidemic measures in response to the COVID-19 epidemic, such as wearing face masks, frequent hand washing and maintaining social distance, have greatly reduced influenza and other respiratory virus infections. The antibodies and immunity against respiratory viruses among people of all ages have also correspondingly much decreased. This "Immunity Debt" situation is very serious. In fact, this can explain the phenomenon of sequential infections in the population by various and numerous types of respiratory viruses, such as seasonal influenza, respiratory syncytial virus, adenovirus, parainfluenza virus, etc.

**Mycoplasma pneumoniae** infections have been on the rise recently. Because of its unique biological characteristics and long replication time, a delayed emergence is observed in different parts of the world after countries lifted their COVID-19 prevention measures. Although the problem of mycoplasma pneumoniae antibiotics resistance in neighboring regions is a concern, and there is currently no vaccine against mycoplasma pneumoniae, the public can rest assured that doctors in Hong Kong and Macau have mastered the diagnosis and treatment of mycoplasma pneumoniae. If the public maintains good personal and environmental hygiene (Reference 1.), mycoplasma pneumoniae infection outbreaks can be controlled (Reference 2. – 4.). On the other hand, the "Twindemic" and / or "Tridemic" caused by "seasonal influenza", "COVID-19" and other respiratory viruses (such as respiratory syncytial virus, etc.) are **even more worrying today**.

There is enough scientific evidence to show that simultaneous infection with influenza virus and COVID-19 will lead to more severe illnesses (Reference 5.). Members of the

public must not underestimate the risk of being infected with multiple respiratory viruses 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.

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 6.) 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 Hong Kong Society for 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, Asian Medical Expert Academy, The Hong Kong Midwives Association and The Hong Kong School Nurse Association Ltd. jointly issue 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 Before Christmas 🇮🇪🇸🇦. They Should Also Complete / Update Their COVID-19 Vaccination\* And Maintain Good Personal and Environmental Hygiene to Prevent Severe Diseases, Acute Complications, Hospitalization, Death, and Medium and Long-term Sequelae Caused by the Simultaneous Attack of “Mycoplasma Pneumoniae” and “Respiratory Viruses”**

\*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 7.- 10.).

18<sup>th</sup> December 2023

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「恳切呼吁各婴幼儿童、孕妇、喂哺母乳的妇女、高龄或患有长期病患人士在圣诞佳节🎄前尽快接种 2023/24 年季节性流感疫苗，亦应同时完成接种新冠疫苗\* 和保持良好个人和环境卫生习惯：以预防「肺炎支原体」、多种呼吸道病毒感染「多重夹击」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、香港感染及传染病医学会、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、亚洲医疗专科学院、香港助产士会和香港学校护士学会联合声明”

为应付新冠疫情的一系列防疫措施如戴口罩、勤洁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，各年龄层人士应对呼吸道病毒的抗体和免疫能力亦随之而然相对缺乏，「免疫负债」情况非常严重。这现象解释到过往半年不同种类和多不胜数的呼吸道病毒，例如：季节性流行性感冒、合胞病毒、腺状病毒、副流感病毒等接二连三感染人群。

最近「肺炎支原体」感染有增多的趋势。因为其特别的生物特质和漫长繁殖时间，肺炎支原体于各国解除新冠防疫措施一段时日之后，此时此刻正在全球不同地方肆虐。虽然周边地区肺炎支原体耐药性的问题比较严重，而暂时亦未有疫苗可以针对肺炎支原体，但市民可以放心，因为香港和澳门医生已经掌握诊断和治疗肺炎支原体的方案，市民只要保持良好个人和环境卫生习惯（参考资料一.），肺炎支原体感染增多的情况是可以控制的(参考资料二.至四.)。反观「季节性流行性感冒」、「新型冠状病毒」和其他呼吸道病毒（例如合胞病毒..等）感染的「多重夹击」更加令人担心。

已经有足够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。(参考资料五.)。市民绝对不能轻视同时间感染多种呼吸道病毒的风险。高危群组如孕妇、婴幼儿童、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。

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（参考资料六.）。

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喂养的婴幼儿，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、香港感染及传染病医学会、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、亚洲医疗专科学院、香港助产士会和香港学校护士学会谨在此发出联合声明，「**恳切呼吁各婴幼儿童、孕妇、喂哺母乳的妇女、高龄或患有长期病患人士在圣诞佳节🎄🎅前尽快接种 2023/24 年季节性流感疫苗，亦应同时完成接种新冠疫苗\*和保持良好个人和环境卫生习惯：以预防「肺炎支原体」、多种呼吸道病毒感染「多重夹击」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。(参考资料七. 至十.)**

二零二三年十二月十八日



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