

陪我講
SHALL WE TALK



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「陪我講 Shall We Talk」 計劃開展 推廣精神健康

'Shall We Talk' Initiative Launched to Promote Mental Health

CHP
NEWSLETTER 通訊

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編者的話 Editor's Note

精神健康是保持個人健康的基礎。本期《CHP通訊》專題介紹精神健康推廣和公眾教育計劃「陪我講」。此計劃由精神健康諮詢委員會和衛生署攜手推行，目標是提高市民對精神健康的關注，鼓勵大眾跟身邊人溝通和分享，從而建立精神健康友善的社會。

Mental health is fundamental to maintaining personal health. This issue of CHP Newsletter features an article on 'Shall We Talk', a mental health promotion and public education initiative jointly launched by the Advisory Committee on Mental Health and the Department of Health (DH). The 'Shall We Talk' initiative aims to promote public awareness on mental health and encourages the public to communicate and share with people around them, with a view to building a mental health-friendly society.

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「陪我講 Shall We Talk」計劃開展 推廣精神健康

'Shall We Talk' Initiative Launched to Promote Mental Health

「陪我講……誰怕講
Shall we talk, shall we talk」
'Shall we talk...who's afraid of talking?
Shall we talk, shall we talk'

「陪我講 **Shall We Talk**」是精神健康諮詢委員會和衛生署攜手推行的精神健康推廣和公眾教育計劃，於2020年7月11日正式開展，旨在消除公眾對有精神健康需要人士的歧視，以建立精神健康友善的社會。

隨着「陪我講 **Shall We Talk**」計劃開展，精神健康諮詢委員會主席黃仁龍於7月15日舉行網上直播，分享對社會大眾情緒危機和香港精神健康服務需求的看法，並呼籲大眾一起正視精神健康。

Officially launched on 11 July 2020, 'Shall We Talk' is a mental health promotion and public education initiative jointly organised by the Advisory Committee on Mental Health (ACMH) and the DH. Its aim is to promote mental health and eliminate stigmatisation towards persons with mental health needs, in order to build a mental health-friendly community.

Following the launch of the 'Shall We Talk' initiative, the Chairman of the ACMH, Mr Wong Yan-lung, hosted a live session online on 15 July to share his views on emotional crisis of the public and the demand for mental health services in Hong Kong. He also appealed to the public to take care of their mental health.



「陪我講 Shall We Talk」計劃的口號為「陪我一起正視情緒健康」，鼓勵大家跟身邊的人溝通和分享。計劃邀請了著名歌手陳奕迅擔任宣傳大使，並以其主唱的經典廣東流行曲「Shall We Talk」（中文名稱「陪我講」）作為計劃主題。他演繹了重新編曲的「Shall We Talk」，鼓勵公眾打破彼此之間的溝通隔膜。

陳奕迅亦為計劃拍攝短片，同時透過參與宣傳及教育工作向公眾傳遞精神健康的正面信息。

建立精神健康友善社會

「陪我講 Shall We Talk」計劃傳承了衛生署於2016年至2018年推行的「好心情@HK」全港大型精神健康推廣計劃的成果，提高公眾對心理健康推廣的參與程度、提升公眾對精神健康的了解，鼓勵市民及早尋求協助及治療，以及減低對有精神健康需要人士的誤解和歧視。

向不同年齡組別的市民推廣精神健康

為向青少年、成人及長者等不同年齡組別的人士推廣精神健康，計劃推出了一連串的宣傳活動，其中包括全新的一站式專題網站 (shallwetalk.hk)。網站就多項主題提供豐富資訊，例如心理健康、常見精神健康問題、治療、求助、社區支援、活動、故事分享，以及與學校和職場相關的精神健康資訊。

The slogan of the 'Shall We Talk' initiative is 'Let's take care of our mental health', which encourages the public to communicate and share with people around them. Famous singer Mr Eason Chan has been appointed as the initiative's ambassador, and his classic Canto-pop song 'Shall We Talk' has been chosen as the theme of the initiative. He performed a rearranged version of the song to encourage everyone to talk and share with others.

Eason has also participated in the production of videos as well as other publicity and educational materials to spread the positive message of mental health to the community.

Build a Mental Health-friendly Community

Sustaining the efforts of the 'Joyful@HK' Campaign, a territory-wide mental health promotion and publicity campaign launched by the DH from 2016 to 2018, the 'Shall We Talk' initiative wishes to increase public engagement in promoting mental well-being and enhance public knowledge about mental health, with a view to encouraging help-seeking and early intervention and reducing stigma and misunderstanding towards persons with mental health needs.

Deliver Mental Health Messages to People from All Age Groups

A series of promotional activities has been rolled out to deliver mental health messages to people from different age groups, including youth, adults and the elderly. Among them is a brand new one-stop dedicated website (shallwetalk.hk), which provides abundant information on a wide range of topics, such as mental well-being, common mental health problems, treatment, getting help, community support, activities and story sharing. Also available on the website are mental health resources concerning schools and workplace.



同時，精神健康諮詢委員會與香港電台聯合製作了一連八集名為「陪我講 Shall We Talk」的電視節目。節目邀請四位來自不同界別的嘉賓主持，包括計劃大使陳奕迅、精神健康諮詢委員會主席黃仁龍、表演藝術創作者彭秀慧和劍擊運動員江旻愷，與從事精神健康相關工作的人士及復元人士，做一日朋友，互相聆聽和分享，傾訴內心秘密，讓公眾了解精神健康的重要。「陪我講 Shall We Talk」電視節目已於2020年11月1日起，一連八個星期日晚上於港台電視31台播放 (<https://www.rthk.hk/tv/dtt31/programme/shallwetalk2020>)。

「陪我講 Shall We Talk」計劃的Facebook專頁 (facebook.com/shallwetalkhk20) 和Instagram專頁 (instagram.com/shallwetalkhk20) 亦已推出，歡迎市民「讚好」/「追蹤」及分享專頁，緊貼最新資訊。

計劃的宣傳短片及陳奕迅的分享短片已上載至計劃的專題網頁、Facebook專頁、Instagram專頁，以及衛生防護中心YouTube頻道 (youtube.com/c/ChpGovHkChannel)。有關宣傳短片亦已在各電視台及電台播放。

Meanwhile, the ACMH and the Radio Television Hong Kong jointly produced a new TV series 'Shall We Talk'. The eight-episode series features Mr Eason Chan, the initiative's ambassador, Mr Wong Yan-lung, the Chairman of the ACMH, Ms Kearen Pang, arts creator and performer, and Ms Vivian Kong, fencing athlete. They spent a day making friends with mental health practitioners and persons in recovery, listening to each other and sharing their innermost secrets so as to enhance public awareness of the importance of mental health. The TV series 'Shall We Talk' was aired on eight Sunday evenings on RTHK 31 from 1 November 2020 (<https://www.rthk.hk/tv/dtt31/programme/shallwetalk2020>).



Fan pages of the 'Shall We Talk' initiative have been launched on Facebook (facebook.com/shallwetalkhk20) and Instagram (instagram.com/shallwetalkhk20). The public are welcome to 'like'/'follow' and share the fan pages in order to receive the latest information.

The Announcement in the Public Interest (API) of the initiative and the sharing videos of Eason Chan have been uploaded to the initiative's dedicated website, fan pages on Facebook and Instagram, and the CHP's YouTube channel (youtube.com/c/ChpGovHkChannel). The API was also premiered on various TV and radio channels.



專題網站



Facebook專頁



Instagram專頁



Dedicated Website



Facebook



Instagram



《精神健康職場約章》 Mental Health Workplace Charter



「我們重視並承諾推動一個精神健康友善的工作環境。」

'We value and pledge to promote a mental health-friendly workplace environment.'

《精神健康職場約章》是「陪我講 Shall We Talk」計劃的一部分，並由衛生署、勞工處及職業安全健康局合作推行，鼓勵本地機構建立精神健康友善的工作環境。

As part of the 'Shall We Talk' initiative, the Mental Health Workplace Charter is jointly implemented by the DH, the Labour Department and the Occupational Safety and Health Council to encourage local organisations to cultivate a mental health-friendly workplace environment.

《約章》目標 Charter Objectives

目標 Objective



在職場推廣心理健康，包括建設一個互相尊重和正面的工作環境，推廣積極聆聽和溝通，鼓勵求助，並促進對精神困擾的及早識別和及時治療

Promote mental well-being at workplace including a respectful and positive environment, active listening and communication, encourage help-seeking, and facilitate early identification of mental distress and timely treatment



行動計劃 Action

- 舉辦促進交流的員工家庭聚會和愉快有趣的活動
Organise family and staff gatherings to promote sharing and activities for fun and enjoyment
- 舉辦講座 / 工作坊 / 活動以加強在工作場合的正面思維和互相尊重
Organise talks/workshops/activities to strengthen positive minds and mutual respect in workplace
- 推動有關精神健康的資訊交流
Promote information exchange on mental health
- 提供精神健康支援服務的資訊，鼓勵尋求協助
Encourage help-seeking by providing information on mental health support services
- 舉辦有關精神健康的講座
Organise talks on mental health
- 向員工提供培訓，讓他們學習解決衝突、朋輩支援以及處理精神健康緊急狀況的基本技巧
Offer training to staff to equip them with basic skills to resolve conflict, provide peer support and handle mental health emergency
- 鼓勵同事互相聆聽和分享有關精神健康的經驗
Encourage colleagues to listen to each other and share mental health-related experience
- 引入導師計劃，以促進有關精神健康問題的交流
Introduce mentorship scheme to facilitate sharing on mental health-related concerns





《精神健康職場約章》 Mental Health Workplace Charter



《約章》目標 Charter Objectives

目標

Objective



為有精神困擾的同事創造一個包容及友善的工作環境

Create an inclusive and friendly workplace environment for colleagues with mental distress



行動計劃

Action

- 指派團隊 / 統籌人員實施所承諾的措施
Assign a team/coordinator to implement committed measures
- 制訂人力資源政策，關心有精神健康需要的僱員，並提供有利環境，促進康復
Introduce human resources policies to care for employees with mental health needs and offer supportive environment to facilitate recovery
- 實施工作與生活平衡的措施
Introduce measures to promote work-life balance
- 提供就業機會給予已康復和正在康復的復元人士
Offer job opportunities to persons recovered or recovering from mental health issues

嘉許稱號

Types of Attained Titles

《精神健康職場約章》

Mental Health Workplace Charter

精神健康友善機構

Mental Health Friendly Organisation

在目標 I 完成至少三個行動
Complete at least 3 actions under Objective I

精神健康友善卓越機構

Mental Health Friendly Supreme Organisation

在目標 I 及 II 各完成至少三個行動
Complete at least 3 actions each under Objectives I and II



私營機構、公共機構、教育機構及非政府組織均符合資格參加《精神健康職場約章》，費用全免。自2019年11月推出至2020年12月31日，逾530間機構承諾簽署《約章》，為超過440,000名僱員推動一個精神健康友善的工作環境。



約章網站

Private organisations, public bodies, educational institutions and non-government organisations are eligible for joining the Mental Health Workplace Charter. No participation fee is required. From its launch in November 2019 till 31 December 2020, more than 530 organisations pledged to become signatories of the Charter to promote a mental health-friendly working environment for more than 440,000 employees.



Charter Website



《2020–2024年香港病毒性肝炎行動計劃》 Hong Kong Viral Hepatitis Action Plan 2020 – 2024

為達成世界衛生組織（世衛）訂下於2030年或之前消除病毒性肝炎作為重大公共衛生威脅的目標，政府於2020年10月8日公布《2020–2024年香港病毒性肝炎行動計劃》（《行動計劃》）。

預防及控制病毒性肝炎督導委員會（委員會）於2018年成立，由衛生署署長及醫管局行政總裁擔任聯席主席。委員會根據世衛的建議、國際做法和本地情況，訂立了《行動計劃》，為香港提供了協調各界別持份者工作的首份藍圖，以減輕病毒性肝炎所帶來的公共衛生負擔。

《行動計劃》採納了世衛全球行動框架中的四項核心策略，包括提升認知、加強監測、推廣預防和擴展治療，並為每項核心策略制定了相應的優先行動。重點行動包括增設使用抗病毒藥物來預防乙型肝炎病毒的母嬰傳播，並為合適的嬰兒安排注射疫苗後的血清測試，實現「無乙肝新一代」的目標，同時落實擴展直接抗病毒藥物用於治療丙型肝炎。

如欲了解更多有關《行動計劃》的資訊，請瀏覽控制病毒性肝炎辦公室網頁<https://www.hepatitis.gov.hk>。

To achieve the World Health Organization (WHO)'s goal of eliminating viral hepatitis as a major public health threat by 2030, the Government promulgated the Hong Kong Viral Hepatitis Action Plan 2020 - 2024 (the Action Plan) on 8 October 2020.

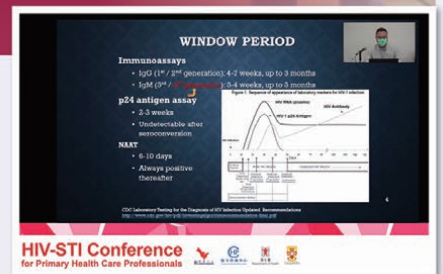
The Steering Committee on Prevention and Control of Viral Hepatitis was established in 2018 and is co-chaired by the Director of Health and the Chief Executive of the Hospital Authority (HA). With reference to the WHO's recommendations, international practices and local situation, the Steering Committee has formulated the Action Plan, which provides the first road map for coordinating efforts of stakeholders in various sectors in reducing the public health burden of viral hepatitis in Hong Kong.

The Action Plan adopts the four strategic axes in the action framework of the WHO, namely awareness, surveillance, prevention and treatment, and formulates priority actions for each strategy. Key actions include new initiatives on using antivirals for preventing mother-to-child transmission of hepatitis B virus (HBV) and post-vaccination serologic testing for suitable babies to achieve the goal of an 'HBV-free generation', as well as expansion of access to direct-acting antivirals for hepatitis C patients.

For more information on the Action Plan, please visit the website of Viral Hepatitis Control Office at <https://www.hepatitis.gov.hk>.



為基層醫療醫護專業人員舉辦的愛滋病及性病會議 HIV-STI Conference for Primary Health Care Professionals



基層醫療是醫療系統的第一個層次，亦常是醫護人員提供服務予病人的首個接觸點。正因基層醫療專業人員與病人有較頻密的接觸，他們在治療愛滋病及性病的工作扮演重要的角色。基層醫療專業人員身處的獨特位置可為病人盡早作出診斷，提供所需的治療和作出合適的轉介。他們亦能在多個範疇協助防控愛滋病及性病，例如提供健康教育、性風險評估、愛滋病快速測試，以及性病檢查和治療。能與病人有效溝通、持續給予病人關心和照顧，以及維持良好的醫護關係，對治理愛滋病及性病患者至關重要。

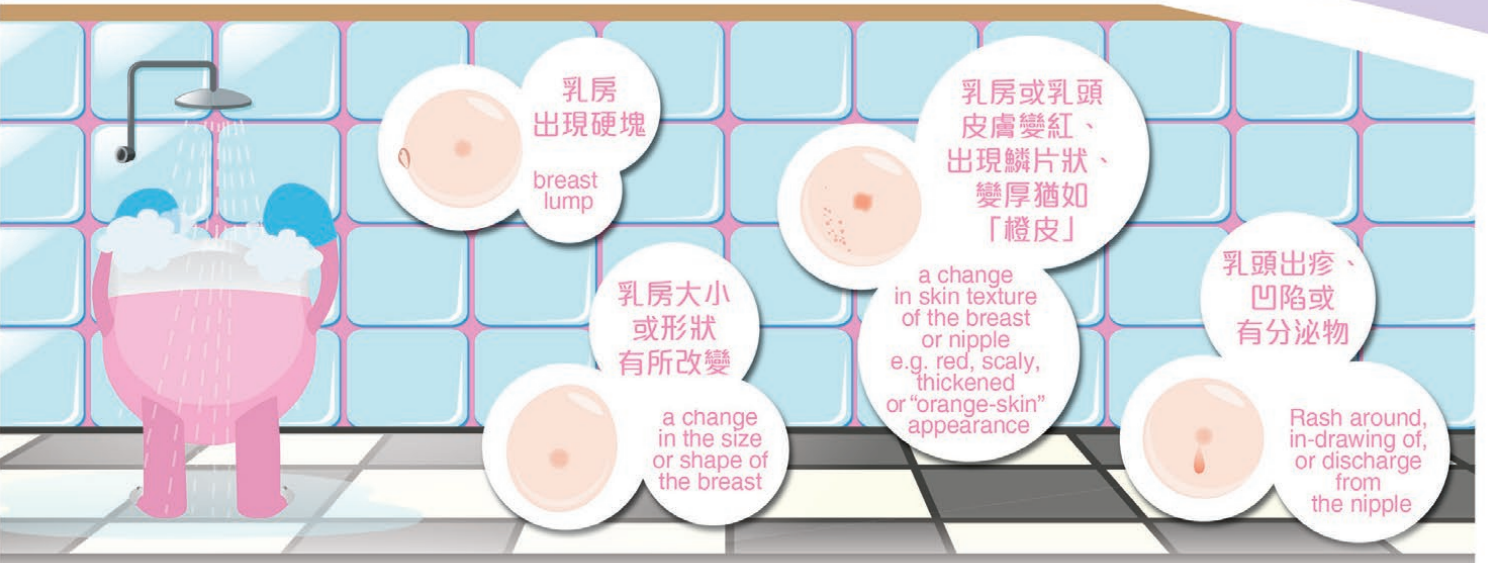
特別預防計劃轄下的紅絲帶中心連同香港家庭醫學學院於2020年11月28日舉辦愛滋病及性病會議，為基層醫療醫護專業人員提供有關治療和預防愛滋病病毒和性病的最新資訊，提高他們對性小眾的認識和敏感度。當天約580名主要來自醫院管理局和衛生署的醫護人員在線參加了會議。

會議上公私營及大學界別的專家和醫護專業人員講解愛滋病及性病的診斷和治療，並涵蓋多方面的內容，包括愛滋病病毒暴露前預防藥物、暴露後預防藥物、愛滋病自我檢測、性小眾的精神健康，以至接觸性小眾群體的技巧。

Primary health care, being the first level in the healthcare system, is often the initial point of contact in the delivery of healthcare services. As primary care professionals have a high frequency of contact with patients, they play important roles in treating Human Immunodeficiency Virus (HIV) and sexually transmitted infections (STIs). Primary care professionals are in a unique position to make early diagnosis and provide necessary treatment and referrals as appropriate. They can also help with the prevention and control of HIV and STIs in various aspects, such as providing health education, sexual risk assessment, HIV rapid testing, and STI screening and treatment. For successful management of HIV and STI patients, it is crucial to establish effective communications with them, provide them with continuous care, and maintain a strong doctor-patient relationship.

The 'HIV-STI Conference for Primary Health Care Professionals' was jointly held by the Red Ribbon Centre under the Special Preventive Programme and the Hong Kong College of Family Physicians on 28 November 2020, with the aim of providing participants with updates on treatment and prevention of HIV and STIs and enhancing their knowledge of and sensitivity towards sexual minorities. It was attended online by about 580 healthcare workers, most of whom are from HA and DH.

During the conference, experts and healthcare professionals from the public and private sectors and academia elaborated on the diagnosis and treatment of HIV and STIs. Various topics were covered, including HIV pre-exposure prophylaxis, post-exposure prophylaxis, HIV self-testing, mental health of sexual minorities, and the techniques to approach sexual minorities.



時刻關注乳房健康

Let's Be Breast Aware at All Times

乳癌是本港女性最常見的癌症，在2018年錄得逾4,600宗女性乳癌新症，在2019年有超過850名女性死於乳癌。要對抗乳癌，可以先從提升對乳房疾病的警覺性及及早識別乳癌入手。

乳癌的早期症狀未必可以輕易察覺。因此，婦女應該時刻關注乳房健康，熟悉自己乳房平常的外表和觸感以及周期性的變化。在洗澡、更衣和塗潤膚露等日常活動中，多留意乳房有沒有出現以下不尋常的變化：

- 乳房出現硬塊
- 乳房的大小或形狀有所改變
- 乳房或乳頭的皮膚出現異樣（例如：變紅、呈鱗片狀、變厚或猶如「橙皮」）
- 乳頭附近出疹、內陷或有分泌物
- 乳房或腋下新出現持續的不適或疼痛
- 腋下有新增硬塊或皮膚變厚

雖然這些症狀可能是由良性乳房疾病引起，但重要的是如察覺乳房出現以上症狀，應該盡快求醫，不要延誤。

根據香港癌症資料統計中心於2020年10月發表的首份本港乳癌分期存活率彙報，乳癌第一至三期的五年相對存活率（76%-99%）明顯較第四期（30%）高。這些數據顯示越早發現乳癌，便能越早介入治療，存活率也越高。

奉行健康生活對預防乳癌尤為重要，而及早發現乳癌亦同樣重要！如欲了解更多防癌資訊，請瀏覽癌症網上資源中心：www.cancer.gov.hk。

In Hong Kong, breast cancer is the most common cancer among women, with more than 4,600 newly diagnosed breast cancer cases recorded in 2018. It also killed more than 850 women in 2019. To fight against breast cancer, let's start with raising breast awareness and early detection.

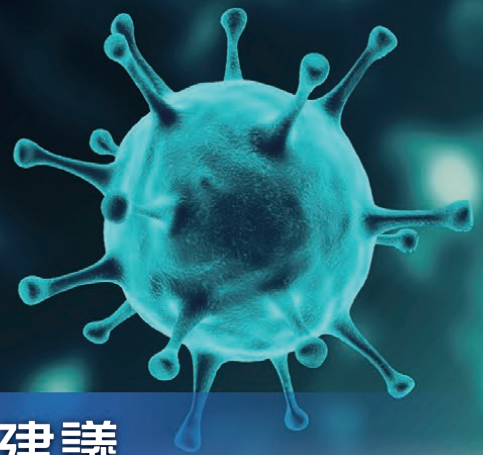
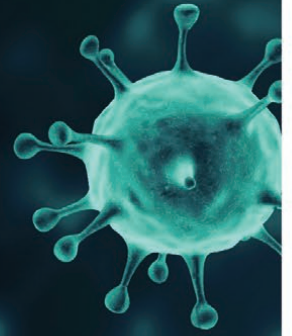
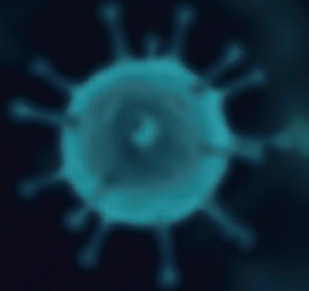
The symptoms of breast cancer may not be easily noticed at an early stage. Therefore, every woman should be aware of and familiar with the normal look, feel and cyclical changes of their breasts all the time. Be aware of any unusual breast changes listed below during daily activities such as showering, dressing and putting on body lotion.

- breast lump
- change in the size or shape of the breast
- change in skin texture of the breast or nipple (e.g. red, scaly, thickened or 'orange-skin' appearance)
- rash around, in-drawing of, or discharge from the nipple
- new and persistent discomfort or pain in the breast or armpit
- new lump or thickening in the armpit

Although these symptoms can be caused by benign breast conditions, it is important to consult a doctor as soon as possible without delay if you have any of them.

According to Hong Kong's first report of stage-specific survival of breast cancer released by the Hong Kong Cancer Registry in October 2020, the five-year relative survival rate for stages I - III breast cancer (76%-99%) is much higher than that for stage IV (30%). These data demonstrated that the earlier breast cancer is detected, the sooner patients can initiate treatment and the higher the survival rate is.

While adopting a healthy lifestyle is crucial to prevention of breast cancer, early detection of it is also important! For more information on cancer prevention, please visit the Cancer Online Resource Hub at www.cancer.gov.hk.



預防及控制2019冠狀病毒病的建議

Recommendations on Prevention and Control of COVID-19

自2019年12月發現2019冠狀病毒病後，該病毒在2020年年初開始迅速在全球擴散。世界衛生組織於2020年1月31日宣布疫情為國際公共衛生緊急事件，繼而於2020年3月11日宣布為全球大流行。

自發現2019冠狀病毒病後，香港已立即採取各種預防和控制措施，並密切監測本地和全球的情況。自2020年1月以來，衛生署衛生防護中心轄下的新發現及動物傳染病科學委員會（科學委員會）召開了多次會議，根據本地和全球的情況以及現有關於2019冠狀病毒病的科學證據，就預防和控制2019冠狀病毒病作出多項建議。科學委員會亦檢視2019冠狀病毒病最新的科學數據，檢討及更新2019冠狀病毒病病人的出院標準。2020年7月29日，科學委員會就2019冠狀病毒病病人的出院方案提出了最新共識意見。有關建議已上載到衛生防護中心網站供公眾參閱：https://www.chp.gov.hk/files/pdf/updated_consensus_recommendations_on_criteria_for_releasing_confirmed_covid19_patients_from_isolation29july2020.pdf。

Following its identification in December 2019, the Coronavirus Disease 2019 (COVID-19) quickly spread across the globe since the early months of 2020. The WHO declared the COVID-19 situation a Public Health Emergency of International Concern on 31 January 2020 and subsequently a global pandemic on 11 March 2020.

Since the emergence of COVID-19, Hong Kong has responded immediately with various prevention and control measures, and has been closely monitoring the local and global situation. Since January 2020, the Scientific Committee on Emerging and Zoonotic Diseases (SCEZD) under the CHP of the DH has convened several meetings. Based on the local and global situation and the prevailing scientific evidence on COVID-19, the SCEZD has made recommendations on the prevention and control of novel coronavirus infection. In addition, the SCEZD examines the latest scientific data on COVID-19, so as to review and update the criteria for releasing COVID-19 patients from isolation. The latest consensus recommendations on criteria for releasing patients from isolation was published on 29 July 2020 and can be accessed by members of the public on the CHP website (https://www.chp.gov.hk/files/pdf/updated_consensus_recommendations_on_criteria_for_releasing_confirmed_covid19_patients_from_isolation29july2020.pdf).



18-24.11 2020 抗菌素關注週 Antimicrobial Awareness Week

守護抗生素 你我做得到 United to Preserve Antibiotics



2020年抗菌素關注週 Antimicrobial Awareness Week 2020

為響應世界衛生組織的呼籲，感染控制處於2020年11月18日至24日「2020年抗菌素關注週」，以「守護抗生素 你我做得到」為口號，舉辦一連串健康促進活動，提高公眾對抗菌素耐藥性的關注和推廣正確使用抗生素。

活動重點之一，是在2020年11月號的《香港醫訊》專題介紹抗菌素耐藥性。刊物（只備英文版；可經<http://www.fmshk.org/database/hkmd/hkmdnov2021final.pdf>下載）收錄了來自不同界別的文章，多角度探討抗菌素耐藥性，包括抗菌素耐藥性所造成的負擔、應對策略及相關工作、透過抗生素批發供應數據監測抗生素的使用量、完善抗生素的使用，以及由漁農自然護理署及食物安全中心分別從動物健康及食物安全角度分享經驗。感染控制處製作的宣傳海報及二維碼亦載於刊物內，以便讀者瀏覽處方抗生素的資料，例如《效果》抗生素指引和基層醫療抗生素用藥須知。

如欲了解更多有關「2020年抗菌素關注週」的資訊，可參閱<https://www.chp.gov.hk/tc/features/103452.html>。

To echo the call from the WHO, the Infection Control Branch (ICB) launched a series of health promotion activities during the 'Antimicrobial Awareness Week 2020' between 18 and 24 November 2020 using the slogan 'United to Preserve Antibiotics' to raise public awareness of antimicrobial resistance (AMR) and promote proper use of antibiotics.

One of the key actions was to feature AMR in the November 2020 issue of the Hong Kong Medical Diary (HKMD). The issue (available in English only; downloadable from <http://www.fmshk.org/database/hkmd/hkmdnov2021final.pdf>) features contributions from various disciplines and provides a panoramic view of AMR, covering topics like burden of AMR, control strategies and related actions, surveillance on antimicrobial use via wholesale supply, optimising use of antibiotics, and sharing by the Agriculture, Fisheries and Conservation Department and the Centre for Food Safety from the perspectives of animal health and food safety respectively. Also included in the issue are the ICB's publicity posters for AMR and QR codes for access to resources for antibiotic prescription, such as the IMPACT guideline and guidance notes on antibiotic use in primary care.

For more information about the 'Antimicrobial Awareness Week 2020', please visit <https://www.chp.gov.hk/en/features/103452.html>.



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抗疫日常之 又到聖誕篇 聖誕老人的建議



抗疫日常之 除夕點慶祝篇 防止互相感染 避免社交聚會

動動腦筋
過一個別出心裁又安全的
除夕夜!



製作社交媒體帖子 Production of Social Media Posts

衛生署衛生防護中心健康促進處準備了一系列社交媒體帖子，以有趣正面的手法將個人衛生、社交距離、及早檢測等健康信息傳達至經常使用社交媒體的群組，例如青少年和年輕一族。

To reach out to frequent users of social media, such as adolescents and young adults, the Health Promotion Branch of the CHP of the DH has prepared a variety of social media posts, which present health messages like personal hygiene, social distancing and early testing in a fun and positive style.

活動快拍 SNAPSHOTS



23.10.2020

食物及衛生局局長陳肇始教授、衛生署署長陳漢儀醫生、醫院管理局主席范鴻齡先生、食物及衛生局常任秘書長（衛生）陳松青先生、（署理）衛生防護中心總監林文健醫生、醫院管理局行政總裁高拔陞醫生及前線醫護人員於葵青地區康健中心接種季節性流感疫苗，以身作則，呼籲市民愛護自己及身邊的人，盡早接種流感疫苗。

Professor Sophia Chan, the Secretary for Food and Health, Dr Constance Chan, the Director of Health, Mr Henry Fan, the Chairman of the HA, Mr Thomas Chan, the Permanent Secretary for Food and Health (Health), Dr Ronald Lam, the Acting Controller of the CHP, Dr Tony Ko, the Chief Executive of the HA and frontline medical staff received seasonal influenza vaccination at the Kwai Tsing District Health Centre. They appealed to the public to get influenza vaccination early to protect themselves and those around them.