

# 預防甲型肝炎

## Prevention of Hepatitis A



### 什麼是甲型肝炎?

甲型肝炎是由甲型肝炎病毒所引起的傳染病，主要是通過糞口途徑傳染，即透過進食受感染者糞便污染過的食物或水而傳播。甲型肝炎亦可經與受感染者親密接觸或進行口肛性交接觸而傳播。



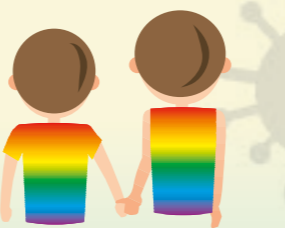
甲型肝炎的病徵包括：輕微發熱、全身疲倦、肌肉痛、頭痛、食慾不振、噁心嘔吐、腹瀉、上腹不適、黃疸（皮膚及眼白發黃）及茶尿等等。甲型肝炎病毒感染可以在未出現任何病徵之前，仍能將病毒傳播給別人。

大部分受甲型肝炎感染的人士都會完全康復，而經自然感染的人痊癒後所產生的免疫能力都能終生持續有效，只有極少數的甲型肝炎病例會發展成肝臟衰竭、甚至死亡。

### 那些人有高風險感染？

任何人士都有機會感染甲型肝炎，下列人士屬於高風險感染群組：

- 經常進食未經煮熟的貝殼類海產食物人士
- 甲型肝炎高度流行地方旅遊人士
- 與感染者有性接觸人士
- 男男性接觸者
- 感染者的家人或照顧者
- 注射毒品人士
- 患有凝血因子病而需要接受血漿衍生凝血因子替代治療人



### 怎樣預防甲型肝炎?

接種甲型肝炎疫苗能有效地預防感染甲型肝炎病毒。此外，我們亦要注意個人、飲食及環境衛生。時常保持雙手清潔；預備食物前、進食前及如廁後都應使用梘液及清水洗手，減低接觸甲型肝炎病毒的風險。接種甲型肝炎疫苗、時刻保持個人衛生及安全性行為是預防感染甲型肝炎的關鍵。



### 什麼是甲型肝炎疫苗注射?

甲型肝炎疫苗的主要成份是已失去活性的甲型肝炎病毒，疫苗經注射進入人體後會刺激抗體的產生而形成對甲型肝炎病毒的免疫力。甲型肝炎疫苗注射計劃共包括兩次注射。第一次疫苗注射之後，人體通常需要二至四星期時間才能產生足以抵禦甲型肝炎病毒的抗體；故此，前往高度流行地方旅遊人士需要預備足夠的時間接種疫苗。第二次疫苗注射通常在第一次注射後的六至十二個內（最多可延至十八個）進行。依時接種兩次疫苗後，大多數人士都可以產生長久的保護性抗體。

### 那些人士應該接種甲型肝炎疫苗?

甲型肝炎疫苗適用於一歲以上及免疫力不足的人士。建議如上述所列的高風險感染群組人士及會因感染甲型肝炎而導致嚴重併發症風險人士如慢性肝病患者，接受甲型肝炎疫苗注射。



### 甲型肝炎疫苗會引起不良反應嗎?

正如其他藥物一樣，甲型肝炎疫苗亦有機會引致不良反應；但這些反應大多是輕微及短暫。接受甲型肝炎疫苗注射後，最常見的副作用是注射位置疼痛；其他反應包括頭痛、食慾不振及疲倦。

### 什麼人不宜接受甲型肝炎疫苗?

- 凡對疫苗有過敏反應、及曾經在接種甲型肝炎疫苗後有過敏反應者不適宜接受注射；
- 如注射當日身體不適發燒者或患重病，應於康復後才接受注射；
- 雖然沒有證據顯示甲型肝炎疫苗危害孕婦或胎兒的健康，但甲型肝炎疫苗應用於孕婦之安全性尚未能確定，因此孕婦應諮詢醫生是否適宜接受注射。



### 我可以在什麼地方接受甲型肝炎疫苗注射?

如果你認為你有需要接種甲型肝炎疫苗，請向你的家庭醫生或任何註冊西醫查詢及安排接種。

如欲獲取更多資料，可以向你的家庭醫生查詢或



致電衛生署肝炎熱線 2112 9911 或  
瀏覽衛生署肝炎網頁 [www.hepatitis.gov.hk](http://www.hepatitis.gov.hk)



## What is Hepatitis A?

Hepatitis A is a liver disease caused by the Hepatitis A Virus. Hepatitis A is transmitted primarily by the faecal-oral route, that is ingestion of food or water that has been contaminated with the faeces of an infected person. Hepatitis A can also be transmitted by close person-to-person contact or through oral-anal sexual act that involves contact with infected person's stool.



Affected persons may be asymptomatic, but can still transmit the virus to others. Those who have symptoms may have:

Fever, tiredness, muscle pain, headache, loss of appetite, nausea, vomiting, diarrhoea, upper abdominal pain, jaundice (yellow discolouration of skin and eyes) and tea-coloured urine.

Most patients have a complete recovery and Hepatitis A would rarely cause liver failure and death. People recovered from the infection develop lifelong immunity against the infection.

## Who is at risk?

Although anyone can get Hepatitis A, there are some people who are at greater risk, such as:

- People who frequently eat uncooked shellfish
- Travellers to endemic areas



- Sex contacts of infected person
- Men who have sex with men
- Household members or caregivers of infected persons
- People who inject drugs
- People with clotting factors disorders receiving plasma-derived replacement clotting factors



## How can we prevent Hepatitis A?

Hepatitis A vaccination is a very effective means to prevent Hepatitis A infection. Apart from vaccination, one should also pay close attention to personal, food and environmental hygiene in order to minimise the risk of contracting the infection. Always remember to keep our hands clean. Wash hands with soap and water before preparing or eating food and after going to the toilet. Receiving Hepatitis A vaccination, strict personal hygiene and safer sex are keys to preventing Hepatitis A.



## What is Hepatitis A Vaccine?

The Hepatitis A vaccine contains an inactivated strain of the virus. Receiving the vaccination will stimulate our body to produce antibodies against the virus. A complete course of vaccination requires 2 injections. As it will take 2 to 4 weeks for the body to produce antibody against Hepatitis A after the first vaccine shot, adequate time should be allowed before travel to endemic areas. The second vaccine shot is given 6 months to 12 months (can up to 18 months) apart in order to obtain a long-term protection.

## Who should be vaccinated?

Hepatitis A vaccine can be given to person above one year of age and to immunocompromised individuals. Hepatitis A vaccination is recommended for people who are at greater risk for infection as mentioned above, and for persons who are at increased risk for complications from Hepatitis A such as people with chronic liver disease.



## What are the adverse effects of the vaccine?

Like any medicine, Hepatitis A vaccine can cause adverse reactions, but they are usually mild and self-limiting. The most commonly seen reaction is injection site soreness. Others include headache, loss of appetite and tiredness.

## Who should not get the vaccination?

- Anyone who has ever had a severe life-threatening allergic reaction to the previous dose of Hepatitis A vaccine or allergy to any vaccine component should not get another dose.
- Anyone who has an acute febrile illness or severely ill should postpone the shot.
- The safety of Hepatitis A vaccine for pregnant women has not been determined. Although there is no evidence that it is harmful to either pregnant women or their foetus, pregnant women should consult their doctor before receiving the vaccination.



## Where can I get the vaccine?

You can consult your family doctor for the arrangement of Hepatitis A vaccination.

For more information, you may:  
Ask your family doctor



Call Hepatitis Hotline: 2112 9911  
Visit Hepatitis Website: [www.hepatitis.gov.hk](http://www.hepatitis.gov.hk)

