



中英社評



冬天是病毒活躍的季節，今年冬天風險更高，原因是新冠病毒和流感病毒或其他病毒很可能同時傳播。行政長官李家超昨日與多名主要官員接種季節性流感疫苗，部分官員同時接種新冠疫苗，以實際行動作表率，呼籲市民為冬季流感季節的到來作好準備。香港市民要盡快行動起來，疫苗應打盡打，既保護自己，也為香港醫療系統減輕壓力。

香港市民一直十分自覺戴口罩，這既能防範新冠病毒傳播，也有效阻斷了流感病毒，因此過去兩年患感冒的人數大為減少。但有利也有弊，因為連續兩年未出現冬季流感大流行，流感疫苗接種率大幅下降，群體免疫力隨之下降，一旦感染，症狀可能會變得嚴重，對「一老一幼」、安老院舍、長期病患者的威脅更大，這是特區政府特別緊張、呼籲市民盡快打針的原因。

世衛組織近日指出，多個國家近期的新冠病毒感染、住院和死亡人數上升，特別是北半球流感季節的到來，預期未來會出現流感和新冠等病毒同時傳播的情況。世衛總幹事譚德塞表示，新冠大流行期間，各國採取的防疫措施減少了病毒傳播，但因為不少國家已放棄防疫措施，流感又回來，因此各國不能掉以輕心。

流感容易引發各種併發症，過去香港每個流感季節都會奪走數百人的生命。今年的風險甚於往年，在實施入境檢疫「0+3」的情況下，出入境人數上升，意味着更多的病毒輸入；加上放寬限聚令，餐廳、酒吧、健身房等處所恢復往日繁忙，市民近身接觸增加，為各種病毒傳播提供了方便。如果說，過去兩年打流感疫苗的迫切性不那麼高，但今年情況則完全不一樣，對免疫力弱的人士而言，更要加強自我保護。

特區政府因應實際情況推出新措施，50歲以上人士接種新冠疫苗時，可接種流感疫苗，一次過打兩針，雙重保護，方便、省時且免費，一舉多得，何樂而不為！

事實上，一次過打兩種疫苗，是衛生防護中心轄下的疫苗可預防疾病科學委員會的共識，在安全方面有保障，市民不用擔心。而包括醫管局和衛生署指定的多個場所，可為合資格市民提供同時打兩種疫苗的服務，如果是單打流感疫苗，也是透過現有的新冠疫苗預約系統來預約。醫務衛生局局長盧寵茂身先士卒，上個月已同時接種季節性流感疫苗和第四劑新冠疫苗，昨日他在場支持李家超等官員打流感針，並特別提醒市民，由於接種後兩周才產生抗體，因此要抓緊時間，盡快接種。

有人說過，新冠疫情專治各種「不服」，其中之一是「疫苗懷疑論」。經過慘烈的第五波疫情後，絕大部分市民接受了這樣的道理：接種好過不接種，早接種好過遲接種。新冠疫苗第一針和第二針接種率都已超過九成，第三針亦超過八成，並非無因。值得一提的是，與新冠疫苗是緊急使用不同，流感疫苗是成熟的疫苗，安全性可靠性更加毋庸置疑，市民更應該積極接種。

在這個新冠疫情夾雜感冒病毒的時期，保障健康最重要。特區政府和醫學專家作出盡快打流感疫苗的呼籲，絕對不是「狼來了」。盡快預約，盡快接種，最好兩種疫苗同時打。只有築牢防疫抗疫的屏障，香港才能立於不敗之地，發展經濟、社會逐步復常才有堅實的基礎。

防新冠流感夾擊 做好防護莫遲疑

Beware of double whammy of flu and Covid-19, we all must not hesitate to take protective measures

Winter is the season for viruses to become and stay active. The risk is even higher in this coming winter. The reason is because the coronavirus and flu or other viruses could all possibly spread at the same time. Chief Executive John Lee Ka-chiu and several principal officials got vaccinated against influenza yesterday, with some officials also receive Covid-19 vaccination at the same time. Setting an example with actual deeds, they urged the public to get prepared for the seasonal influenza in the coming winter. Hong Kong citizens must act promptly to receive all needed vaccines. In this way, they can protect themselves and at the same time help ease the pressure on Hong Kong's health care system.

Hong Kong people always self-consciously wear face masks for a certain period of time, which not only helps prevent the spread of the coronavirus but also effectively blocks the transmission of the influenza virus. As a result, the number of people infected with flu has dropped sharply in the past two years. This has both its advantage and disadvantage. As there is no large outbreak of influenza in the past two years, the flu vaccination rate has dropped dramatically and **herd immunity** has become weakened accordingly. As such, once one is infected, the symptoms could possibly become very serious. Even greater is the threat posed to the elderly and children, to homes for the elderly and to the chronically ill people. This is the very reason why the SAR Government is so concerned that it urges citizens to take vaccinated against influenza as quickly as possible.

The World Health Organization (WHO) recently pointed out that several countries were reporting an increase in Covid-19 cases, hospitalisations and deaths. Moreover, the influenza season now is starting in the Northern hemisphere, so it may be expected that influenza virus and coronavirus may spread at the same time. WHO Director-General Tedros Adhanom Ghebreyesus said "measures introduced to curb the spread of Covid-19 also helped to reduce the burden of flu", but "with most of those measures lifted [in not a few countries], flu is back, and should not be taken lightly".

Various complications could be easily triggered by influenza. Several hundred people were killed in Hong Kong in each influenza season in the past. The risk this year is higher than ever before. With the "0+3" arrangement for inbound travelers in force, both the numbers of inbound and outbound travelers are on the rise, which is meant an increase in virus importation. In addition, with relaxation of social distancing rules, business operations of restaurants, bars and gyms, etc. become as busy as before. Hence there are more close contacts among people, which provides convenience for viruses to spread. If it was not so urgent for one to have a flu jab in the past two years, then the situation is entirely different this year. People with lower immunity particularly need to enhance self-protection.

The SAR Government launches new measures in accord with the reality. People aged 50 years and over now may choose to receive both Covid-19 vaccination and seasonal influenza vaccination, taking two jabs at the same time to get double protection. Convenient, time-saving and free of charge, it kills several birds with one stone. So why not **go ahead with it**?

In fact, it was a consensus of the Scientific Committee on Vaccine Preventable Diseases under the Centre for Health Protection that a person could receive the two kinds of vaccines at the same time. Hence, safety is ensured, so there is nothing to worry about it. Many venues designated by the Hospital Authority and Department of Health provide the service of co-administration of Covid-19 vaccines and seasonal influenza vaccination. Booking for receiving a flu jab alone is also through the operating booking system for Covid-19 vaccination. Secretary for Health Lo Chung-mau took the lead last month to receive a flu jab and the fourth dose of Covid-19 vaccine at the same time. Showing up yesterday to support John Lee and other officials receiving their flu jabs, he purposefully reminded the public that it took about two weeks after vaccination for

antibodies to develop in the human body and provide protection, people were therefore advised to **waste no time in getting** vaccinated.

There is a saying that the Covid-19 epidemic is an effective treatment for various kinds of "non-compliances", one of which being "vaccine skepticism". After the tragic fifth wave of outbreak, the vast majority of citizens now appreciate the reason that getting vaccinated is better than not and it is better to get vaccinated early than late. It is not without reason that now both the first-dose vaccination and second-dose vaccination rates are over 90 per cent, and the third-dose vaccination rate also exceeds 80 per cent. It is noteworthy that different from the Covid-19 vaccines which are authorised for emergency use, the influenza vaccine is a mature one and its safety and reliability are even more **beyond a doubt**. Citizens should not be hesitant to receive it.

Facing the doubt **whammy** of flu and Covid-19 in the coming winter, health protection is the most important thing. The SAR Government and medical experts make the appeal for people to get vaccinated against influenza. This is by no means crying wolf. So citizens should make their bookings and get vaccinated as quickly as possible. And it is better to receive the two vaccines at the same time. Only when we build a solid barrier against the viruses can Hong Kong hold an invincible position and gain a solid foundation to develop the economy and restore normalcy.

WORDS AND USAGE

• **Herd immunity** (noun) –

A situation in which a disease cannot spread through a group of people because enough of them are immune, usually because of having been vaccinated. (群體免疫)

Examples:

1. Health officials worry that herd immunity will be threatened as more parents choose not to vaccinate.
2. The spread of disease from person to person becomes unlikely when herd immunity is achieved.

• **Go ahead (with sth)** (phrasal verb) –

To begin to do something, especially when somebody has given permission or has expressed doubts or opposition. (去做)

Examples:

1. "May I start now?" "Yes, go ahead."
2. My professor told me to go ahead with the research project.

• **Waste no time (in) doing sth** (idiom) –

To do something as quickly as you can because it will help you. (抓緊時間去做……)

Examples:

1. He wasted no time in introducing himself.
2. She wasted no time in spreading the gossip.

• **Beyond (a) doubt** (idom) –

If something is beyond doubt, it is completely certain. (毫無疑問)

Examples:

1. Beyond a doubt this is the best view of the valley.
2. This photo now proves, beyond doubt, that my client is innocent.

• **Whammy** (singular noun) –

Something very difficult or unpleasant. Used in expressions such as "double whammy" and "triple whammy" to indicate that two or three unpleasant or difficult situations occur at the same time, or occur one after the other. (晦氣，壞事；多用於表述「禍不單行」、【雙重或多重打擊】)

Examples:

1. They face a double whammy: paying more and getting less.
2. We're suffering a triple whammy at the moment.



Are you over the moon?



續FUN英語

上星期討論有關昆蟲的成語，今集以星星月亮太陽等等做主題，很多學生也喜歡在文章中帶有一點詩意，以奇妙的宇宙作描述。大家先猜猜以下句子的意思：

1. I don't think that Jake's success was written in the stars; he worked very hard to achieve his career goals.

2. He always exaggerates his ability as if he can move heaven and earth.

3. Derek always feels awkward that he thinks the sun rises and sets on him.

4. Now that everything and everyone are put together for our new project, let's make hay while the sun shines and decide everything that we must act now.

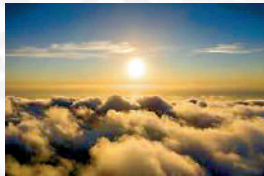
5. It seems hard to believe: some parents try their very best to get their children the moon on a stick if they ask for it.

6. Greta Thunberg is not just barking at the moon; people really listen to her.

1. Written in the stars 似乎帶點虛幻，什麼已經

寫在星星之上？其實是命中注定的意思。例句用法正確。

2. Move heaven and earth 描述努力地工作達到一些成功。



正確例子：John promised that he would move heaven and earth to finish the renovation project on schedule.

3. Think the sun rises and sets on (someone) 一般形容某人是大眾的寵兒，甚至全世界最重要的人。所有人也喜歡他、重視他。

正確例子：His mother always thinks the sun rises and sets on him.

4. Make hay while the sun shines 字面翻譯在陽光普照的時候做乾草，查實就是描述勿失良機、把握機遇、打鐵趁熱等等。例句用法正確。



5. The moon on a stick 月亮就是沒有可能在一支木棒上邊，描述要擁有一切，包括難以或不可能得到的東西。例句用法正確。

6. Bark at the moon 向着月亮叫囂就是作無謂的掙扎。例句用法正確。

What about over the moon?

另外與月亮相關但意思完全不同Over the moon意思就是非常快樂興奮。I've been over the moon since overseas travellers arriving at Hong Kong are no longer required to undergo hotel quarantine.