



堅持防疫滴水不漏 祈願早日清零

Perfect anti-pandemic measures and strive for zero infection

原文

新年伊始，行政長官林鄭月娥在社交網頁上載與行政會議召集人陳智思的對談片段，表示特區政府在外防輸入方面已經做到「滴水不漏」，政府在內部會繼續加強病毒檢測，希望達至清零，盡快回復兩地及海外人員往來。本港受疫情影響已接近一年，經濟民生遭受沉重打擊，近日新增確診病例稍見減少，但仍遠未到鬆懈的時候。政府要在執行上加把勁，把現行的外防輸入、內防擴散措施落實到位，配合從速推行大規模疫苗接種計劃，把真正清零作為送給廣大市民最好的新年禮物。

香港在1月1日新增36宗本地確診，其中13宗源頭不明，本地確診宗數是一個半月新高。數字下降是好事，但不明源頭個案仍然佔確診比例的三成多，變化不大。尤其值得警惕的是，多位專家都擔心市民在長假期上街和聚會，疫情有機會在假期後反彈。正如特首林鄭月娥所言，政府近期已推出很多嚴控措施，

但關鍵仍然要市民遵從，若市民自律性不高，疫情仍然是難以清零。但另一方面，政府部門對措施的落實亦是抗疫一個重要方面。尤其是經過長達一年的馬拉松式抗疫，不少市民有抗疫疲勞的心態，這個時候政府強化他律措施顯得尤其重要。

一方面是外防輸入的措施，對此林鄭特首表示已做到「滴水不漏」。本港上月的確強化了多項外防輸入措施，包括規定海外抵港人士入住指定酒店檢疫、封閉式專車接送、將檢疫期延長至21天等等。相關措施執行不久，外防輸入效果開始顯現，但滴水不漏需要持之以恆、不斷鞏固。特別是近期英國的新型變種病毒向全球擴散，其傳染力更強，參與口岸檢疫工作的人員、車輛能否做好自我保護和清潔工作，都會影響海外病毒會否傳入社區。對此政府在制定和執行相關指引一定要慎之又慎，不可有絲毫疏忽大意。

另一方面是強化內防擴散措施的執行

工作。本港在上月強化了強制檢測的執行要求，開始對強檢居民展開執法行動。與此同時，「安心出行」應用程式也計劃借助藍牙技術記錄市民行蹤，免卻每次出入要掃碼的麻煩。政府應加快落實有關措施，在強制檢測、查找隱形患者、病源追蹤都做到滴水不漏。

疫苗已經在全球多個國家及地區開始接種，內地也陸續有疫苗獲批上市，這是成功控制疫情的根本途徑。政府必須把落實和推廣疫苗接種計劃作為當前的頭等大事來抓，盡快落實採購、運送疫苗到港的安排，有需要時可請求中央協助，引進有效可靠的內地疫苗，增強對本港市民健康安全的保障。港人同心抗疫持續一年，眼前正是戰勝疫情的關鍵時刻，市民必須繼續配合政府，把各項防疫措施落實到位，確保滴水不漏，盡快實現本地個案清零，早日讓經濟民生、跨境人員往來恢復正常。

(摘錄自香港《文匯報》社評 2021-1-2)



●本港強化了多項外防輸入措施，包括規定海外抵港人士入住指定酒店檢疫。資料圖片

Exercise

1. 衛生防護中心
2. 《預防及控制疾病條例》
3. 無症狀患者
4. 醫學監察
5. 健康申報

1. Centre for Health Protection (CHP) 2. Prevention and Control of Disease Ordinance 3. asymptomatic patient 4. medical surveillance 5. health declaration

Answer

譯文

At the beginning of 2021, Chief Executive Carrie Lam Cheng Yuet-ngor uploaded a video clip of a conversation with Executive Council convenor Bernard Chan on her social media page, stating that the SAR government has already perfected its anti-pandemic efforts in terms of minimising imported cases. In the video, the Chief Executive also said that the government will step up its testing efforts to bring down the number of cases to zero, so that cross-boundary travels with mainland China and overseas countries could resume as soon as possible.

Hong Kong has been affected by the covid-19 pandemic for nearly a year, both the economy and the people's livelihood have been hit hard. Although the number of newly confirmed cases has decreased slightly in recent days, it is still too soon to let down our guard. The government should step up its anti-pandemic efforts

and at the same time come up with a large-scale vaccination scheme quickly. Achieving zero covid-19 cases would be a fitting New Year gift to the people of Hong Kong.

Hong Kong recorded the lowest number of confirmed cases in a month and a half on 1 January, with 36 new local confirmed cases and 13 having an unknown origin. While it is good to see a decline in the number of new cases, it is worth noting that cases of unknown origin still account for more than 30 per cent of the total number of confirmed cases. More importantly, experts are worried that the number of cases might rebound after the holidays as citizens go outdoors for activities and gatherings. As Chief Executive Carrie Lam said, although the government has already introduced many rigorous anti-pandemic measures, the key to achieving zero infection is still the cooperation and self-discipline of the public. However, the implementation of the government's anti-pandemic

measures is also an important aspect in the fight against covid-19. This is especially true after a year-long marathon fight against the pandemic, as many citizens are now experiencing anti-pandemic fatigue. At this time, it is particularly important for the government to strengthen its control measures.

On the one hand, there should be measures to prevent imported cases, and Hong Kong has already perfected these measures according to the Chief Executive. The government did strengthen a series of measures targeting imported cases since December 2020. These include mandatory quarantine in designated hotels for overseas arrivals, designated transport for inbound travelers, and extending the quarantine period to 21 days. These measures seem to be quite successful for the time being, but a leak-proof defence requires perseverance. In particular, the new coronavirus variant found in the United Kingdom has spread globally. As the new variant is even

more infectious, there is a chance that personnel and vehicles involved in port quarantine work could bring the new variant into the community. The government must be cautious in formulating and implementing relevant guidelines as there is no room for negligence.

On the other hand, the government should strengthen anti-pandemic measures that aim to stop covid-19 from spreading among local communities. In December 2020, the authorities tightened mandatory testing measures and began to carry out enforcement operations. At the same time, the government is also planning to use Bluetooth technology to record the whereabouts of citizens with the "LeaveHomeSafe" mobile phone app, so as to save the citizens' trouble of having to scan QR codes wherever they go. The government should expedite the implementation of these measures to ensure our defence against the pandemic is leak-proof.

Vaccination schemes have begun in

many countries and regions around the world, and different types of vaccines are now available in mainland China. Vaccination is the key to getting out of this pandemic. The inception and promotion of a large-scale vaccination scheme must be the top priority of the government. The authorities must secure the procurement and delivery of vaccines to Hong Kong as soon as possible. The government can also request assistance from the central government when necessary to introduce effective and reliable vaccines from the Mainland to protect the health and safety of Hong Kong citizens. The people of Hong Kong have been fighting the covid-19 pandemic together for a whole year already, and the critical moment to overcome the pandemic has finally come. To achieve zero infection and hopefully resume economic activities and cross-boundary travels as soon as possible, the public must continue to cooperate with the government's various anti-pandemic measures.

開埠初年爆鼠疫 政府逐戶搞衛生

歷史今昔

面對香港疫情的持續，筆者有時也忍不住思考疫情何時結束，或者要如何才能根除疫情。筆者當然不是防疫專家，只是一位歷史學者，要寫出建設性的防疫措施確有難度。不過，我仍想藉此一期，回顧香港其中一次大型流行病的歷史，以及當時港英政府的防疫措施，讓廣大讀者可以聯繫現今社會狀況與過去歷史。

1894年5月的鼠疫是香港其中一次大型疫症，估計這次疫情導致約2,500人喪生，三分之一的人口遷離香港。面對鼠疫危機，不論是挽回管治威信，還是保障市民健康，政府也需要制定一系列防疫措施去解決正在發生的疫情。大概而言，其措施可以歸納成：建立鼠疫醫院以隔離患者、搜查鼠疫患者，以及妥善處理鼠疫死者。

建立鼠疫醫院以隔離病者在現今公共衛生而言似乎是常識，但是在1894年的香港不盡如此。首先要考慮的事情便是資源以及民眾的接受程度。早期香港的西方現代醫院主要是為本地的洋人提供醫療服務，故此資源上並不足夠。華人社區則有自己的「醫療體系」，譬如

民間醫藥，或是我們通稱的中醫師。事實上，當時的華人亦不信任西方醫療體系。

玻璃廠隔離患者

面對醫療上的不足和華人的不信任，港英政府決定啟動「海之家(Hospital Hulk Hygeia)」醫療船計劃，希望安排鼠疫患者進入醫療船進行隔離治療。可惜礙於病床床位的不足，以及華人的不信任，計劃開初並不順利，最後需要聯繫東華醫院，合作開辦一家鼠疫醫院——玻璃廠醫院(Classwork Hospital)，透過華東醫院的宣傳和勸服，遣送鼠疫患者進入醫院進行隔離治療。其後隨著病患者的的人數不斷增加，香港陸續開設更多鼠疫醫院。

確診者進入醫院隔離之後，下一步就是找出社區的隱藏病人，並對他們居住的樓宇或地區進行清潔和消毒。在此項防疫措施上，港英政府展示出前所未有的強硬和決不妥協，在疫症地區進行挨家挨戶的搜查，除了對樓宇清潔和消毒外，還會將屋中的傢具、衣服以及任何可能受感染的東西徹底消毒或銷毀。

如果發現房屋衛生條件過於惡劣，則屋內所有人都必須遷出，該處永久關閉。鼠疫發展至後期，

政府甚至有權進入不符合衛生要求的屋宇，勒令屋主處理。

死者入土撒石灰

上述兩項措施均是針對鼠疫患者，而第三項措施則是針對鼠疫死者。流行病的恐怖之處在於病毒不會因為寄生者的死亡而消失，屍體的處理不善也會造成疫情擴散。早在鼠疫初期，港英政府已經在摩星嶺安排一個臨時墳場，所有鼠疫死者需要埋葬到一定深度以及撒上石灰。

這些措施顯然與華人的喪葬習俗產生衝突，首先撒上石灰被視為對死者的不尊重，而死後不能安葬在「風水寶地」更是難以接受。洋人對此當然無法理解，他們始終認為用石灰埋葬鼠疫死者是防止鼠疫繼續擴散的方法，不明白為何華人如此反對。

不過，由於港英政府強調填場埋葬的措施必須符合要求，華人雖然表達不滿，但迫於壓力也只能照辦。

總括而言，該場鼠疫的確提高了港英政府對於公共衛生水平的意識，也願意投入更多資源在醫療領域，其後醫療衛生改革、建立醫院、完善排水系統等政策的落實，與鼠疫的爆發實有一定關係。

霜不從天降



●霜的形成與輻射冷卻有關。影片截圖

氣象萬千

「霜降」是二十四節氣之一，但你知不知道，其實「霜」並不是從天而降？

一般來說，水汽會先經過液態水，然後凝固成冰，至於霜則是由水氣直接轉化為冰晶，這個由氣態直接轉化為固態的過程，稱為「凝華現象」。

在寒冷的季節，特別是一些天朗氣清和風勢微弱的晚上，輻射冷卻會令新界內陸的空曠地方散熱特別快，氣溫會較低，即使氣溫稍高於攝氏0度，但室外地面和一些無遮蔽的物件如植物、擋

風玻璃、電線杆等的表面溫度，有時會比在離地面一米多高度的氣溫更低，甚至可能降至冰點以下，這時霜就有機會在物體表面形成。

不過，若果晚間風勢較大，又或雲量較多時，「輻射冷卻」的散熱效果沒那麼明顯，就會阻礙霜的出現。香港過往六十多年出現結霜的日子，大多數在每年12月至翌年2月，通常都在高地或新界郊區出現。結霜會凍壞農作物，所以當天文台預料會出現結霜，便會發出霜凍警告，提醒農民要做好準備。

除了結霜，香港冬季在特定氣象條件下，亦可能會出現不同類型的結冰天氣，有機會再跟大家介紹。

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● 香港天文台 (本欄以天文台的網上氣象節目《氣象冷知識》向讀者簡介有趣的天氣現象。詳情請瀏覽天文台YouTube專頁：<https://www.youtube.com/user/hkweather>。)

