

健康守護 預防為先 出行無憂

STAY PREPARED, STAY PROTECTED
FOR A SAFE AND SMOOTH JOURNEY



無論短途出遊、長途旅行、一家大小獨家或公幹外出，旅行時需要考慮的感染風險有很多，並且會因目的地、氣候、天氣及個人健康狀況而有很大差異。因此，在出發前做好全面的健康準備並採取主動的防護措施至關重要。

Whether it's a short getaway, a long trip, a family holiday, or business travel, there are numerous infection risks to consider when traveling, which vary significantly depending on your destination, the climate, the weather, and your personal health conditions. This is why thorough health preparation and proactive protective measures are essential before you depart.

楷和醫療可提供 Chiron Medical provides



旅行平安藥包

Travel Medicine Pack

(售價 Priced at \$400)

包簡單面診或視像診症
Include brief face-to-face
or video consultation



疫苗接種服務

Vaccination services

(按個人需要評估，收費服務)
Assessed based on
individual needs, fee applies)

6月
JUNE



健康出行禮遇
Travel Health Privilege

2026年6月1日-6月30日期間到診即可免費獲贈「健康守護錦囊」乙份，內含健康資訊單張與精美禮品

All patients attending our clinic for any travel health service will receive a complimentary Travel Health Protection Kit during the June 1 - June 30, 2026 that includes practical travel health information leaflets & a premium gift.

禮品數量有限，送完即止，不設更換。 Gifts are available while stocks last, and non-exchangeable.

旅遊旺季防疫先行： 規劃高風險地區行程更安心



林緯遜醫生
Dr. Wilson LAM

感染及傳染病科專科
Specialist in
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楷和醫療
Chiron Medical

踏入旅遊旺季，不少人計劃遠行，不同目的地隱藏著不容忽視的健康風險。楷和醫療感染及傳染病科專科林緯遜醫生指出，尤其前往衛生條件較薄弱、蚊蟲密集或食水環境較差的地區，感染傳染病的機會相對提升。要讓旅途真正安心，出發前充分了解個人健康狀況、目的地的衛生條件、醫療設施及體系、及可預防的疾病，是最關鍵的一步。

旅遊期間常見的多種傳染病，大多可透過適當的預防措施減低風險，部分更可透過疫苗有效防護。林醫生指出，應特別留意四類較常見的健康風險，包括甲型肝炎、傷寒、瘧疾及流行性腦脊髓膜炎。這類疾病在部分發展中國家仍相對普遍，若在旅途中感染，不僅會影響行程，亦可能對身體造成較大負擔，嚴重個案更可出現相關併發症，需要謹慎留意。

常見旅遊傳染病與預防建議

甲型肝炎主要經由受污染的食物、食水及不潔餐具傳播，是外遊最常見的肝臟感染疾病。症狀包括發燒、乏力、作嘔、黃疸等，病程可持續數週。接種甲型肝炎疫苗是最有效的預防方法，大部分前往熱門旅遊國的人士都建議接種，而孕婦在接種前應該先諮詢醫生意見。

傷寒透過受污染的飲食傳播，典型症狀為持續高燒、頭痛、腹痛、腹瀉或便秘，嚴重可引致腸道出血、穿孔的併發症。部分個案會在軀幹位置出現淺紅色的斑丘疹，亦可能伴有脾臟或肝臟腫大。計劃長時間停留、常吃街頭小食、自由行或背包客，接種傷寒疫苗能降低感染風險。

瘧疾由受感染的雌性瘧蚊傳播，在非洲、東南亞、南美洲部分鄉郊及熱帶地區尤為常見。瘧疾可引致反覆高燒、畏寒、頭痛、貧血，嚴重會影響引致血液循環系統或器官衰竭，危及生命。林醫生提醒，目前尚沒有有效預防瘧疾的疫苗，旅客需按目的地風險，由醫生評估後處方預防藥物，同時做好防蚊措施。

流行性腦脊髓膜炎可經飛沫及密切接觸傳播，高危地區包括非洲及部分中亞、南亞地區，近期亦於歐洲，北美等地區出現爆發個案。感染可引致突發高燒、劇烈頭痛、頸部僵硬。前往有關地區的旅客，特別是長期停留人士，應按醫生建議接種疫苗。

旅行前健康準備，有效減低出行風險

林醫生建議，高風險感染的旅客應在出發至少 4 至 8 星期前預約旅遊健康評估，讓醫生按目的地、行程長度、活動類型及個人健康狀況，提供個人化建議。除疫苗與預防用藥外，注意飲食衛生、飲用樽裝水、勤洗手、防蚊、避免接觸野生動物，都是基本而重要的防護。

最後，從高風險地區返港後若有不適，應立即求診，並告知醫生近期曾經到訪的地區。

旅行健康防護指南

Travel Health Protection Guide



外遊前往衛生條件較差地區時，需特別留意四大傳染病風險。出發前應預早安排旅遊健康評估、按目的地性質帶備藥物或接種合適疫苗、做好防蚊及飲食衛生，全方位守護旅途健康。

When travelling to destinations with poorer hygiene conditions, special attention should be given to four major infectious disease risks. Before departure, travellers are advised to arrange a travel health assessment in advance, prepare medications or receive appropriate vaccinations based on the destination, and practice mosquito prevention and food hygiene to fully safeguard their health throughout the journey.

Travel Peak Season— Start with Prevention for Peace of Mind

As the travel season picks up, many people plan trips to new destinations, each with its own health risks. Dr. Wilson Lam, a Specialist in Infectious Diseases at Chiron Medical Group, notes that the risk of contracting communicable diseases is higher in areas with weaker sanitation, heavy mosquito activity, or poorer water and food conditions. To travel with confidence, it's essential to review your health status, the destination's hygiene and healthcare capacity, and which diseases can be prevented—before you go.

Many common travel-related infections can be greatly reduced with the right preventive measures, and some can be prevented through vaccination. Dr. Lam highlights four conditions to pay special attention to: hepatitis A, typhoid, malaria, and epidemic meningococcal meningitis. These diseases remain relatively common in parts of developing countries, and infection during travel can disrupt your plans and place a heavy burden on your body. In severe cases, complications may occur—so it's important to stay alert.

Common Travel Infections and Prevention Tips

Hepatitis A is mainly spread through contaminated food, water, and unclean utensils. Symptoms may include fever, fatigue, nausea, and jaundice, and the illness can last for weeks. Vaccination is the most effective prevention. Most travellers to popular destinations are advised to get the hepatitis A vaccine, and pregnant individuals should consult a doctor first.

Typhoid is transmitted through contaminated food and water. Typical symptoms include persistent high fever, headache, abdominal pain, diarrhea, or constipation. Severe cases can lead to intestinal bleeding or perforation, and some patients develop a faint pink rash on the trunk. Vaccination can lower the risk—especially for those staying longer, eating street food frequently, or traveling independently or backpacking.

Malaria is spread through bites from infected female Anopheles mosquitoes and is especially common in parts of Africa, Southeast Asia, and tropical rural areas in Central/South America. Malaria can cause recurrent high fevers, chills, headaches, and anemia, and severe cases may lead to circulatory or organ failure, which can be life-threatening. Dr. Lam reminds travellers that there is currently no effective malaria vaccine. Prevention typically relies on mosquito precautions and, based on destination risk, doctor-prescribed prophylactic medication.

Epidemic meningococcal meningitis spreads through respiratory droplets and close contact. High-risk regions include parts of Africa and parts of Central and South Asia, and outbreaks have also recently been reported in Europe and North America. Symptoms may include sudden high fever, severe headache, and stiff neck. Travelers—especially those staying for extended periods—should follow doctors' advice regarding vaccination.

Pre-trip Health Preparation—Reduce Risk Effectively

Dr. Lam recommends that travellers at higher risk book a travel health assessment at least 4 to 8 weeks before departure, so the doctor can provide personalized guidance based on the destination, trip length, activities, and your medical history. In addition to vaccines and preventive medication, key measures include food and water hygiene, drinking bottled water, frequent handwashing, mosquito protection, and avoiding contact with wild animals.

Finally, if you develop symptoms after returning from a high-risk area, seek medical care promptly and tell your doctor which locations you visited recently.

診所專業培訓：呼吸道合胞病毒與肺炎球菌

Clinical Training Workshop: RSV & PCV

楷和醫療最近於中環及尖沙咀診所舉辦有關呼吸道合胞病毒與肺炎球菌的診所專業培訓，協助前線護士加深對RSV及PCV的認識。工作坊講解2種疫苗成分、接種原因及適合接種對象等實用資訊，讓護士全面掌握相關專業知識，強化臨床服務能力。



Recently, we held a clinical training workshop at both Central and Tsim Sha Tsui clinics to help frontline nurses deepen their understanding of respiratory syncytial virus (RSV) and pneumococcal vaccine (PCV). The workshop explained practical information such as the components of 2 vaccines, reasons for vaccination, and who is eligible to receive them, enabling nurses to fully master the relevant professional knowledge and strengthen their clinical service capabilities.



父親節優惠 — 脂肪肝檢查計劃

Father's Day Offer – Fatty Liver Screening Plan

不少香港男士因工作繁忙而忽略了肝臟健康。適逢父親節，為答謝爸爸多年付出，即日起至7月31日，凡購買脂肪肝檢查計劃，即可享套餐價\$2,950，讓你可以實際行動向爸爸送上關懷。優惠名額有限，送完即止。

其中一個項目為肝纖維化掃描，屬非入侵檢查，無創無痛，可檢測肝纖維化及肝硬化程度，同時檢測是否患上脂肪肝，讓爸爸可更了解自己的肝臟狀況。這不僅是一項健康檢查，更是一份鼓勵爸爸「早察覺，早管理」的貼心心意。

Many men in Hong Kong often overlook liver health due to busy work schedules. With Father's Day approaching, it is the perfect time to thank dads for their years of dedication. From now until 31 July, the offer is available at a package price of \$2,950, allowing you to show your care through concrete action. Offer available while stocks last.

One of the items in the plan is FibroScan, a non-invasive, painless screening, which assesses the degree of liver fibrosis and cirrhosis, and screens for fatty liver at the same time. This allows fathers to gain a clearer picture of their liver health. More than just a health assessment, it encourages dads to “detect early, manage early” and take proactive steps in protecting their long-term health.

脂肪肝檢查優惠 

擔心脂肪肝？肝硬化？或肝臟相關疾病？

HK\$ 2,950



了解更多

立即預約 **查詢及預約**
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