

有關研究疫苗的最新安全資料(mRNA 疫苗和心肌炎/心包炎) New Safety Update about Study Vaccines (mRNA vaccines and myocarditis/pericarditis)

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1. 什麼是心肌炎？復必泰引起的心肌炎嚴重嗎？

心肌炎和心包炎是指心肌和心臟周圍的炎症。復必泰引起的心肌炎及心包炎大多數發生在青少年第二次接種後 7 天內，本港最遲的病例發生在第二次接種後第 27 天。本港青少年出現心肌炎及心包炎的個案均屬輕微，一般會有胸痛、氣促和心悸等症狀。男生較易引發心肌炎。

What are myocarditis and pericarditis? How serious are myocarditis and pericarditis post-BNT162b2 (BioNTech/Pfizer) vaccination?

Myocarditis and pericarditis refer to inflammation in the heart muscles and around the heart. They could be one of the adverse effects of mRNA vaccination which usually occurs within 7 days following the second dose of BNT162b2 (BioNTech/Pfizer). In Hong Kong, there was a case of late-onset as long as 27 days after the second dose. These events are more common among males. Cases that occurred in Hong Kong adolescents are mild, presenting with chest pain, shortness of breath and palpitation.

2. 打一針能提供足夠保護嗎？

打一針的免疫反應和保護力雖不及打兩針，但亦能減少 9 成的嚴重病例。如果小孩本身有免疫疾病，一針並不能夠提供足夠的保護，可能需要接種兩劑疫苗。在我們研究中一些正服用多種免疫抑制劑及免疫力較差的病人，有可能需要接種第三針。因為心肌炎及心包炎是一種免疫反應，免疫系統受抑制或先天缺陷的病人引發心肌炎及心包炎的機會也可能較低。

How effective is a single dose of vaccine?

Receiving one dose of vaccine is not as effective as two doses, but is still predicted to reduce 90% of severe cases. Having said that, children with immune diseases are recommended to receive two doses of vaccine as one dose may not offer sufficient protection for them. According to our study, subjects with a very weak immune system (e.g. those who are on multiple immunosuppressants), might need a third dose. As pericarditis and myocarditis are a type of immune response, they may therefore be less likely to occur in patients who are immunosuppressed or with inborn immune diseases.

3. 為什麼不建議青少年打第二針？

政府聯合科學委員會和專家顧問團考慮到現時無本地確診，感染風險極低，認為一針暫時是足夠的。青少年只接種一針復必泰亦可當作完成接種，令學校盡快恢復全面復課。這建議可能會因應本地疫情或有更多資訊而改變。

Why is it not recommended to receive a second dose of vaccine?

The Joint Scientific Committees and Expert Advisory Panel believe that the risk of infection in Hong Kong is very low, given there are no local cases lately. Thus, they agreed that one dose of vaccine should offer sufficient protection for the meantime. As receiving one dose of BNT162b2 (BioNTech/Pfizer) is deemed to be complete, schools can announce whole-school and full-time resumption of classes in the near future. This is just an interim recommendation, it is subjected to changes depending on the local pandemic situation or updated information in the future.

4. 如要到高風險地區，青少年應否接種二劑疫苗？

我們認為需因個人情況作彈性處理。如在本地讀書，青少年可先接種一劑復必泰疫苗，但如要到外地升學，可因個人意願接種第二劑疫苗。

If adolescents are travelling to high-risk areas, do they need two doses of vaccine?

It depends on the individual's situation. If you are studying in Hong Kong, one dose of vaccine is recommended for now. If you are planning to study abroad, you can consider receiving a second dose, yet one dose may also be acceptable, and it should be a matter of personal preference.