

## 小心登革熱 齊來把蚊滅

### 預防登革熱 給掃墓人士的建議

#### 簡介

蚊子不但對人類造成滋擾，而且會傳播疾病。其中白紋伊蚊是傳播登革熱的病媒，威脅人類健康。登革熱是由蚊子傳播的嚴重疾病，病徵包括發高燒、頭痛、出疹及關節和肌肉疼痛等。白紋伊蚊於日間覓食，多在飯盒、飲品罐和花瓶等容器內繁殖。預防登革熱的最有效方法，是清除白紋伊蚊潛在滋生地。

#### 防蚊措施

市民在清明節及重陽節前往墳場拜祭先人時，可採取以下措施，預防蚊患：

- 1) 以沙填滿香燭台／香燭槽；
- 2) 在花瓶底部開一個小孔，以免積水；
- 3) 在燃燒冥鏹用的容器底部開多個小孔；
- 4) 把地面凹陷的地方填平，以免積水；
- 5) 以沙或泥把竹枝殘幹填平；
- 6) 以塑料布蓋好花瓶，然後繫好瓶口；及
- 7) 把用過的祭品、容器、瓶子、罐、飯盒和垃圾放進垃圾桶內。

#### 個人保護措施

市民掃墓時，可採取下列個人保護措施：

- 1) 穿着淺色長袖上衣和長褲；
- 2) 避免在樹木間逗留；
- 3) 避免使用香水或潤膚露等有香氣的化粧品；及
- 4) 按標籤指示在衣服或皮膚上施用驅蚊劑。

Beware of Dengue Fever  
**Prevention of Dengue Fever**  
**Advice to Grave Sweepers**

**Introduction**

Mosquitoes not only cause nuisance but also transmit diseases to human beings. The *Aedes albopictus*, in particular, poses threats to human health as a vector of dengue fever. Dengue fever is a severe mosquito-borne disease characterized by high fever, headache, rash, joint and muscular pain. *Aedes albopictus* is a day biter and breeds in receptacles like lunch boxes, cans, vases, etc. The most effective method to prevent dengue fever is to eliminate any potential breeding places of *Aedes albopictus*.

**Anti-mosquito measures**

Members of the public can take the following measures to prevent mosquito breeding when they go to cemeteries during the Ching Ming and Chung Yeung Festivals:

- 1) Fill up incense candleholders / trough with sand;
- 2) Make a small hole at the bottom of vases to avoid water accumulation;
- 3) Make holes at the bottom of containers for burning sacrificial items;
- 4) Top up defective ground surfaces to avoid accumulation of water;
- 5) Fill up bamboo stumps with sand or soil;
- 6) Cover and securely tie up vases with plastic sheets; and
- 7) Dispose of used sacrificial items, containers, bottles, cans, lunch boxes and rubbish in refuse bins.

**Personal protection**

The following personal protection measures should be taken when going to cemeteries:

- 1) Wear light-coloured long-sleeved clothes and long trousers;
- 2) Avoid staying in shrubby areas;
- 3) Avoid applying odour-producing cosmetics such as perfume and body lotion;  
and
- 4) Apply mosquito repellent on the clothes or skin according to label instructions.