避免在接近樹林的地方或樹蔭下休息；
Avoid taking rests near woods or under a tree;

6. 穿着淺色的長袖衫及長褲：
Wear light-coloured long-sleeved clothes and long trousers;

7. 招牌處指示在衣服或皮膚上施用驅蚊劑；及
Apply mosquito repellent on the clothes or skin according to label instructions; and

8. 選擇有空調設備或設有防蚊網的地方留宿。如果沒有以上的設施，便應睡在蚊帳內，並且使用蚊香和蚊香。
Stay in places with air conditioners or mosquito screens. If such facilities are not available, sleep in mosquito nets, spray adulticides and use mosquito coils.

查詢 Enquiries

如有請電食物環境衛生署或食安處（2188 2064）
For further information on how to control and prevent Aedes albopictus, please contact the Pest Control Advisory Section at 3188 2064 of the Food and Environmental Hygiene Department.
簡介

登革熱是一種由伊蚊傳播的疾病，常見於熱帶和亞熱帶地區。香港夏季炎熱多雨，非常適宜蚊蟲繁殖。蚊蟲主要在兩季開始滋生，並會持續至年底。要預防登革熱的傳播，市民應保持郊野環境衛生，以防蚊蟲滋生。

Introduction

Dengue fever, an aedine mosquito-borne disease, commonly occurs in tropical and subtropical regions. In Hong Kong, hot summers are accompanied by heavy rainfalls, providing favourable breeding grounds for mosquitoes. Mosquito breeding usually begins in the rainy season and continues till the end of the year. To prevent the transmission of dengue fever, the public is advised to keep the countryside clean against mosquito breeding.

登革熱

登革熱是由誤性病毒引起的，症狀為發燒、頭痛、骨痛及肌肉疼痛，後期會出現關節疼痛。部分患者身上可能出現紅疹。病狀約為三至四日。感染登革熱的第一期病發的症狀較微，但如果再次受感染，則有出現出現登革出血熱、登革休克綜合徵及併發症，嚴重者甚至會死亡。

Dengue Fever

Dengue fever is a viral illness characterised by fever, headache, joint and muscle pain as well as back eye socket pain. Some patients may experience rashes on the skin. The incubation period is about 3 to 14 days. Symptoms are more common in the first infection. Repeated infections, however, can cause complications such as dengue haemorrhagic fever and dengue shock syndrome, and even death.

傳播途徑

登革熱病毒是經由個有白紋和軍醫
有白紋的白紋伊蚊傳播。人被帶有登
革熱病毒的白紋伊蚊叮咬後，便可能
受感染。市民應隨時保持警覺，防止
登革熱的傳播。

Transmission of Dengue Fever

Dengue virus is transmitted by Aedes aegypti, which has a white stripe on the back surface of its thorax and bands on its legs. One may be infected when bitten by an Aedes aegypti carrying dengue virus. The public should remain vigilant against the transmission of dengue fever.

防治蚊患的方法

要防止蚊蟲滋生，最重要是清除積
水。食物環境衛生署建議市民在郊區
時採取以下的措施：以杜鵑蚊患及避
免受蚊子叮咬：

Prevention Measures against Mosquitoes

1. 把水器、空瓶及空盒等垃圾包好放入垃圾桶，
以防積水：

   Properly wrap up refuse such as soft drink cans, empty bottles and empty boxes before placing them in litter containers to prevent accumulation of stagnant water;

2. 避免在黎明或黃昏時分遊遊：

   Avoid picnicking or hiking at dawn or dusk;

3. 不容許穿縫鞋，應使用行人
道路：

   Walk on footpaths instead of passing through the woods;