Beware of Dengue Fever

Avoid taking rests near woods or under a tree;

Apply mosquito repellent on clothes or skin according to label instructions; and

Stay in places with air conditioners or mosquito screens. If such facilities are not available, sleep in mosquito nets, spray insecticides and use mosquito coils.

Do not go picnicking or hiking when not feeling well to minimise the risk of infection;

Wear light coloured long-sleeved clothes and long trousers;

If you receive any advice or information on personal protective measures, please contact the Pest Control Advisory Section at 2188 2064 of the Food and Environmental Hygiene Department.

Prevention of Dengue Fever (Advice to Picnickers and Hikers)
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，非常適合蚊子繁殖。蚊子主要在雨季開始滋生，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 rainfall, 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

登革熱是由疑似性病毒引起的，症狀為發熱、頭痛、骨頭及肌肉疼痛、後背疼痛。部分病人身上可能出現紅疹。癥狀期約為三至十四日。感染登革熱，一次發病的症狀較輕，但如果再次感染，則有可能出現出血症、登革休克綜合徵等併發症。嚴重者甚至會死亡。

Dengue Fever

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

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野時採取以下的措施，以杜避蚊患及避免受蚊子叮咬。

Control Measures against Mosquitoes

Removal of stagnant water is of prime importance to the prevention of mosquito breeding. The following measures are recommended to picnickers and hikers to prevent mosquito breeding and avoid mosquito bites:

1. 把污水罐、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逛。

   Avoid picnicking or hiking at dawn or dusk;

3. 不要穿短褲及露使用行人徑。

   Walk on footpaths instead of passing through the woods;