

小心登革熱 齊來把蚊滅  
Beware of Dengue Fever

預防登革熱  
(給社會服務院舍的建議)  
**Prevention of Dengue Fever**  
**(Advice to Social Service Hostels / Homes)**

## 簡介

### **Introduction**

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。香港夏天炎熱多雨，非常適宜蚊子繁殖，牠們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，市民應保持環境衛生，以防蚊子滋生。

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 environment clean against mosquito breeding.

## 登革熱

### **Dengue Fever**

登革熱由過濾性病毒引起，潛伏期約為三至十四日，症狀包括發燒、頭痛、骨骼及肌肉疼痛、後眼窩痛，部分病人可能出現紅疹。第一次病發的症狀通常較為輕微，但如果再次受感染，則可能出現登革出血熱、登革休克症等併發症，嚴重者甚至會死亡。

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

## 登革熱的傳播途徑

### **Transmission of Dengue Fever**

登革熱病毒是經由胸背有白線和腳部有白間的白紋伊蚊傳播。人被帶有病毒的白紋伊蚊叮咬後，便可能受感染。市民應時刻保持警覺，防止登革熱的傳播。

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

## 防治蚊患的方法

### **Control Measures against Mosquitoes**

要防止蚊子滋生，最重要是清除積水。食物環境衛生署建議院舍採取以下措施，以防蚊子滋生：

Removal of stagnant water is of prime importance to the prevention of mosquito breeding. The following measures should be taken against mosquito breeding:

- 1 委派員工專責防治蚊患工作；  
Appoint designated staff for mosquito prevention and control;
- 2 每星期最少更換或清倒容器內的積水一次；  
Water in the containers should be changed or removed at least once a week;
- 3 蓋密貯水容器；  
Cover all water containers tightly;
- 4 汽水罐、空樽及空盒等垃圾應妥善棄置在有蓋的垃圾桶內，以防積水；  
Refuse such as soft drink cans, empty bottles and empty boxes should be properly disposed of in covered litter containers to prevent accumulation of stagnant water;
- 5 每星期最少徹底更換花瓶內及清倒盆栽墊碟的水一次，並應盡量避免使用墊碟；  
Change water in flower vases completely and remove the water in saucers underneath potted plants at least once a week. Saucers should not be used as far as practicable;
- 6 防撞輪胎須鑽上大孔，以防積水；  
Make large holes in the tyres used as anti-bumping measure to prevent accumulation of water;

- 7 定期清理落葉及垃圾，以保持溝渠暢通，並在沙隔、集水溝、氣隔和排水孔施加殺幼蟲劑；  
Keep all drains free from blockage by clearing leaves and refuse regularly.  
Apply larvicide in sand traps, gullies, air filters and drain holes;
- 8 把凹凸不平的地面填平；以及  
Level all defective ground surfaces; and
- 9 每星期清倒雪櫃盛水盆及冷氣機底盤的水，或把水妥善排放。  
Water collected in the water trays of refrigerators and air conditioners should be discarded every week or properly drained off.

## 查詢 **Enquiries**

如欲得到防治白紋伊蚊的進一步資料，可致電食物環境衛生署防治蟲鼠事務諮詢組 (3188 2064)。

For further information on how to control and prevent *Aedes albopictus*, please contact the [Pest Control Advisory Section on 3188 2064](tel:31882064) of the Food and Environmental Hygiene Department.

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