

小心登革熱 齊來把蚊滅  
Beware of Dengue Fever

預防登革熱  
(給村屋居民的建議)  
**Prevention of Dengue Fever  
(Advice to Village Dwellers)**

## 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，非常適宜蚊蟲繁殖。蚊蟲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，市民應保持村屋環境衛生，以防蚊蟲滋生。

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 villages and the living environment clean against mosquito breeding.

## 登革熱

### **Dengue Fever**

登革熱是由過濾性病毒引起的，症狀為發燒、頭痛、骨骼及肌肉疼痛、後眼窩痛，部分病人身上可能出紅疹。潛伏期約為三至十四日。首次病發的症狀大多較為輕微，但如果再受感染，則有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，預防登革熱的散播。

Dengue virus is transmitted by *Aedes albopictus*, which has a white stripe on the back surface of its thorax and bands on 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.

## 對村屋居民的建議

### Advice to Village Dwellers

鄉郊地區有很多適合白紋伊蚊及其他蚊子滋生的地方，村屋居民應積極採取下列各項防蚊措施：

Breeding places for mosquitoes including *Aedes albopictus* are commonly found in rural areas. Residents in these areas should follow the mosquito prevention measures below:

#### 室內

##### Indoor

- 1 經常清理居所及檢查處所範圍，以清除積水和一切滲漏源頭；  
Tidy up your premises and inspect the areas to eliminate stagnant water and any source of leakage;
- 2 每星期至少更換花瓶和清除盆栽墊盤內的積水一次，並盡可能避免使用墊盤；  
Change the water in flower vases and remove the water in the saucers of potted plants at least once a week. The use of saucers should be avoided whenever possible;

#### 室外

##### Outdoor

- 3 檢查溝渠以確保沒有淤塞；  
Check drainage channels to prevent blockage;
- 4 檢查冷氣機底盤以確保沒有積水；  
Check the trays under air conditioners to prevent water accumulation ;
- 5 於排水渠口及電線坑槽的積水中施放殺幼蟲劑，以防蚊蟲滋生；

Apply larvicides to the water accumulated in drain holes and cable draw pits to prevent breeding of mosquitoes;

- 6 避免將雜物堆放於天台，並應將所有盛水容器蓋好；  
Avoid storage of articles on the roofs and cover all water containers properly;
- 7 妥善棄置會積水的物品，例如空飯盒、空罐和輪胎；  
Properly dispose of articles that may contain water such as empty lunch boxes, cans and tyres;
- 8 在防撞輪胎上刺穿幾個大孔，以防積水。  
Make large holes on the tyres used as an anti-bumping measure to prevent water trapping;
- 9 掘坑及裝置水閘，以便至少每星期更換田地積水一次；  
Dig ditches and install water gates to allow the change of water in water-logged field at least once a week;
- 10 在耕地的水中噴灑農用殺蟲劑；  
Apply agricultural pesticide onto the water in cultivated lands;
- 11 清除魚塘邊茂密的植物或藻類；  
Keep the edges of fish ponds free from dense vegetation and algal masses;
- 12 在水池飼養捕食蚊幼蟲的魚；  
Keep fish which feed on mosquito larvae in ponds/pools;
- 13 化糞池防蚊措施：
  - 在化糞池排氣口裝上蚊網，防止蚊子飛入或飛出；
  - 檢查沙井蓋以確保沒有積水；
  - 檢查沙井蓋以確保沒有破損，以免蚊子在化糞池內滋生。Anti-mosquito measures for septic tanks:
  - Cover the vent pipe openings with mosquito screens to prevent mosquitoes flying into and out from septic tanks;
  - Check the manhole covers to prevent accumulation of water;
  - Check the manhole covers and repair any defects to prevent mosquito breeding in the septic tanks.

### 個人保護措施建議

#### **Advice on Personal Protection**

- 14 使用蚊網以防止蚊子飛進室內；

Put mosquito screens on the windows;

15 使用蚊帳；

Use mosquito nets;

16 避免進入叢林；及

Avoid going into scrubby areas; and

17 在進入叢林之前要按標籤指示在衣服或皮膚上塗上驅蚊劑，或穿着長袖衣服。

Apply insect repellent on the clothes or skin according to label instructions and wear long-sleeved clothes and trousers before going into scrubby areas.

這些防治蚊子工作可以依照“滅蚊週記”的形式進行，以便跟進。為防治村內的蚊患，我們建議村民成立鄉村滅蚊隊。

Villagers may follow the guidelines in the “Anti-mosquito Weekly Inspection Programme” to facilitate anti-mosquito measures. They are advised to set up anti-mosquito teams for their villages to prevent and control mosquitoes in the villages.

鄉村滅蚊隊的工作：

- 每星期巡查村內的公眾地方；
- 妥善清理或蓋好公眾地方的雜物和盛水容器；
- 通知有關人士或機構將公眾地方的雜物和盛水容器清走；
- 檢查溝渠以確保沒有淤塞。如有需要，應通知有關人士或機構清理淤塞的溝渠；及
- 於無法在短期內清理的積水中噴灑殺幼蟲劑，防止蚊蟲滋生。

Duties of the anti-mosquito teams:

- Inspect the communal areas of the village weekly;
- Cover all containers and dispose of all disused articles in the communal areas of the village;
- Inform the parties concerned to dispose of all disused articles and containers in the communal areas of the village;
- Check drainage channels and inform the parties concerned to clear any blockage; and
- Apply larvicides to the stagnant water that cannot be eliminated within a short period of time to prevent mosquito breeding.

如出現發燒、嚴重頭痛、肌肉及關節痛、後眼窩痛、噁心、嘔吐及出疹等症狀，

應立即向醫生求診。

Seek medical advice promptly whenever symptoms like fever, severe headache, muscle and joint pain, back eye socket pain, nausea, vomiting and skin rash are developed.

## 查詢 Enquiries

如欲獲取更多有關防治白紋伊蚊的資料，可致電食物環境衛生署[防治蟲鼠事務諮詢組 \(3188 2064\)](tel:31882064)。

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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