

## 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。

## 登革熱

登革熱是由過濾性病毒引起的，症狀包括高燒、嚴重頭痛、肌肉及關節痛、眼窩後疼痛及出疹等。潛伏期約為三至十四日。首次感染的病情一般較輕，但如果隨後再感染其他血清型的登革熱病毒，則有可能出現重症登革熱，嚴重者甚至會死亡。

## 登革熱的傳播途徑

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。

## 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 villages and the living environment clean against mosquito breeding.

## Dengue Fever

Dengue fever is a viral illness characterised by high fever, severe headache, muscle and joint pain, pain behind the eyes and rash. The incubation period is about 3 to 14 days. Symptoms are usually mild on the first infection. Subsequent infections with other serotypes of dengue virus can cause severe dengue, and even death.

## Transmission of Dengue Fever

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：

### 室內

#### 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;



### Indoor

#### 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

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

## 6

避免將雜物堆放在天台，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.

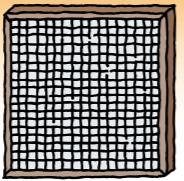
## 個人保護措施建議

## 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

### 在進入叢林之前要在衣服上塗上驅蚊劑，或穿着長袖衣服。

Apply insect repellent on the clothing 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。

### 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。



如出現發燒、嚴重頭痛、肌肉及關節痛、眼窩後疼痛、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 high fever, severe headache, muscle and joint pain, pain behind the eyes, nausea, vomiting and skin rash are developed.

### 查詢 Enquiries

如欲得到有關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 of the Food and Environmental Hygiene Department.



中文網站

English website

# 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)**

