

# 慎防叢林斑疹傷寒

## Beware of Scrub Typhus

叢林斑疹傷寒由**恙蟎**傳播，病徵包括發燒、頭痛及結膜充血等。

恙蟎體型很小，身長只有一至兩毫米，體呈紅色。一些野生鼠類的身上可能帶有恙蟎的幼蟲。

恙蟎的幼蟲叮咬動物和吸吮血液時可傳播疾病。牠們喜歡在人體衣服與皮膚較緊貼的部位聚集，如腰間或腳踝等位置。

### 預防叢林斑疹傷寒

- 於衣物及外露的皮膚塗上昆蟲驅避劑；
- 穿着淺色長袖衫及長褲；
- 避免在叢林中坐臥；
- 避免將衣服掛於矮樹叢或樹上；及
- 定期替寵物消除身上的寄生蟲。

Scrub typhus is transmitted by **trombiculid mites**. Symptoms include fever, headache and conjunctival congestion.

Trombiculid mites are small, only 1 to 2 millimetres in length, and red in colour. Some wild rodents may carry the larvae of the mites on their bodies.

The mite larvae bite animals and suck blood, and may then transmit the disease. On humans, the larvae congregate at areas where clothing is tight against the skin such as around the waists or ankles.

### Prevention of Scrub Typhus

- Apply insect repellent on clothes and the exposed parts of body;
- Wear light-coloured long-sleeved clothes and long trousers;
- Avoid sitting or lying in scrubby areas;
- Avoid hanging clothes on scrub or trees; and
- Disinfest your pets regularly.

