

Guidelines on the Prevention of Tick and Mite-borne Diseases

Vector borne diseases in scrubby areas

Contracting vector borne diseases in local scrubby areas is uncommon but does occur. Some ticks and mites inhabiting the scrubby areas may carry vector borne diseases. Scrub typhus and tick-borne spotted fever are some of the diseases transmitted in the scrubby areas locally. Therefore, preventive measures should be taken when visiting the rural areas to avoid contracting these diseases.

Scrub Typhus

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

Biology of Trombiculid Mites

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

The mite larvae bite and feed on animals, a behaviour conducive to disease transmission. On humans, the larvae congregate at areas where clothing is tight against the skin such as those around the waist or the ankles.

Prevention of Scrub Typhus

Scrub typhus can be prevented by:

- Applying insect repellent on the clothes or skin according to label instructions
- Wearing light coloured long sleeved clothes and long trousers
- Avoiding sitting or lying on scrubby areas
- Avoiding hanging clothes on scrubs or trees
- Disinfesting your pets regularly

Tick-Borne Spotted Fever

Tick-borne spotted fever is transmitted by ticks belonging to family Ixodidae and Argasidae. Symptoms include fever, muscular and joint pain.

Biology of Vector Tick

Mammals such as dogs and rodents may carry ticks on their bodies. Most larval ticks cluster at tips of grasses or leaves and seek for their preferred animals. They pierce their mouthpart deep into the skins of animals or humans to obtain blood whilst transmitting the disease. Crushing of infective ticks or its faeces into human abrasions or the eyes could also be a way to have the disease contracted.

Prevention of Tick-Borne Spotted Fever

Tick-borne spotted fever can be prevented by:

- Applying insect repellent on the clothes or skin according to label instructions
- Wearing light coloured long sleeved clothes and long trousers
- Avoiding sitting or lying on scrubby areas
- Avoiding brushing the long grasses beside the paths
- Disinfesting pets regularly
- Do not feed stray dogs

ENQUIRIES

Food and Environmental Hygiene Department

Hotline : 2868 0000

Central/Western

10th Floor, Sheung Wan Municipal Services Building,
345 Queen's Road Central, Hong Kong

Tel : 2545 0506

Wan Chai

7th Floor, Lockhart Road Municipal Services Building,
225 Hennessy Road,
Wan Chai, Hong Kong

Tel : 2507 3364

Eastern

3rd Floor, Quarry Bay Municipal Services Building,
38 Quarry Bay Street, Hong Kong

Tel : 2563 4340

Southern

4th Floor, Aberdeen Municipal Services Building,
203 Aberdeen Main Road, Hong Kong

Tel : 2552 8406

Kwun Tong

Level 7, Shui Wo Street Municipal Services Building,
9 Shui Wo Street, Kwun Tong, Kowloon

Tel : 3102 7388

Wong Tai Sin

3rd Floor, Tai Shing Street Market Building,
121 Choi Hung Road, Wong Tai Sin, Kowloon
Tel : 2328 6531

Kowloon City

3rd & 4th Floors,
To Kwa Wan Market & Government Offices,
165 Ma Tau Wai Road, Kowloon
Tel : 2711 2493

Yau Tsim

3rd & 4th Floors,
Kwun Chung Municipal Services Building,
17 Bowring Street, Yau Ma Tei, Kowloon
Tel : 2302 1299

Mong Kok

6th & 7th Floors,
Fa Yuen Street Municipal Services Building,
123A Fa Yuen Street, Mong Kok, Kowloon
Tel : 2395 2727

Sham Shui Po

8th-10th Floors,
Un Chau Street Municipal Services Building,
59-63 Un Chau Street,
Sham Shui Po, Kowloon
Tel : 2748 6959

Islands

6th & 25th Floors, Harbour Building,
38 Pier Road, Central, Hong Kong
Tel : 2852 3215

Kwai Tsing

9th Floor, Kwai Hing Government Offices Building,
166-174 Hing Fong Road, Kwai Chung, N.T.
Tel : 2420 9204

Tsuen Wan
3rd Floor, Yeung Uk Road Municipal Services Building,
45 Yeung Uk Road, Tsuen Wan, N.T.
Tel : 2212 9701

Tuen Mun
1st & 3rd Floors,
Tuen Mun Government Offices Building,
1 Tuen Hi Road, Tuen Mun, N.T.
Tel : 2146 8642

Yuen Long
2nd-5th Floors, Yuen Long Government Offices,
2 Kiu Lok Square, Yuen Long, N.T.
Tel : 2475 3433

North
4th Floor, Shek Wu Hui Municipal Services Building,
13 Chi Cheong Road, Sheung Shui, N.T.
Tel : 2679 2812

Tai Po
3rd Floor, Tai Po Complex,
8 Heung Sze Wui Street, Tai Po, N.T.
Tel : 3183 9119

Sai Kung
8/F, Sai Kung Tseung Kwan O Government Complex,
38 Pui Shing Road, Tseung Kwan O, Sai Kung, N.T.
Tel : 3740 5100

Sha Tin
Level 12, Tower 1, Grand Central Plaza,
138 Sha Tin Rural Committee Road,

Sha Tin, N.T.

Tel : 2634 0136

Pest Control Advisory Section

6/F, Yung Fung Shee Memorial Centre,
79 Cha Kwo Ling Road, Lam Tin, Kowloon

Tel : 3188 2064

Published by the Administration and Development Branch,
Food and Environmental Hygiene Department

Printed by the Government Logistics Department (08/2014)