

2019

齊來把蚊滅 預防日本腦炎登革熱

Prevent Japanese Encephalitis and Dengue Fever Act Now

查詢熱線  
Enquiry Hotline

2868 0000

[www.fehd.gov.hk](http://www.fehd.gov.hk)

## 簡介

### Introduction

為進一步向公眾推廣「齊來把蚊滅 預防日本腦炎登革熱」的信息及鼓勵市民切實執行防蚊措施，食物環境衛生署印製此「滅蚊日記」年曆簿，鼓勵市民積極實踐杜絕蚊患的行動，從而建立健康社區。

To reinforce the message of “Prevent Japanese Encephalitis and Dengue Fever. Act Now !” for the general public and to encourage their active implementation of anti-mosquito measures, the Food and Environmental Hygiene Department publishes the “Anti-mosquito Diary” annually to facilitate the public to carry out anti-mosquito measures with a view to building up a healthy community.

如欲獲取滅蚊措施的資料可瀏覽網頁

[http://www.fehd.gov.hk/tc\\_chi/index.html](http://www.fehd.gov.hk/tc_chi/index.html)

For more information on Anti-mosquito measures or Weekly Inspection Programme, you may browse the website at <http://www.fehd.gov.hk/english/index.html>.

## 防蚊守則

### Mosquito Preventive Measures

#### 簡介 Introduction

蚊子叮人不但會使患處紅腫痕癢，更可能傳播日本腦炎、登革熱、寨卡病毒感染、瘧疾及基孔肯雅熱等疾病。因此，我們應按照滅蚊週記執行防蚊措施，杜絕蚊患以保健康。

Mosquito bites can cause not only swelling and itching but also diseases like Japanese encephalitis, dengue fever, Zika virus infection, malaria and Chikungunya fever. Therefore, we should adopt the Anti-mosquito Weekly Inspection Programme to implement mosquito preventive measures, thereby eliminating mosquitoes and protecting health.

#### 蚊子的生長過程 Life cycle of mosquito

蚊的生長過程可分為四個階段，約7天便完成。首三個階段為卵、幼蟲(孑孓)及蛹均在水中形成，最後發育為成蚊便離開水面。因此，清除積水以防蚊子繁殖或產卵，是杜絕蚊患的最有效方法。

Mosquitoes take about seven days to complete their life cycles. The egg, larval and pupal stages are aquatic. The best way to prevent mosquito breeding is to remove stagnant water. This could prevent mosquitoes from breeding or laying eggs.

## 常見的蚊子繁殖地方 Common breeding places

蚊子常滋生於能載水的容器、能貯水的物件或凹陷地方、田地、流速慢的溪澗或管理不善的化糞池。部分地方如建築地盤、花店、農場和耕地等，亦因營運的性質而容易積水，成為蚊子滋生地。

Mosquitoes can breed easily in unattended containers, articles or surfaces capable of holding water, water-logged fields, slow running streams or even improperly managed septic tanks. Owing to the nature of activities, some places such as building sites, flower shops, animal farms and cultivated land are prone to accumulation of water and are, therefore, potential breeding grounds for mosquitoes.

## 預防蚊叮的個人保護措施

### Personal protective measures against mosquito bites

- \* 使用防蚊網或蚊帳
- \* 使用驅蚊劑
- \* 用蚊香或殺蟲氣霧劑殺死成蚊
- \* 戶外活動時，穿上淺色的長袖上衣和長褲
- \* Use mosquito screens or mosquito nets to prevent mosquito bites
- \* Use insect repellent for protection against mosquitoes
- \* Use mosquito coils or insecticide aerosol to kill adult mosquitoes
- \* Wear long-sleeved clothes and long trousers in light colour when staying outdoors

## 每週檢查事項表 Weekly Inspection Checklist

- 1) 清除花盆積水及更換花瓶內的水  
Clear water accumulating underneath potted plants and change water inside vases and flower pots
- 2) 清除冷氣機和雪櫃底托盤上的積水  
Clear water accumulating in trays under air-conditioning units or refrigerators
- 3) 把防撞車胎刺破以防積水  
Puncture anti-bumping tyres to prevent water trapping
- 4) 把可貯水的垃圾和玻璃瓶、空罐和飯盒放入有蓋的垃圾桶內  
Dispose of glass bottles, empty containers or lunch boxes which may collect water into covered dustbins
- 5) 把地面不平處填平  
Top up uneven ground surfaces
- 6) 把排水渠清理妥當  
Clear drains and surface channels
- 7) 用沙或泥把竹頭或竹樹殘枝填補妥當  
Fill up bamboo stumps and bamboo ends with sand or soil
- 8) 檢查並確保化糞池的井蓋沒有積水  
Check and prevent accumulation of water at manhole covers of septic tanks
- 9) 化糞池排氣口須安裝防蚊網，防止蚊子飛入或飛出  
Cover vent pipe openings with mosquito screens to prevent mosquito flying into and out from septic tanks
- 10) 檢查並確保井蓋沒有破損，避免蚊子在化糞池內滋生  
Check and repair defective manhole covers to prevent mosquito breeding in septic tanks
- 11) 掘坑及裝置水閘以便每星期最少更換田地的積水一次，或放置本地品種的食蚊魚作為生物控制媒介  
For water-logged fields, dig ditches and install water gates to allow change of water weekly, or release mosquito fishes of local species as a biological control agent
- 12) 保持池塘邊垂直及清除池塘邊濃密的植物或藻類，減少可讓蚊子滋生的地方  
Keep the edges of fish ponds vertical and free from dense vegetation and algal masses to reduce potential mosquito breeding places
- 13) 其他(任何可能有蚊子滋生的地方)：  
Others (any place where mosquitoes can breed)：

由於蚊子由卵變為成蟲約需七天，因此，我們應每七天巡視家居或工作地點及其附近範圍一次，並使用滅蚊週記作檢查記錄。應固定於每星期的某一天(如星期六)作為巡視日期，使檢查工作成為習慣而不會遺漏。

As mosquito eggs can develop into adults in about seven days, we should inspect

our household or workplace and their surrounding areas every seven days. The Anti-mosquito Weekly Inspection Programme can be used to record the inspections. Carrying out the inspection on a fixed day (e.g. Saturday) of each week can facilitate inspections be made habitually.

妥善棄置會積水的容器(例如空飯盒及空罐)

Properly dispose of articles that may contain water (e.g. empty lunch boxes and cans)

滅蚊週記

Anti-mosquito Weekly Inspection Programme

防蚊措施

已於1月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of January

防蚊措施

已於1月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of January

防蚊措施

已於1月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of January

防蚊措施

已於1月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of January

防蚊措施

已於1月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of January

一月January 2019

星期日 Sun	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri	星期六 Sat
		1 元旦	2 廿七	3 廿八	4 廿九	5 小寒
6 十二月	7 初二	8 初三	9 初四	10 初五	11 初六	12 初七
13 初八	14 初九	15 初十	16 十一	17 十二	18 十三	19 十四
20 大寒	21 十六	22 十七	23 十八	24 十九	25 二十	26 廿一
27 廿二	28 廿三	29 廿四	30 廿五	31 廿六		

請按照“每週檢查事項表”每七天進行檢查一次。

在格內加上“✓”代表檢查合格。

在格內加上“✘”代表發現有問題並應立即採取糾正行動。

Please follow the “Weekly Inspection Checklist” to conduct inspection every seven days.

Add a “✓” in the box to indicate that the condition is satisfactory.

Add a “✘” in the box to indicate that irregularity is detected and rectification should be taken immediately.



二月二十五日至三月二十二日  
February 25 to March 22

滅蚊運動第一期  
Anti-mosquito Campaign (Phase I)

滅蚊週記  
Anti-mosquito Weekly Inspection Programme  
防蚊措施

已於2月\_\_\_\_日執行  
Mosquito preventive measures  
were implemented on \_\_\_\_ of February  
防蚊措施

已於2月\_\_\_\_日執行  
Mosquito preventive measures  
were implemented on \_\_\_\_ of February  
防蚊措施

已於2月\_\_\_\_日執行  
Mosquito preventive measures  
were implemented on \_\_\_\_ of February  
防蚊措施

已於2月\_\_\_\_日執行  
Mosquito preventive measures  
were implemented on \_\_\_\_ of February  
防蚊措施

已於2月\_\_\_\_日執行  
Mosquito preventive measures  
were implemented on \_\_\_\_ of February

二月February 2019

星期日 Sun	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri	星期六 Sat
					1 廿七	2 廿八
3 廿九	4 立春	5 正月	6 初二	7 初三	8 初四	9 初五
10 初六	11 初七	12 初八	13 初九	14 初十	15 十一	16 十二
17 十三	18 十四	19 雨水	20 十六	21 十七	22 十八	23 十九
24 二十	25 廿一	26 廿二	27 廿三	28 廿四		

請按照“每週檢查事項表”每七天進行檢查一次。

在格內加上“✓”代表檢查合格。

在格內加上“✗”代表發現有問題並應立即採取糾正行動。

Please follow the “Weekly Inspection Checklist” to conduct inspection every seven days.

Add a “✓” in the box to indicate that the condition is satisfactory.

Add a “✗” in the box to indicate that irregularity is detected and rectification should be taken immediately.

鮮花和水養植物應每星期至少換水一次

Change water for flowers or plants completely at least once a week

滅蚊週記

Anti-mosquito Weekly Inspection Programme

防蚊措施

已於3月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of March

防蚊措施

已於3月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of March

防蚊措施

已於3月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of March

防蚊措施

已於3月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of March

防蚊措施

已於3月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of March

三月March 2019

星期日 Sun	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri	星期六 Sat
					1 廿五	2 廿六
3 廿七	4 廿八	5 廿九	6 驚蟄	7 二月	8 初二	9 初三
10 初四	11 初五	12 初六	13 初七	14 初八	15 初九	16 初十
17 十一	18 十二	19 十三	20 十四	21 春分	22 十六	23 十七
24 十八	25 十九	26 二十	27 廿一	28 廿二	29 廿三	30 廿四
31 廿五						

請按照“每週檢查事項表”每七天進行檢查一次。

在格內加上“✓”代表檢查合格。

在格內加上“✘”代表發現有問題並應立即採取糾正行動。

Please follow the “Weekly Inspection Checklist” to conduct inspection every seven days.

Add a “✓” in the box to indicate that the condition is satisfactory.

Add a “✘” in the box to indicate that irregularity is detected and rectification should be taken immediately.

四月十五日至六月十四日

April 15 to June 14

滅蚊運動第二期

Anti-mosquito Campaign (Phase II)

滅蚊週記

Anti-mosquito Weekly Inspection Programme

防蚊措施

已於4月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of April

防蚊措施

已於4月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of April

防蚊措施

已於4月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of April

防蚊措施

已於4月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of April

防蚊措施

已於4月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of April

四月April 2019

星期日 Sun	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri	星期六 Sat
	1 廿六	2 廿七	3 廿八	4 廿九	5 清明節	6 初二
7 初三	8 初四	9 初五	10 初六	11 初七	12 初八	13 初九
14 初十	15 十一	16 十二	17 十三	18 十四	19 耶穌受難節	20 耶穌受難節 翌日
21 復活節	22 復活節星期 一	23 十九	24 二十	25 廿一	26 廿二	27 廿三

28 廿四	29 廿五	30 廿六				
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請按照“每週檢查事項表”每七天進行檢查一次。

在格內加上“✓”代表檢查合格。

在格內加上“✗”代表發現有問題並應立即採取糾正行動。

Please follow the “Weekly Inspection Checklist” to conduct inspection every seven days.

Add a “✓” in the box to indicate that the condition is satisfactory.

Add a “✗” in the box to indicate that irregularity is detected and rectification should be taken immediately.

確保冷氣機托盤沒有積水

Ensure air-conditioner drip trays are free of stagnant water

滅蚊週記

Anti-mosquito Weekly Inspection Programme

防蚊措施

已於5月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of May

防蚊措施

已於5月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of May

防蚊措施

已於5月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of May

防蚊措施

已於5月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of May

防蚊措施

已於5月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of May

五月May 2019

星期日 Sun	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri	星期六 Sat
			1 勞動節	2 廿八	3 廿九	4 三十
5 四月	6 立夏	7 初三	8 初四	9 初五	10 初六	11 初七
12 佛誕	13 佛誕翌日	14 初十	15 十一	16 十二	17 十三	18 十四
19 十五	20 十六	21 小滿	22 十八	23 十九	24 二十	25 廿一
26 廿二	27 廿三	28 廿四	29 廿五	30 廿六	31 廿七	

請按照“每週檢查事項表”每七天進行檢查一次。

在格內加上“✓”代表檢查合格。

在格內加上“✘”代表發現有問題並應立即採取糾正行動。

Please follow the “Weekly Inspection Checklist” to conduct inspection every seven days.

Add a “✓” in the box to indicate that the condition is satisfactory.

Add a “✘” in the box to indicate that irregularity is detected and rectification should be taken immediately.



戶外活動時，應穿上淺色長袖上衣和長褲

Long-sleeved clothes and long trousers in light colour should be worn during outdoor activities

滅蚊週記

Anti-mosquito Weekly Inspection Programme

防蚊措施

已於6月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of June

防蚊措施

已於6月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of June

防蚊措施

已於6月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of June

防蚊措施

已於6月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of June

防蚊措施

已於6月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of June

六月 June 2019

星期日 Sun	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri	星期六 Sat
						1 廿八
2 廿九	3 五月	4 初二	5 初三	6 芒種	7 端午節	8 初六
9 初七	10 初八	11 初九	12 初十	13 十一	14 十二	15 十三
16 十四	17 十五	18 十六	19 十七	20 十八	21 夏至	22 二十
23 廿一 30 廿八	24 廿二	25 廿三	26 廿四	27 廿五	28 廿六	29 廿七

請按照“每週檢查事項表”每七天進行檢查一次。

在格內加上“✓”代表檢查合格。

在格內加上“✗”代表發現有問題並應立即採取糾正行動。

Please follow the “Weekly Inspection Checklist” to conduct inspection every seven days.

Add a “✓” in the box to indicate that the condition is satisfactory.

Add a “✗” in the box to indicate that irregularity is detected and rectification should be taken immediately.

戶外活動時，按標籤指示在衣服或皮膚上施用驅蚊劑  
 Repellent should be applied on the clothes or skin according to label instructions while performing outdoor activities

滅蚊週記

Anti-mosquito Weekly Inspection Programme

防蚊措施

已於7月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of July

防蚊措施

已於7月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of July

防蚊措施

已於7月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of July

防蚊措施

已於7月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of July

防蚊措施

已於7月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of July

七月July 2019

星期日 Sun	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri	星期六 Sat
	1 香港特別行政區成立紀念日	2 三十	3 六月	4 初二	5 初三	6 初四
7 小暑	8 初六	9 初七	10 初八	11 初九	12 初十	13 十一
14 十二	15 十三	16 十四	17 十五	18 十六	19 十七	20 十八
21 十九	22 二十	23 大暑	24 廿二	25 廿三	26 廿四	27 廿五
28 廿六	29 廿七	30 廿八	31 廿九			

請按照“每週檢查事項表”每七天進行檢查一次。

在格內加上“✓”代表檢查合格。

在格內加上“✗”代表發現有問題並應立即採取糾正行動。

Please follow the “Weekly Inspection Checklist” to conduct inspection every seven days.

Add a “✓” in the box to indicate that the condition is satisfactory.

Add a “✗” in the box to indicate that irregularity is detected and rectification should be taken immediately.

八月十九日至十一月八日  
August 19 to November 8

滅蚊運動第三期  
Anti-mosquito Campaign (Phase III)

滅蚊週記  
Anti-mosquito Weekly Inspection Programme  
防蚊措施

已於8月\_\_\_\_日執行  
Mosquito preventive measures  
were implemented on \_\_\_\_ of August  
防蚊措施

已於8月\_\_\_\_日執行  
Mosquito preventive measures  
were implemented on \_\_\_\_ of August  
防蚊措施

已於8月\_\_\_\_日執行  
Mosquito preventive measures  
were implemented on \_\_\_\_ of August  
防蚊措施

已於8月\_\_\_\_日執行  
Mosquito preventive measures  
were implemented on \_\_\_\_ of August  
防蚊措施

已於8月\_\_\_\_日執行  
Mosquito preventive measures  
were implemented on \_\_\_\_ of August

八月August 2019

星期日 Sun	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri	星期六 Sat
				1 七月	2 初二	3 初三
4 初四	5 初五	6 初六	7 初七	8 立秋	9 初九	10 初十
11 十一	12 十二	13 十三	14 十四	15 十五	16 十六	17 十七
18 十八	19 十九	20 二十	21 廿一	22 廿二	23 處暑	24 廿四
25 廿五	26 廿六	27 廿七	28 廿八	29 廿九	30 八月	31 初二

請按照“每週檢查事項表”每七天進行檢查一次。

在格內加上“✓”代表檢查合格。

在格內加上“✗”代表發現有問題並應立即採取糾正行動。

Please follow the “Weekly Inspection Checklist” to conduct inspection every seven days.

Add a “✓” in the box to indicate that the condition is satisfactory.

Add a “✗” in the box to indicate that irregularity is detected and rectification should be taken immediately.

使用蚊網防止蚊子飛進室內  
Install mosquito screens at windows

滅蚊週記

Anti-mosquito Weekly Inspection Programme

防蚊措施

已於9月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of September

防蚊措施

已於9月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of September

防蚊措施

已於9月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of September

防蚊措施

已於9月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of September

防蚊措施

已於9月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of September

九月September 2019

星期日 Sun	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri	星期六 Sat
1 初三	2 初四	3 初五	4 初六	5 初七	6 初八	7 初九
8 白露	9 十一	10 十二	11 十三	12 十四	13 中秋節	14 中秋節翌日
15 十七	16 十八	17 十九	18 二十	19 廿一	20 廿二	21 廿三
22 廿四	23 秋分	24 廿六	25 廿七	26 廿八	27 廿九	28 三十
29 九月	30 初二					

請按照“每週檢查事項表”每七天進行檢查一次。

在格內加上“✓”代表檢查合格。

在格內加上“✘”代表發現有問題並應立即採取糾正行動。

Please follow the “Weekly Inspection Checklist” to conduct inspection every seven days.

Add a “✓” in the box to indicate that the condition is satisfactory.

Add a “✘” in the box to indicate that irregularity is detected and rectification should be taken immediately.



清除盆栽墊盤積水

Remove stagnant water in the saucers underneath of flower pots

滅蚊週記

Anti-mosquito Weekly Inspection Programme

防蚊措施

已於10月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of October

防蚊措施

已於10月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of October

防蚊措施

已於10月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of October

防蚊措施

已於10月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of October

防蚊措施

已於10月\_\_\_\_日執行

Mosquito preventive measures

were implemented on \_\_\_\_ of October

十月October 2019

星期日 Sun	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri	星期六 Sat
		1 國慶日	2 初四	3 初五	4 初六	5 初七
6 初八	7 重陽節	8 寒露	9 十一	10 十二	11 十三	12 十四
13 十五	14 十六	15 十七	16 十八	17 十九	18 二十	19 廿一
20 廿二	21 廿三	22 廿四	23 廿五	24 霜降	25 廿七	26 廿八
27 廿九	28 十月	29 初二	30 初三	31 初四		

請按照“每週檢查事項表”每七天進行檢查一次。

在格內加上“✓”代表檢查合格。

在格內加上“✘”代表發現有問題並應立即採取糾正行動。

Please follow the “Weekly Inspection Checklist” to conduct inspection every seven days.

Add a “✓” in the box to indicate that the condition is satisfactory.

Add a “✘” in the box to indicate that irregularity is detected and rectification should be taken immediately.

魚缸內飼養捕食子子的魚  
Put mosquito larvae eating fish in fish tank

滅蚊週記  
Anti-mosquito Weekly Inspection Programme

防蚊措施  
已於11月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of November

防蚊措施  
已於11月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of November

防蚊措施  
已於11月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of November

防蚊措施  
已於11月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of November

防蚊措施  
已於11月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of November

十一月November 2019

星期日 Sun	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri	星期六 Sat
					1 初五	2 初六
3 初七	4 初八	5 初九	6 初十	7 十一	8 立冬	9 十三
10 十四	11 十五	12 十六	13 十七	14 十八	15 十九	16 二十
17 廿一	18 廿二	19 廿三	20 廿四	21 廿五	22 小雪	23 廿七
24 廿八	25 廿九	26 十一月	27 初二	28 初三	29 初四	30 初五

請按照“每週檢查事項表”每七天進行檢查一次。  
在格內加上“✓”代表檢查合格。

在格內加上“✘”代表發現有問題並應立即採取糾正行動。

Please follow the “Weekly Inspection Checklist” to conduct inspection every seven days.

Add a “✓” in the box to indicate that the condition is satisfactory.

Add a “✘” in the box to indicate that irregularity is detected and rectification should be taken immediately.

保持溝渠暢通，避免淤塞  
Keep all drains free from blockage

滅蚊週記  
Anti-mosquito Weekly Inspection Programme

防蚊措施  
已於12月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of December

防蚊措施  
已於12月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of December

防蚊措施  
已於12月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of December

防蚊措施  
已於12月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of December

防蚊措施  
已於12月\_\_\_\_日執行

Mosquito preventive measures  
were implemented on \_\_\_\_ of December

十二月December 2019

星期日 Sun	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri	星期六 Sat
1 初六	2 初七	3 初八	4 初九	5 初十	6 十一	7 大雪
8 十三	9 十四	10 十五	11 十六	12 十七	13 十八	14 十九
15 二十	16 廿一	17 廿二	18 廿三	19 廿四	20 廿五	21 廿六
22 冬至	23 廿八	24 廿九	25 聖誕節	26 聖誕節後 第一個周日	27 初二	28 初三
29 初四	30 初五	31 初六				

請按照“每週檢查事項表”每七天進行檢查一次。

在格內加上“✓”代表檢查合格。

在格內加上“✗”代表發現有問題並應立即採取糾正行動。

Please follow the “Weekly Inspection Checklist” to conduct inspection every seven days.

Add a “✓” in the box to indicate that the condition is satisfactory.

Add a “✗” in the box to indicate that irregularity is detected and rectification should be taken immediately.

2019 年曆表 Calendar

滅蚊運動第一期

Anti-mosquito Campaign (Phase I)

二月二十五日至三月二十二日

February 25 to March 22

滅蚊運動第二期

Anti-mosquito Campaign (Phase II)

四月十五日至六月十四日

April 15 to June 14

滅蚊運動第三期

Anti-mosquito Campaign (Phase III)

八月十九日至十一月八日

August 19 to November 8

一月

January						
日	一	二	三	四	五	六
		1 元旦	2 廿七	3 廿八	4 廿九	5 小寒
6 十二月	7 初二	8 初三	9 初四	10 初五	11 初六	12 初七
13 初八	14 初九	15 初十	16 十一	17 十二	18 十三	19 十四
20 大寒	21 十六	22 十七	23 十八	24 十九	25 二十	26 廿一
27 廿二	28 廿三	29 廿四	30 廿五	31 廿六		

二月

February						
日	一	二	三	四	五	六
					1 廿七	2 廿八
3 廿九	4 立春	5 正月	6 初二	7 初三	8 初四	9 初五
10 初六	11 初七	12 初八	13 初九	14 初十	15 十一	16 十二
17 十三	18 十四	19 雨水	20 十六	21 十七	22 十八	23 十九

24 二十	25 廿一	26 廿二	27 廿三	28 廿四		
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三月

March						
日	一	二	三	四	五	六
					1 廿五	2 廿六
3 廿七	4 廿八	5 廿九	6 驚蟄	7 二月	8 初二	9 初三
10 初四	11 初五	12 初六	13 初七	14 初八	15 初九	16 初十
17 十一	18 十二	19 十三	20 十四	21 春分	22 十六	23 十七
24 十八 31 廿五	25 十九	26 二十	27 廿一	28 廿二	29 廿三	30 廿四

四月

April						
日	一	二	三	四	五	六
	1 廿六	2 廿七	3 廿八	4 廿九	5 清明	6 初二
7 初三	8 初四	9 初五	10 初六	11 初七	12 初八	13 初九
14 初十	15 十一	16 十二	17 十三	18 十四	19 十五	20 穀雨
21 十七	22 十八	23 十九	24 二十	25 廿一	26 廿二	27 廿三
28 廿四	29 廿五	30 廿六				

五月

May						
日	一	二	三	四	五	六
			1 廿七	2 廿八	3 廿九	4 三十
5 四月	6 立夏	7 初三	8 初四	9 初五	10 初六	11 初七
12 初八	13 初九	14 初十	15 十一	16 十二	17 十三	18 十四
19	20	21	22	23	24	25



十五	十六	小滿	十八	十九	二十	廿一
26 廿二	27 廿三	28 廿四	29 廿五	30 廿六	31 廿七	

六月

June						
日	一	二	三	四	五	六
						1 廿八
2 廿九	3 五月	4 初二	5 初三	6 芒種	7 初五	8 初六
9 初七	10 初八	11 初九	12 初十	13 十一	14 十二	15 十三
16 十四	17 十五	18 十六	19 十七	20 十八	21 夏至	22 二十
23 廿一 30 廿八	24 廿二	25 廿三	26 廿四	27 廿五	28 廿六	29 廿七

七月

July						
日	一	二	三	四	五	六
	1 廿九	2 三十	3 六月	4 初二	5 初三	6 初四
7 小暑	8 初六	9 初七	10 初八	11 初九	12 初十	13 十一
14 十二	15 十三	16 十四	17 十五	18 十六	19 十七	20 十八
21 十九	22 二十	23 大暑	24 廿二	25 廿三	26 廿四	27 廿五
28 廿六	29 廿七	30 廿八	31 廿九			

八月

August						
日	一	二	三	四	五	六
				1 七月	2 初二	3 初三
4 初四	5 初五	6 初六	7 初七	8 立秋	9 初九	10 初十
11 十一	12 十二	13 十三	14 十四	15 十五	16 十六	17 十七
18 十八	19 十九	20 二十	21 廿一	22 廿二	23 處暑	24 廿四
25	26	27	28	29	30	31

廿五	廿六	廿七	廿八	廿九	八月	初二
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九月

September						
日	一	二	三	四	五	六
1 初三	2 初四	3 初五	4 初六	5 初七	6 初八	7 初九
8 白露	9 十一	10 十二	11 十三	12 十四	13 十五	14 十六
15 十七	16 十八	17 十九	18 二十	19 廿一	20 廿二	21 廿三
22 廿四	23 秋分	24 廿六	25 廿七	26 廿八	27 廿九	28 三十
29 九月	30 初二					

十月

October						
日	一	二	三	四	五	六
		1 初三	2 初四	3 初五	4 初六	5 初七
6 初八	7 初九	8 寒露	9 十一	10 十二	11 十三	12 十四
13 十五	14 十六	15 十七	16 十八	17 十九	18 二十	19 廿一
20 廿二	21 廿三	22 廿四	23 廿五	24 霜降	25 廿七	26 廿八
27 廿九	28 十月	29 初二	30 初三	31 初四		

十一月

November						
日	一	二	三	四	五	六
					1 初五	2 初六
3 初七	4 初八	5 初九	6 初十	7 十一	8 立冬	9 十三
10 十四	11 十五	12 十六	13 十七	14 十八	15 十九	16 二十
17 廿一	18 廿二	19 廿三	20 廿四	21 廿五	22 小雪	23 廿七
24	25	26	27	28	29	30

廿八	廿九	十一月	初二	初三	初四	初五
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十二月

December						
日	一	二	三	四	五	六
1 初六	2 初七	3 初八	4 初九	5 初十	6 十一	7 大雪
8 十三	9 十四	10 十五	11 十六	12 十七	13 十八	14 十九
15 二十	16 廿一	17 廿二	18 廿三	19 廿四	20 廿五	21 廿六
22 冬至	23 廿八	24 廿九	25 三十	26 十二月	27 初二	28 初三
29 初四	30 初五	31 初六				

## 2019 公眾假期

## 2019 Public Holidays

一月一日 The first day of January	1月1日 1 January	(星期二) Tuesday
農曆年初一 Lunar New Year's Day	2月5日 5 February	(星期二) Tuesday
農曆年初二 The second day of Lunar New Year	2月6日 6 February	(星期三) Wednesday
農曆年初三 The third day of Lunar New Year	2月7日 7 February	(星期四) Thursday
清明節 Ching Ming Festival	4月5日 5 April	(星期五) Friday
耶穌受難節 Good Friday	4月19日 19 April	(星期五) Friday
耶穌受難節翌日 The day following Good Friday	4月20日 20 April	(星期六) Saturday
復活節星期一 Easter Monday	4月22日 22 April	(星期一) Monday
勞動節 Labour Day	5月1日 1 May	(星期三) Wednesday
佛誕翌日* The day following the Birthday of the Buddha*	5月13日 13 May	(星期一) Monday
端午節 Tuen Ng Festival	6月7日 7 June	(星期五) Friday
香港特別行政區成立紀念日 Hong Kong Special Administrative Region Establishment Day	7月1日 1 July	(星期一) Monday
中秋節翌日 The day following the Chinese Mid-Autumn Festival	9月14日 14 September	(星期六) Saturday
國慶日 National Day	10月1日 1 October	(星期二) Tuesday
重陽節 Chung Yeung Festival	10月7日 7 October	(星期一) Monday
聖誕節 Christmas Day	12月25日 25 December	(星期三) Wednesday
聖誕節後第一個周日 The first weekday after Christmas Day	12月26日 26 December	(星期四) Thursday

註 Note:

\* 由於 2019 年的佛誕為星期日，故該天的翌日將被訂為公眾假期。

As the Birthday of the Buddha in 2019 falls on a Sunday, the day following it is designated as a general holiday in substitution.

十二生肖年表

Chinese Horoscope Table

出生年份

Year of Birth

2008	1996	1984	1972	1960	1948	1936	鼠 Mouse
2009	1997	1985	1973	1961	1949	1937	牛 Ox
2010	1998	1986	1974	1962	1950	1938	虎 Tiger
2011	1999	1987	1975	1963	1951	1939	兔 Rabbit
2012	2000	1988	1976	1964	1952	1940	龍 Dragon
2013	2001	1989	1977	1965	1953	1941	蛇 Snake
2014	2002	1990	1978	1966	1954	1942	馬 Horse
2015	2003	1991	1979	1967	1955	1943	羊 Goat
2016	2004	1992	1980	1968	1956	1944	猴 Monkey
2017	2005	1993	1981	1969	1957	1945	雞 Rooster
2018	2006	1994	1982	1970	1958	1946	犬 Dog
2019	2007	1995	1983	1971	1959	1947	豬 Pig

地址及電話  
Addresses & Telephone Numbers

姓名 Name  
地址 Address  
電話 Telephone

備忘  
Memo

關好貯水箱蓋  
Properly cover the water storage tanks

在防撞輪胎上鑽數個大孔，以防積水  
Drill several large holes on the anti-bumping tyres to prevent water trapping

填平地面凹陷處  
Top up uneven ground surface

用泥土將竹枝殘幹填封  
Fill up bamboo stumps with soil

經常清理落葉  
Remove fallen leaves regularly

勤除積水滅蚊患  
Eliminate stagnant water to prevent mosquito breeding

登革熱、日本腦炎、寨卡病毒感染、瘧疾及基孔肯雅熱的預防方法  
Prevention of Dengue Fever, Japanese Encephalitis, Zika Virus Infection, Malaria and Chikungunya Fever

最佳的預防方法是清除積水，防止蚊子滋生，以及避免給蚊叮。尤其是室外活動時，應穿著長袖衣服及長褲，按標籤指示在衣服或皮膚上施用驅蚊劑。如要到疾病發病率高的海外國家，可向醫生請教其他預防疾病方法，作好準備。

The best preventive measures are to remove stagnant water to prevent mosquito breeding; avoid mosquito bites; wear long-sleeved clothing and long trousers; and apply mosquito repellent on the clothes or skin according to label instructions. Seek medical advice to prevent infection of the diseases if you have plans to visit overseas countries with high occurrence rates of the diseases.



登革熱-資料表

Information Table - Dengue Fever

項目	登革熱
病原體	登革熱是一種由過濾性病毒引起的急性傳染病。
病媒	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。白紋伊蚊喜歡在日間叮人，尤其是日出後兩小時及日落前數小時。牠在香港非常普遍。
傳播途徑	當帶有登革熱病毒的白紋伊蚊叮人吸血時，人便會受感染，但不會由人直接傳染人。
潛伏期	大約三至十四天。
病徵	發高燒三至五日、嚴重頭痛、肌肉及關節痛、後眼窩痛、噁心、嘔吐及出疹、病情嚴重者可出現登革出血熱及登革休克症等併發症，甚至死亡。
預防措施	<ol style="list-style-type: none"> <li>1. 清除積水和蚊子滋生地，防止蚊蟲滋生；</li> <li>2. 採取適當的個人保護措施，例如穿上淺色長袖上衣和長褲、使用避蚊胺驅蚊劑等；</li> <li>3. 避免在黎明或黃昏時分郊遊。</li> </ol>

Item	Dengue Fever
Causative agent	Dengue fever is an acute communicable disease caused by virus.
Vector	Dengue virus is transmitted by <i>Aedes albopictus</i> which has a white stripe on the dorsal surface of its thorax and white bands on the legs. It is commonly found in Hong Kong. The vector is active at daytime, especially 2 hours after sunrise and a few hours before sunset.
Mode of transmission	One will be infected when he is bitten by an <i>Aedes albopictus</i> carrying dengue virus. It is not transmitted through person to person contact.
Incubation period	About 3-14 days.
Clinical features	Symptoms include high fever for 3 to 5 days, severe headache, muscle and joint pain, back eye socket pain, nausea, vomiting and rash. In serious cases, the patient may suffer from dengue hemorrhagic fever, dengue shock syndrome or even death.
Preventive measures	<ol style="list-style-type: none"> <li>1. Remove stagnant water and eliminate mosquito breeding places to prevent mosquito breeding;</li> <li>2. Adopt suitable personal protective measures such as wearing long-sleeved clothes and long trousers in light colour, applying DEET repellent, etc;</li> <li>3. Avoid picnicking or hiking at dawn or dusk.</li> </ol>

日本腦炎-資料表

Information Table -Japanese Encephalitis

項目	日本腦炎
病原體	日本腦炎是一種由過濾性病毒引起的傳染病。
病媒	此病的主要病媒是於中國及亞洲國家普遍存在的三帶喙庫蚊。其主要滋生地為稻田、積水荒田、灌溉溝等大量積水的地方。三帶喙庫蚊於黃昏至黎明時分最為活躍。
傳播途徑	病媒叮了帶病毒的豬隻或候鳥會感染日本腦炎。當帶有日本腦炎病毒的庫蚊叮人時，病毒便會侵入人體。日本腦炎病毒只可透過蚊叮傳播，並不會由人直接傳染人。
潛伏期	大約四至十四天。
病徵	病情輕微者除發熱及頭痛外，一般不會有其他顯著病徵。病情嚴重者則病發較快，並出現頭痛、發高熱、頸部僵硬、神志不清、昏迷、震顫、肌肉抽搐及癱瘓。
預防措施	<ol style="list-style-type: none"> <li>1. 清除積水和蚊子滋生地，防止蚊蟲滋生；</li> <li>2. 在豬隻養殖場或野生雀鳥聚集的地方活動時，要採取適當的個人保護措施，例如穿上淺色長袖上衣和長褲、使用避蚊胺驅蚊劑等；</li> <li>3. 避免於黃昏至午夜時段作戶外活動。</li> </ol>

Item	Japanese Encephalitis
Causative agent	Japanese encephalitis is a communicable disease caused by virus.
Vector	The principal vector is a mosquito called <i>Culex tritaeniorhynchus</i> commonly found in China and Asian countries. It mainly breeds in paddy fields, water-logged abandoned fields and irrigation ditches. The vector mosquitoes are most active from dusk till dawn.
Mode of transmission	The vector mosquitoes become infected by feeding on pigs and wild birds infected with the Japanese encephalitis virus. The infected mosquitoes transmit the virus to humans and animals during biting. The disease cannot be transmitted from person to person.
Incubation period	About 4-14 days.
Clinical features	Mild infections may occur without apparent symptoms other than fever and headache. More severe infection is marked by quick onset of headache, high fever, neck stiffness, impaired mental state, coma, tremors, occasional convulsions and paralysis.
Preventive	<ol style="list-style-type: none"> <li>1. Remove stagnant water and eliminate mosquito breeding</li> </ol>

measures	places to prevent mosquito breeding; 2. While performing activities near pig farms or places with gathering of wild birds, adopt suitable personal protective measures such as wearing long-sleeved clothes and long trousers in light colour, applying DEET repellent, etc; 3. Avoid performing outdoor activities from dusk to midnight.
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## 寨卡病毒感染-資料表

### Information Table - Zika Virus Infection

項目	寨卡病毒感染
病原體	寨卡病毒感染是一種由過濾性病毒引起的急性傳染病。
病媒	寨卡病毒感染是經由胸背有白線和腳部有白間的白紋伊蚊傳播。白紋伊蚊喜歡在日間叮人，尤其是日出後兩小時及日落前數小時。牠在香港非常普遍。
傳播途徑	當帶有寨卡熱病毒的白紋伊蚊叮人吸血時，人便會受感染，但不會由人直接傳染人。
潛伏期	大約至二至七天。
病徵	<p>大部分寨卡病毒感染並沒有病徵。寨卡病毒感染的病徵包括皮疹、發燒、結膜炎、肌肉或關節疼痛和疲累。這些症狀一般輕微及持續數天。</p> <p>目前最受關注的是該病與懷孕的不良影響(初生嬰兒出現小頭畸形)和其他神經系統及自身免疫性的併發症如吉巴氏綜合症的關係。世界衛生組織至今的結論指，懷孕期間感染寨卡病毒是出現包括小頭畸形等先天腦部異常的成因。此外，寨卡病毒亦會引發吉巴氏綜合症。</p> <p>除吉巴氏綜合症外，急性播散性腦脊髓炎(一種中樞神經系統疾病)最近被發現可能是寨卡病毒導致的神經系統問題之一。</p>
預防措施	<ol style="list-style-type: none"> <li>1. 清除積水和蚊子滋生地，防止蚊蟲滋生；</li> <li>2. 採取適當的個人保護措施，例如穿上淺色長袖上衣和長褲、使用避蚊胺驅蚊劑等；</li> <li>3. 避免在黎明或黃昏時分郊遊。</li> </ol>

Item	Zika Virus Infection
Causative agent	Zika virus infection is an acute communicable disease caused by virus.
Vector	Zika virus is transmitted by Aedes albopictus which has a white stripe on the dorsal surface of its thorax and white bands on the legs. It is commonly found in Hong Kong. The vector is active at daytime, especially 2 hours after sunrise and a few hours before sunset.
Mode of transmission	One will be infected when he is bitten by an Aedes albopictus carrying Zika virus. It is not transmitted through person to person contact.
Incubation	About 2-7 days.

period	
Clinical features	<p>Most Zika virus infection is asymptomatic. The symptoms of Zika virus infection include skin rash, fever, conjunctivitis, muscle or joint pain and general malaise. These symptoms are usually mild and last for a few days.</p> <p>The current major concern is the association with adverse pregnancy outcome (microcephaly) and neurological and autoimmune complications such as Guillain-Barré syndrome (GBS). The World Health Organization has concluded that Zika virus infection during pregnancy is a cause of congenital brain abnormalities, including microcephaly, and that Zika virus is a trigger of GBS.</p> <p>Apart from GBS, acute disseminated encephalomyelitis (a disease of the central nervous system) was recently found to be one of the neurologic manifestations possibly resulted from Zika virus.</p>
Preventive measures	<ol style="list-style-type: none"> <li>1. Remove stagnant water and eliminate mosquito breeding places to prevent mosquito breeding;</li> <li>2. Adopt suitable personal protective measures such as wearing long-sleeved clothes and long trousers in light colour, applying DEET repellent, etc;</li> <li>3. Avoid picnicking or hiking at dawn or dusk.</li> </ol>

## 瘧疾-資料表

## Information Table -Malaria

項目	瘧疾
病原體	瘧疾病是由瘧原蟲屬所引致。
病媒	在本港能夠傳播此病的病媒是主要滋生於山澗的微小按蚊，以及滋生於稻田和積水荒田的雜普爾按蚊。這些按蚊於午夜時分最為活躍。
傳播途徑	當帶有瘧原蟲的按蚊叮人後會將瘧疾傳播給人。瘧原蟲只可以透過蚊叮傳播，不會由人直接傳染人。
潛伏期	大約十二至三十天。
病徵	患者通常有間歇性發燒、發冷及冒汗等症狀。在典型病例中，患者最初會發燒，接著熱度會消退一至兩日；其後發燒、退燒情況會循環出現。情況嚴重者甚至會致命。
預防措施	<ol style="list-style-type: none"> <li>1. 避免於山澗棄置垃圾及雜物等，以免蚊蟲滋生；</li> <li>2. 戶外活動時，要採取適當的個人保護措施，例如穿上淺色長袖上衣和長褲、使用避蚊胺驅蚊劑等；</li> <li>3. 避免於晚間作戶外活動。</li> </ol>

Item	Malaria
Causative agent	Malaria is caused by a group of malaria parasites, Plasmodium sp.
Vector	The local vectors are <i>Anopheles minimus</i> and <i>Anopheles jeyporiensis</i> that mainly breed respectively in streams and paddy fields, including water-logged abandoned fields. The vector mosquitoes are most active from dusk till dawn.
Mode of transmission	When the infected Anopheline mosquito bites a person, the mosquito will pass on the disease to the person. It is not transmitted through person to person contact.
Incubation period	About 12-30 days.
Clinical features	Symptoms like intermittent fever, chills and sweating are usually present. In typical cases, the fever comes, then subsides for 1-2 days and then comes again in a cyclical pattern. In extreme cases, the disease can be fatal.
Preventive measures	<ol style="list-style-type: none"> <li>1. Avoid disposing of any articles into hilly streams to prevent mosquito breeding;</li> <li>2. While performing outdoor activities, adopt suitable personal protective measures such as wearing long-sleeved clothes and long trousers in light colour, applying DEET repellent, etc;</li> <li>3. Avoid performing outdoor activities at night.</li> </ol>

基孔肯雅熱-資料表

Information Table - Chikungunya Fever

項目	基孔肯雅熱
病原體	基孔肯雅熱是一種由基孔肯雅熱毒引起的傳染病。
病媒	埃及伊蚊為主要的傳播媒介，香港常見的白紋伊蚊也可成為此病的傳播媒體。白紋伊蚊喜歡在日間叮人，尤其是日出後兩小時及日落前數小時。
傳播途徑	人類只會透過蚊叮而感染到基孔肯雅熱毒，而並不會由人直接傳染人。
潛伏期	大約一至十二天。
病徵	患者染上基孔肯雅熱後會出現發燒、頭痛及關節疼痛等徵狀，主要影響手腕、膝部、足踝及其他細小關節，部份病人的身軀及四肢出現紅疹。大多數患者會自然痊癒，病情維持約三至十日，不過關節疼痛或會持續數星期至數月。
預防措施	<ol style="list-style-type: none"> <li>1. 清除積水和蚊子滋生地，防止蚊蟲滋生；</li> <li>2. 採取適當的個人保護措施，例如穿上淺色的長袖上衣和長褲、使用避蚊胺驅蚊劑等；</li> <li>3. 避免在黎明或黃昏時分郊遊。</li> </ol>

Item	Chikungunya Fever
Causative agent	Chikungunya fever is a viral disease caused by the chikungunya virus.
Vector	The mosquito <i>Aedes aegypti</i> is the main vector. <i>Aedes albopictus</i> , which is commonly found in Hong Kong, was also identified to be able to transmit the disease. <i>Aedes albopictus</i> likes to bite people during daytime, especially 2 hours after sunrise and a few hours before sunset.
Mode of transmission	Chikungunya virus is transmitted to humans through mosquito bites. There is no direct person to person spread.
Incubation period	About 1 - 12 days.
Clinical features	The disease is characterised by fever, headache, and joint pain (arthralgia and arthritis) of the wrist, knee, ankle, and small joints. Some patients may develop a rash affecting the trunk and limbs. The illness is usually self-limiting and lasts for 3-10 days, although the joint pain may last for weeks to months.
Preventive measures	<ol style="list-style-type: none"> <li>1. Remove stagnant water and eliminate mosquito breeding places to prevent mosquito breeding;</li> <li>2. Adopt suitable personal protective measures such as wearing</li> </ol>

	long-sleeved clothes and long trousers in light colour, applying DEET repellent, etc; 3. Avoid picnicking or hiking at dawn or dusk.
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## Enquiries 查詢

食物環境衛生署 查詢熱線：2868 0000	Food and Environmental Hygiene Department Enquiry Hotline: 2868 0000
中西區 香港皇后大道中 345 號 上環市政大廈 10 樓 電話：2545 0506	Central/Western District 10/F, Sheung Wan Municipal Services Building, 345 Queen's Road Central, Hong Kong Tel: 2545 0506
東區 香港鰂魚涌街 38 號 鰂魚涌市政大廈 3 樓 電話：2563 4340	Eastern District 3/F, Quarry Bay Municipal Services Building, 38 Quarry Bay Street, Hong Kong Tel: 2563 4340
南區 香港香港仔大道 203 號 香港仔市政大廈 4 樓 電話：2552 8406	Southern District 4/F, Aberdeen Municipal Services Building, 203 Aberdeen Main Road, Hong Kong Tel: 2552 8406
灣仔區 香港灣仔軒尼詩道 225 號 駱克道市政大廈 7 樓 電話：2507 3364	Wan Chai District 7/F, Lockhart Road Municipal Services Building, 225 Hennessy Road, Wanchai, Hong Kong Tel: 2507 3364
離島區 香港中環統一碼頭道 38 號 海港政府大樓 6 樓 626 室 電話：2852 3215	Islands District Room 626, 6/F, Harbour Building, 38 Pier Road, Central, Hong Kong Tel: 2852 3215
油尖區 九龍油麻地寶靈街 17 號 官涌市政大廈 3 樓及 4 樓 電話：2302 1299	Yau Tsim District 3/F & 4/F, Kwun Chung Municipal Services Building, 17 Bowring Street, Yau Ma Tei, Kowloon Tel: 2302 1299
旺角區 九龍旺角花園街 123 號 A 花園街市政大廈 6 樓及 7 樓 電話：2395 2727	Mong Kok District 6/F & 7/F, Fa Yuen Street Municipal Services Building, 123A Fa Yuen Street, Mong Kok, Kowloon Tel: 2395 2727

<p>深水埗區 九龍深水埗元州街 59-63 號 元州街市政大廈 8 樓至 10 樓 電話：2748 6959</p>	<p>Sham Shui Po District 8/F - 10/F, Un Chau Street Municipal Services Building, 59-63 Un Chau Street, Sham Shui Po, Kowloon Tel: 2748 6959</p>
<p>九龍城區 九龍馬頭圍道 165 號 土瓜灣政府合署 3 樓及 4 樓 電話：2711 2493</p>	<p>Kowloon City District 3/F &amp; 4/F, To Kwa Wan Market and Government Offices, 165 Ma Tau Wai Road, Kowloon Tel: 2711 2493</p>
<p>黃大仙區 九龍彩虹道 121 號 大成街街市大樓 3 樓 電話：2328 6531</p>	<p>Wong Tai Sin District 3/F, Tai Shing Street Market Building, 121 Choi Hung Road, Wong Tai Sin, Kowloon Tel: 2328 6531</p>
<p>觀塘區 九龍觀塘瑞和街 9 號 瑞和街市政大廈 7 樓 電話：3102 7388</p>	<p>Kwun Tong District Level 7, Shui Wo Street Municipal Services Building, 9 Shui Wo Street, Kwun Tong, Kowloon Tel: 3102 7388</p>
<p>荃灣區 新界荃灣楊屋道 45 號 楊屋道市政大廈 3 樓 電話：2212 9701</p>	<p>Tsuen Wan District 3/F, Yeung Uk Road Municipal Services Building, 45 Yeung Uk Road, Tsuen Wan, New Territories Tel: 2212 9701</p>
<p>葵青區 新界葵涌興芳路 166-174 號 葵興政府合署 9 樓 電話：2420 9204</p>	<p>Kwai Tsing District 9/F, Kwai Hing Government Offices, 166-174 Hing Fong Road, Kwai Chung, New Territories Tel: 2420 9204</p>
<p>北區 新界上水智昌路 13 號 石湖墟市政大樓 4 樓 電話：2679 2812</p>	<p>North District 4/F, Shek Wu Hui Municipal Services Building, 13 Chi Cheong Road, Sheung Shui, New Territories Tel: 2679 2812</p>
<p>大埔區 新界大埔鄉事會街 8 號 大埔綜合大樓 3 樓 電話：3183 9119</p>	<p>Tai Po District 3/F, Tai Po Complex, 8 Heung Sze Wui Street, Tai Po, New Territories Tel: 3183 9119</p>

<p>西貢區 新界將軍澳培成路 38 號 西貢將軍澳政府綜合大樓 8 樓 電話：3740 5100</p>	<p>Sai Kung District 8/F, Sai Kung Tseung Kwan O Government Complex, 38 Pui Shing Road, Tseung Kwan O, New Territories Tel: 3740 5100</p>
<p>沙田區 新界沙田沙田鄉事會路 138 號 新城市中央廣場第 1 座 12 樓 電話：2634 0136</p>	<p>Sha Tin District Level 12, Tower 1, Grand Central Plaza, 138 Sha Tin Rural Committee Road, Sha Tin, New Territories Tel: 2634 0136</p>
<p>屯門區 新界屯門屯喜路 1 號 屯門政府合署 1 樓及 3 樓 電話：2146 8642</p>	<p>Tuen Mun District 1/F &amp; 3/F, Tuen Mun Government Offices, 1 Tuen Hi Road, Tuen Mun, New Territories Tel: 2146 8642</p>
<p>元朗區 新界元朗橋樂坊 2 號 元朗政府合署 2 樓至 5 樓 電話：2475 3433</p>	<p>Yuen Long District 2/F - 5/F, Yuen Long Government Offices, 2 Kiu Lok Square, Yuen Long, New Territories Tel: 2475 3433</p>
<p>防治蟲鼠事務諮詢組 九龍觀塘茶果嶺道 79 號 容鳳書紀念中心 6 樓 電話：3188 2064</p>	<p>Pest Control Advisory Section 6/F, Yung Fung Shee Memorial Centre, 79 Cha Kwo Ling Road, Kwun Tong, Kowloon Tel: 3188 2064</p>

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2868 0000

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按2字普通話  
按3字英文

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1 生活劇  
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1 家居衛生  
2 樓宇衛生  
3 預防鼠患  
4 除積水、絕蚊患  
5 冷氣系統  
6 公共衛生法例  
7 公眾衛生

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滅蚊措施  
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- 8 巴基斯坦文
- 9 菲律賓文

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- 9 返回主目錄
- 8 向職員查詢
- \* 留言
- 0 離開系統

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24 Hours Hotline Service on  
Food Safety and Environmental Hygiene

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Press 2 Putonghua  
Press 3 English

Press 2 Education Information on Food Safety and Environmental Hygiene

Press 3  
Environmental Hygiene  
1 Drama  
2 Fax

1 Home hygiene  
2 Building hygiene  
3 Rodent prevention  
4 Mosquito prevention  
5 Air conditioning system  
6 Public health regulations  
7 Public health

Press 6  
Mosquito prevention  
1 Advice for Household  
2 Fax

1 English  
2 Putonghua  
3 Nepali  
4 Thai  
5 Sinhalese  
6 Indonesian  
7 Japanese  
8 Pakistani

9 Pilipino

Press 7

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9 To Main Menu

8 To Operator

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