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# > Prevent Japanese Encephalitis and Dengue Fever

齊來把蚊滅 預防日本腦炎登革熱



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



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或滅蚊週記，可瀏覽網頁  
[http://www.fehd.gov.hk/tc\\_chi/pestcontrol/Pcas\\_edu\\_publicity.html](http://www.fehd.gov.hk/tc_chi/pestcontrol/Pcas_edu_publicity.html)

For more information on Anti-mosquito measures or Weekly Inspection Programme, you may browse the website at [http://www.fehd.gov.hk/english/pestcontrol/Pcas\\_edu\\_publicity.html](http://www.fehd.gov.hk/english/pestcontrol/Pcas_edu_publicity.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。

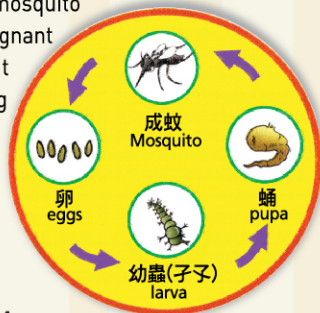
Mosquito bites can cause not only swelling and itching but also diseases like Japanese encephalitis, dengue fever, Zika virus infection, malaria and Chikungunya fever. Therefore, we should adopt the Anti-mosquito Weekly Inspection Programme to implement mosquito preventive measures, thereby eliminating 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(子孓)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，是杜絕患蚊的最有效方法。

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.



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## 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, waterlogged 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
- \* 用蚊香或氣霧殺蟲劑殺死成蚊
- \* 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

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