

**4** 避免在接近叢林的地方或樹蔭下休息；  
Avoid taking rests near woods or under a tree;

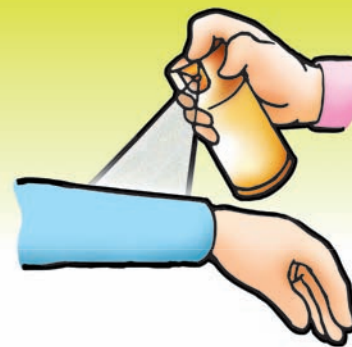


**5** 若身體不適便不應郊遊，以減低受感染的機會；  
Do not go picnicking or hiking when not feeling well to minimise the risk of infection;

**6** 應穿着淺色的長袖衫及長褲；  
Wear light-coloured long-sleeved clothes and long trousers;



**7** 按標籤指示在衣服或皮膚上施用驅蚊劑；及  
Apply mosquito repellent on the clothes or skin according to label instructions; and



**8** 選擇有空調設備或設有防蚊網的地方留宿。如果沒有以上的設施，便應睡在蚊帳內，並且使用殺蚊噴劑和蚊香。  
Stay in places with air conditioners or mosquito screens. If such facilities are not available, sleep in mosquito nets, spray adulticides and use mosquito coils.



#### 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.



# 小心登革熱 齊來把蚊滅 Beware of Dengue Fever



**預防登革熱  
(給郊遊人士的建議)  
Prevention of  
Dengue Fever  
(Advice to Picnickers  
and Hikers)**





## 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，市民應保持郊野環境衛生，以防蚊蟲滋生。



## 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 the countryside clean against mosquito breeding.

## 登革熱

登革熱是由過濾性病毒引起的，症狀為發燒、頭痛、骨骼及肌肉疼痛、後眼窩痛，部分病人身上可能出紅疹。潛伏期約為三至十四日。感染登革熱，第一次病發的症狀多較為輕微，但如果再次受感染，則有可能出現登革出血熱、登革休克症等併發症，嚴重者甚至會死亡。



## Dengue Fever

Dengue fever is a viral illness characterised by fever, headache, joint and muscle pain as well as back eye socket pain. Some victims may experience rashes on the skin. The incubation period is about 3 to 14 days. Symptoms are mostly milder on the first infection. Repeated infections, however, can cause complications such as dengue haemorrhagic fever and dengue shock syndrome, and even death.

## 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。人被帶有登革熱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，防止登革熱的散播。

## 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 the 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.



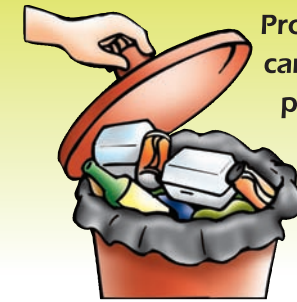
## 防治蚊患的方法

要防止蚊蟲滋生，最重要是清除積水。食物環境衛生署建議市民在郊遊時採取以下的措施，以杜絕蚊患及避免受蚊子叮咬：

## Control Measures against Mosquitoes

Removal of stagnant water is of prime importance to the prevention of mosquito breeding. The following measures are recommended to picnickers and hikers to prevent mosquito breeding and avoid mosquito bites:

1 把汽水罐、空瓶及空盒等垃圾包好才放入垃圾桶，以防積水；



Properly wrap up refuse such as soft drink cans, empty bottles and empty boxes before placing them in litter containers to prevent accumulation of stagnant water;

2 避免在黎明或黃昏時分郊遊；  
Avoid picnicking or hiking at dawn or dusk;



3 不要穿越叢林，應使用行人路徑；  
Walk on footpaths instead of passing through the woods;

