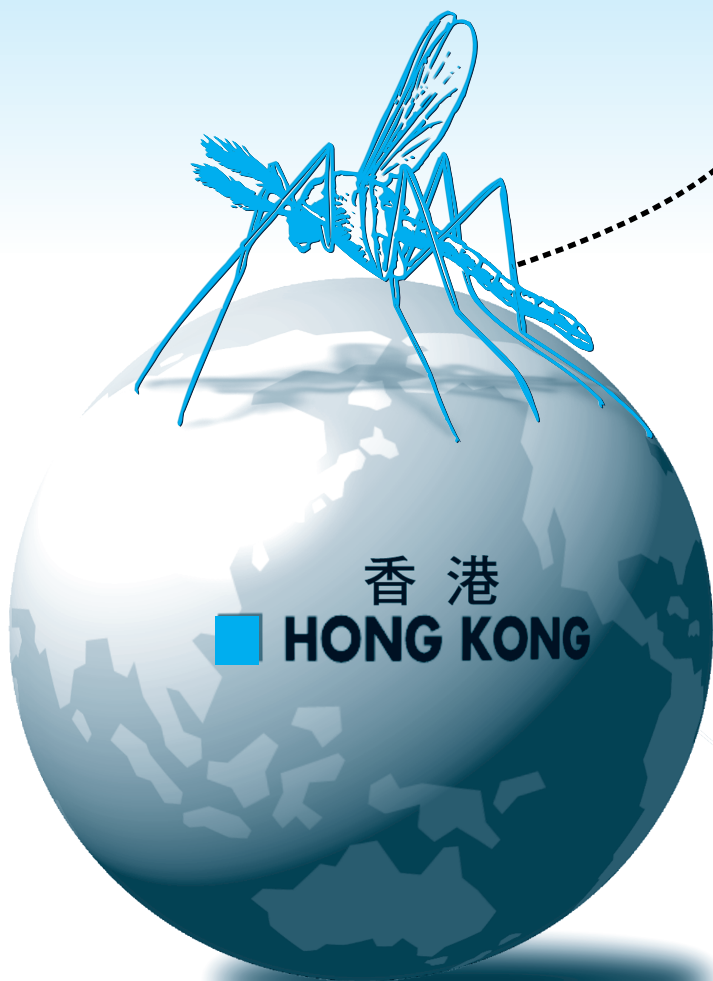


預防蚊蟲傳播的疾病

**PREVENTION OF
MOSQUITO-BORNE DISEASES**



瘧疾、登革熱，日本腦炎及黃熱病是由蚊叮而傳染的疾病。瘧疾在熱帶及亞熱帶很是普遍。登革熱存在於東南亞、南亞洲、太平洋區、非洲及中美洲。日本腦炎發生在東亞及東南亞大部份地區。黃熱病流行於中非及南美洲。旅行人仕在出發到上述地區前可垂詢醫生或致電港口衛生處查詢。任何人仕如於旅遊後發熱應看醫生，並說明曾往何處旅遊。

疾病	潛伏期	徵狀	危害
瘧疾	通常7 - 30日	間歇性發熱 發冷、頭痛 大量出汗	貧血 肝臟、腎臟及 腦部受損
登革熱	3 - 14日	發熱頭痛 肌肉及關節痛 皮膚紅疹	出血 休克
日本腦炎	5 - 15日	發熱、頭痛 嘔吐	痙攣 腦部受損
黃熱病	3 - 6日	發熱、發冷，頭痛， 全身肌肉疼痛 噁心，嘔吐	出血 肝臟損壞

一般預防方法

- 晚間外出時，穿著長袖衫及長褲。
- 用驅蟲劑（俗稱蚊怕水／膏）塗在身體外露的部份來防止蚊叮。
- 當室內並無空氣調節時，要用隔蚊簾或蚊帳。

特別預防方法

- 服用預防藥物或可減少感染瘧疾的機會，請垂詢醫生或致電港口衛生處查詢。
- 如要預防黃熱病，可作疫苗注射。有效期為十年。港口衛生處注射站有提供此收費服務。
- 如要預防日本腦炎，亦可作疫苗注射。如需注射，請垂詢私家醫生。

港口衛生處

1. 港口衛生旅遊健康中心（香港）
灣仔皇后大道東213號
胡忠大廈18樓
電話：2961 8840
2. 港口衛生旅遊健康中心（九龍）
長沙灣道303號
長沙灣政府合署1樓
電話：2150 7235

Malaria, dengue fever, Japanese encephalitis and yellow fever are diseases transmitted through mosquito bites. Malaria is common in many parts of the tropics and subtropics. Dengue fever is present in South East Asia, South Asia, the Pacific area, Africa and Central America. Japanese encephalitis occurs in most of East Asia and South East Asia. Yellow fever can be found in Central Africa and South America. Travellers may consult their doctors or call the Port Health Office for advice before visiting these areas. Anyone who develops fever after travelling abroad should see a doctor, stating the areas he/she had visited.

<i>Disease</i>	<i>Incubation Period</i>	<i>Symptoms</i>	<i>Dangers</i>
Malaria	7-30 days usually	intermittent fever, chills, headache, profuse sweating	anaemia, damage to liver, kidneys and brain
Dengue fever	3-14 days	fever, headache, muscle and joint pain, skin rash	bleeding, shock
Japanese encephalitis	5-15 days	fever, headache, vomiting	convulsion, brain damage
Yellow fever	3-6 days	fever, chills, headache, generalised muscle pain, nausea, vomiting	bleeding liver damage

General preventive measures

- Wear long-sleeved clothes and long trousers when going out at night.
- Apply insect repellent over the exposed parts of the body to prevent mosquito bites.
- Use mosquito screens or nets when the room is not air-conditioned.

Special preventive measures

- The chance of getting malaria may be reduced by preventive medication. Please consult your doctor or call the Port Health Office for advice.
- Yellow fever can be prevented by vaccination. Service for yellow fever vaccination is available at a fee in the Vaccination Centres of Port Health Office. The vaccination is effective for 10 years.
- Japanese encephalitis can also be prevented by vaccination. Please consult private doctors for vaccination.

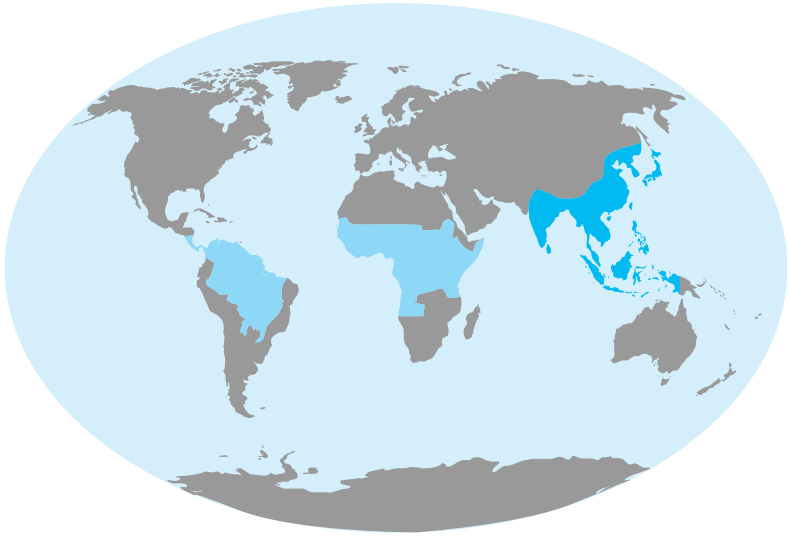
Port Health Office

1. Port Health Travel Health Centre (HK)

18/F, Wu Chung House
213 Queen's Road East,
Wanchai, Hong Kong
Tel: 2961 8840

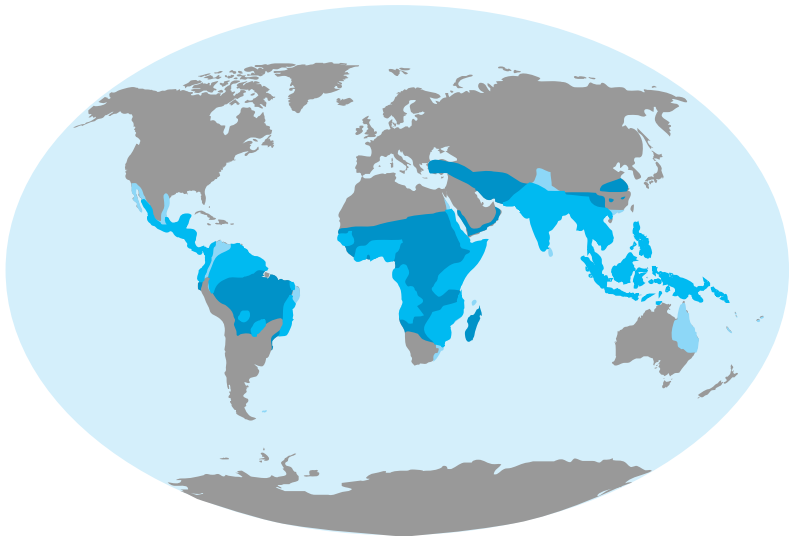
2. Port Health Travel Health Centre (Kln)

1/F, Cheung Sha Wan Government Offices
303 Cheung Sha Wan Road
Kowloon
Tel: 2150 7235



Yellow Fever endemic area
黃熱病流行的地區

Japanese Encephalitis endemic area
日本腦炎流行的地區



Dengue fever endemic area
登革熱流行的地區

Malaria endemic area
瘧疾流行的地區

Dengue fever & Malaria endemic area
登革熱及瘧疾流行的地區

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