

防蚊措施 Anti- Mosquito Measures

蚊子是晚上的吸血鬼，但傳播登革熱的白紋伊蚊日間也會出動。減少在蚊子活躍時外出，或穿上淺色長袖衫褲。

Mosquitoes are night-time vampires except for Aedes, the dengue vector, which bites in daytime. Avoid going out when mosquitoes are active or wear light-coloured long-sleeved shirt and long pants.

在有蚊隔，蚊帳或冷氣地方作息。

Rest in room with screens, mosquito nets, or air-conditioning.

在外露的皮膚塗上含 DEET 的蚊怕水或蚊怕膏。

Apply insect repellent spray or cream which contains DEET over exposed parts.

回港後兩個月內發熱，要懷疑染上瘧疾，應盡快見醫生及告訴醫生你的旅遊史。

Suspect malaria if you have fever within two months after your journey.

Seek medical advice immediately and tell your travel history.