

## **Prevention of Dengue Fever - Health Tips for Travellers**

Outbreaks of dengue fever have been reported in the Philippines, Singapore and Indonesia. For travellers who need to go to countries with recent report of dengue fever outbreak, please note the following health tips:

✧ **Before departure**

If feeling unwell, defer travel until recovery.

✧ **After returning**

If travellers feel unwell or develop fever, severe headache, nausea and vomiting, or rash, they should consult doctors immediately. Let the doctors know the travel history.

✧ **While overseas, travellers should always**

- Wear lighted-coloured and long-sleeved tops and trousers;
- Use insect repellents containing DEET on exposed parts of the body; and
- Use mosquito screens or nets when rooms are not air-conditioned.

### **For more information**

Please call the 24-hour health education hotline of Department of Health at **2833 0111**, or visit the website of the Hong Kong Travel Health Service: **[www.travelhealth.gov.hk](http://www.travelhealth.gov.hk)**