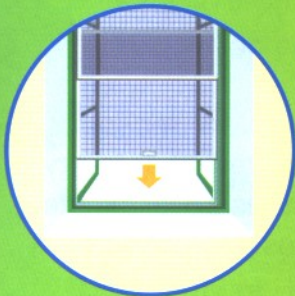


# Prevent Dengue Fever



# Dengue Fever



## What is Dengue Fever?

Dengue fever is an acute viral disease. People who have dengue fever may develop high fever for 3 to 5 days, severe headache, muscle and joint pain, pain behind the eye, nausea, vomiting and rash within 3 to 14 days after infection. In severe cases, the patient may suffer from bleeding, shock, or even death.

## How is Dengue Fever transmitted?

Dengue virus is transmitted through mosquito bites. There is no direct person to person spread. The mosquito, *Aedes albopictus*, a vector known to transmit the disease, can be found in Hong Kong. It likes to sting during daytime, especially 2 hours after sunrise and several hours before sunset.



## How to prevent Dengue Fever?

At present, there is no effective vaccine against dengue fever. Therefore, the best preventive measures are to:

### 1) Prevent mosquitoes from breeding

Removal of stagnant water is the best way to mosquito elimination. As the eggs of *Aedes albopictus* are resistant to dry weather, we should take the following measures to eliminate mosquito and remove stagnant water at all times:

- Cover water containers, wells and water tanks tightly.
- Keep drains free from blockage.

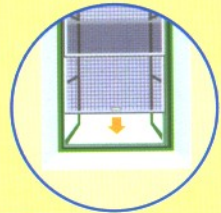


- Change the water in vases and for aquatic plants at least once a week and leave no water in the saucers underneath flower pots.
- Throw unwanted containers where water could accumulate (such as lunch boxes and soft-drink cans) into a covered bin.
- Top up uneven surfaces of the floor to prevent water from accumulating.



### 2) Prevent mosquito bites:

- Wear light-colored and long-sleeved clothing and trousers;
- Apply mosquito repellents containing DEET to exposed parts of the body;
- Use mosquito nets or screens when the room is not air-conditioned;
- Avoid visiting scrubby area; and
- Install screens on windows and doors.



## How is Dengue Fever treated?

There is no specific treatment for dengue fever. If you have symptoms of dengue fever, see the doctor immediately and notify the Department of Health. The symptoms of dengue fever can be treated with bed rest, fluids and medications to reduce fever.

# Q &

# A

## Frequently Asked Questions

### 1. What should I do if I find mosquitoes breeding in public places?



You can call the hotline of the Food and Environmental Hygiene Department at 2868 0000 during office hours.

### 2. Will I catch dengue fever when I travel abroad?

Dengue fever is endemic in many subtropical and tropical areas, especially in Southeast Asia and Latin America. Precautions against mosquito bite should be taken when going to these areas.



If you want to know more health information, you can dial 2833 0111, the 24-hour health education hotline of the Department of Health (in Cantonese, English and Putonghua), or visit our website at <http://www.cheu.gov.hk>

