

Prevention of Dengue Fever - Health Tips for Travellers

Dengue fever is endemic in more than 100 countries in Africa, the Americas, the Eastern Mediterranean, Southeast Asia and the Western Pacific. For travellers who need to go to countries with report of dengue fever, 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 pre-recorded health education hotline of Department of Health at **2833 0111**, or visit the website of the Centre for Health Protection: <http://www.chp.gov.hk>

Department of Health, Hong Kong SAR

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