

Jockey Club S.A.T.H. Project for Healthy Families

Vector-borne Diseases

Protect yourselves against stings/bites



When hiking or going to scrubby areas:

- Wear loose, light-coloured long-sleeved tops and trousers.
- Use DEET-containing insect repellent on exposed parts of the body.
- Wear shoes that cover the entire foot.



Prevent vector proliferation

Prevent accumulation of stagnant water:

- Change water in vases once a week
- Clear the water in the saucers under potted plants every week
- Cover water containers tightly
- Ensure air-conditioner drip trays are free of stagnant water



Control vectors and reservoirs of the diseases:

- Disinfect pet beddings regularly
- Store food and dispose of garbage properly



Anti-malaria Drug

- If you travel to where malaria is common, you can take anti-malaria drug after consulting your doctor.
- Call Government Travel Health Centre at 2961 8840 or 2150 7235 for advice and prescription.

CLINICAL MANAGEMENT

Dengue fever and Japanese encephalitis:

- There is currently no treatment.
- Management is generally supportive

Malaria:

- Drug against a malarial parasite is available but early diagnosis and prompt treatment is crucial.

Scrub typhus & Spotted fever:

- Treated with appropriate antibiotics and supportive care.

Seek medical attention!

Members of the public should seek **medical help** if they suspect of having Vector-borne diseases with the:

- Travel history to Dengue and Malaria endemic countries.
- History of having stings/bites while going to vegetated areas in Hong Kong.
- Usual signs of high fever accompanied by nausea, headaches, pain at the back of the eyes, rashes, as well as joint pain and muscle cramps etc.

**General Out-Patient Clinics
OR Private Clinics**



醫院管理局
HOSPITAL
AUTHORITY

