

基孔肯雅熱

Chikungunya Fever

由基孔肯雅熱病毒引起，
是一種經蚊子傳播的傳染病。

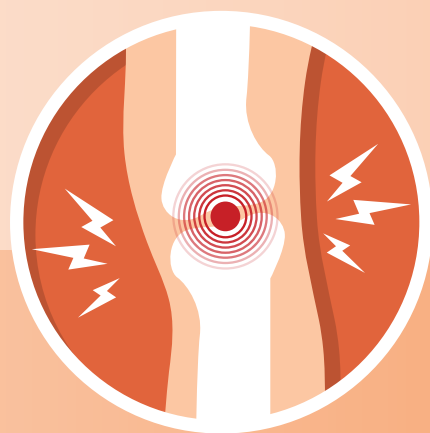
Chikungunya fever is a mosquito-borne viral disease caused by the chikungunya virus.



病徵 Clinical features

發燒、嚴重關節痛、
肌肉疼痛、頭痛、噁心、
疲倦和出現紅疹。

Fever, debilitating joint pain,
muscle pain, headache,
nausea, fatigue and rash.



外遊後若感到身體不適
如發燒，應盡快求醫，
並將行程細節告知醫生。

If feeling unwell e.g. having a fever,
the person should seek medical
advice promptly, and
provide travel details
to the doctor.

潛伏期 Incubation period

2－12 天，
通常為 3－8 天

Ranges from 2 - 12 days,
commonly 3 - 8 days



預防方法 Prevention

預防被蚊子叮咬

Prevention of mosquito bites

- 穿著寬鬆、淺色的長袖上衣及長褲
- 於外露的皮膚及衣服塗上含
避蚊胺(DEET)成分的昆蟲驅避劑
- Wear loose, light-coloured, long-sleeved tops and trousers
- Use **DEET**-containing insect repellent on exposed parts
of the body and clothing

預防蚊子繁殖

Prevention of mosquito proliferation

- 防止積水
- 避免蚊蟲滋生
- Prevent accumulation of stagnant water
- Control vectors and reservoir of diseases