



# 預防鼠疫

## Prevention of Plague

如要到訪鼠疫流行的地方，市民應：  
During travel to plague endemic areas,  
members of the public should:

返港後  
Upon returning  
to Hong Kong



穿著長袖衣物和長褲，並於外露的皮膚和衣服上塗上含避蚊胺成分的昆蟲驅避劑以防止跳蚤叮咬  
Prevent flea bites by wearing long-sleeved shirts and trousers, and applying DEET-containing insect repellent to exposed skin and clothing



避免前往擠逼的地方  
Avoid going to crowded areas



避免到訪郊外、露營或狩獵  
Avoid going to rural areas, camping or hunting



切勿接觸齧齒動物、動物屍體及組織或受污染物件  
Never contact rodents, dead animals and their tissues or contaminated objects



避免密切接觸病人，尤其是咳嗽或有肺部感染的人士  
Avoid close contact with patients, especially those with cough or chest infection



如突然發燒、發冷、淋巴結疼痛、或呼吸困難和咳嗽，應立即求診，並告知醫生行程細節  
Consult a doctor immediately if you have sudden onset of fever, chills, painful lumps or difficulty in breathing with cough, and inform doctor of travel details



如感到不適，或曾有高風險接觸，例如被跳蚤叮咬，或直接接觸可能受感染動物的體液或組織，應立即求醫  
Consult a doctor immediately if feeling unwell or after high risk exposures such as bites from fleas or direct contact with body fluids or tissues of potentially infected animals

