

寨卡病毒感染

Zika Virus Infection

- 被蚊子叮咬
Mosquito Bite
- 性接觸
Sexual Contact

傳播途徑
Mode of Transmission

預防
Prevention

病徵
Clinical Features

大部分人感染後
沒有病徵

Most infected
people show
no symptoms

傳播活躍地區

To areas with active transmission

出發前

Before the trip

旅途中

During the trip

旅程後

After the trip

所有外遊人士
All travellers

- 於出發前最少6星期徵詢醫生的意見
Seek medical advice at least 6 weeks before the trip

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

- 考慮避免發生性行為，否則應使用安全套
Consider not having sex, or else condom should be used

- 返港後應持續至少三星期使用昆蟲驅避劑

Continue to apply insect repellent for at least 3 weeks after arrival in Hong Kong

- 若感到身體不適，應盡快求醫，並將行程細節告知醫生
Seek medical advice promptly if feeling unwell, and provide travel details to doctor

- 男性及女性外遊人士分別至少3個月及至少2個月內避免發生性行為，否則應使用安全套

Male and female travellers abstain from sex for at least 3 months and at least 2 months respectively, or else condom should be used

給懷孕婦女的建議
Special advice for pregnant women

- 孕婦如前往傳播活躍地區應加倍留意感染風險。在外遊期間，應嚴格遵守預防被蚊子叮咬和透過性接觸傳染的建議。
Pregnant women should pay close attention to the infection risk if they travel to areas with active transmission and strictly follow recommendations to prevent mosquito bites and sexual transmission during travel.
- 應避免與曾到訪傳播活躍地區的伴侶發生性行為，否則應在整段懷孕期間使用安全套
Should not have sex with her partner who had travelled to areas with active transmission, or else condom should be used throughout the pregnancy

