

Protect yourself from Dengue and Chikungunya



Avoid Mosquitoes Bites during your trip to risk areas.

- Wear long sleeve shirts and long pants.
- Apply repellent containing DEET, IR3535 or picaridin.
- Stay in rooms with air conditioning and screened windows/doors.
- Use a bed net when sleeping.

If you develop the following symptoms within 14 days upon your return from a risk area, please seek medical attention and inform doctors of your travel history:

- Fever, headache, pain behind the eyes, muscle or joint pains, nausea, and rash.

How is dengue/Chikungunya transmitted?

- Dengue/Chikungunya cannot be spread directly from person to person.

They are transmitted to humans through the bites of infected female mosquitoes.

The mosquito becomes infected when it takes the blood of a person infected with the virus.

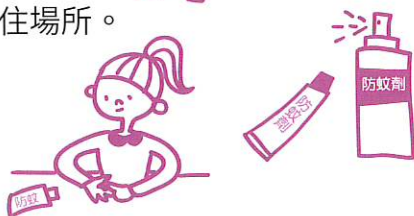


遠離登革熱 / 屈公病

自我保護要做好

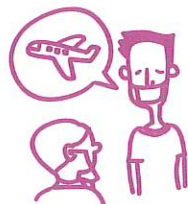
返回或前往流行地區，請採取下列自我保護措施：

- ❶ 請著長袖衣褲。
- ❷ 在皮膚裸露處塗抹(噴)含DEET、IR3535或Picaridin的防蚊藥品，
- ❸ 並依照藥品說明使用。
- ❹ 應選擇裝有紗窗或空調設備的居住場所。睡覺時請掛蚊帳。



從流行地區抵台後十四天內，有下列症狀，請儘速就醫，並告知醫師您曾經前往的國家。

- ❶ 發燒、頭痛、後眼窩痛、肌肉痛、骨頭關節痛或出疹等症狀。



傳播途徑：

- ❶ 不會在人與人之間彼此傳染，而是經由斑蚊的叮咬傳染。當斑蚊叮咬可傳染期的病人，蚊體內帶有病毒後，再叮咬其他健康人時，即會將病毒傳染給健康人。

