



Anti-Mosquitoes Measures

Recently, there have been several cases of Dengue Fever and Japanese Encephalitis in Hong Kong, and both illnesses are transmitted by mosquito bites. In order to minimize the risk for these diseases and to prevent the breeding of mosquitoes, the following measures are recommended to all Scout members when conducting expedition or outdoor activities:

1. Wear light-coloured, long-sleeved clothing and trousers.
2. Apply effective mosquito repellent containing DEET to exposed parts of the body and clothes.
3. Avoid applying perfume or odour-producing cosmetics and skin care products.
4. Sleep in places with air-conditioning or mosquito screens in residential programmes. If such facilities are not available or when camping, sleep in tents with mosquito nets.
5. Avoid outdoor activities at dawn or dusk.
6. Walk on footpaths instead of passing through the woods.
7. Avoid taking rests near woods or under a tree.
8. To prevent accumulation of stagnant water, refuse such as soft drink cans, empty bottles and boxes should be properly wrapped up before placing them in litter containers.
9. Do not go picnicking or hiking when not feeling well to minimize the risk of infection.
10. Stay alert to avoid mosquito bites.

For further information of the above-mentioned diseases, please visit the websites of Department of Health at <http://www.dh.gov.hk> and Food and Environmental Hygiene Department at <http://www.fehd.gov.hk>.

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