



## **Anti-Mosquitoes Measures**

This Circular substitutes Activity Guideline No. 01/2018 issued on 1 January 2018.

Cases of Dengue Fever and Japanese Encephalitis are frequently reported 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 DEET containing insect repellents to exposed parts of the body and clothing.
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 being outdoors during mosquito feeding times (between dusk and dawn for Malaria; daytime for Dengue Fever).
6. Walk on footpaths instead of passing through the woods.
7. Avoid staying long in shades, bushes or hidden sites.
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 following websites:

Centre for Health Protection, Department of Health

<https://www.chp.gov.hk/en/healthtopics/24/index.html>



Food and Environmental Hygiene Department

[https://www.fehd.gov.hk/english/pestcontrol/Pcas\\_vector\\_borne.html](https://www.fehd.gov.hk/english/pestcontrol/Pcas_vector_borne.html)



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