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Subject: Zika Virus Infection 寨卡病毒感染
Target Reader: Staff and Students
Content:

Zika virus infection is a mosquito-borne disease caused by Zika virus. It is mainly transmitted to humans through the bite of an infected Aedes mosquito, and can also be transmitted through blood but this is an infrequent mechanism. The most common symptoms are fever and skin rash, usually accompanied by conjunctivitis, muscle or joint pain and general malaise.

Brazil reported its first case of Zika virus disease in May 2015. Since then, the disease has spread within Brazil and to other countries and territories in the region. Recently Brazil health authorities have observed an increase in babies born with microcephaly in northeast Brazil. More investigation is underway to study the relationship between microcephaly in babies and the Zika virus infection.

The Centre for Health Protection of the Department of Health advises that pregnant women should consider deferring their trip to areas with ongoing Zika virus transmission. Travellers heading to the affected areas should seek medical advice before the trip and avoid mosquito bites during the trip. Anyone who feel unwell after visiting the affected areas, e.g. having fever, should seek medical advice as soon as possible, and provide travel details to doctor.

For more information about Zika virus infection, please refer to the attached fact sheet or visit the Centre for Health Protection's website at http://www.chp.gov.hk/en/view_content/43086.html

Estates Office

寨卡病毒感染是一種由寨卡病毒引起的蚊媒傳染病，主要通過受到感染的伊蚊叮咬而傳染給人類，另外，寨卡病毒亦可透過血液傳染，但並不常見。感染病徵包括發燒、皮疹、結膜炎、肌肉或關節疼痛和疲累。

巴西於 2015 年 5 月發現第一宗寨卡病毒感染病例，之後病毒在巴西及其他鄰近國家和地區蔓延。最近巴西衛生當局觀察到出生在巴西東北部的小頭嬰兒增加，有關小頭嬰兒和寨卡病毒感染的關係的研究正在進行中。

衛生署衛生防護中心建議懷孕婦女如非必要，應考慮延後到訪寨卡病毒持續傳播的地區，前往受影響地區的旅客出發前應徵詢醫生的意見，並於旅途中採取防蚊措施。任何人從受影響地區回來後若感到身體不適，如發燒，應盡快求醫，並將行程細節告知醫生。

如欲取得更多有關寨卡病毒感染的資料，請參閱資訊附件，或瀏覽衛生防護中心網頁 (http://www.chp.gov.hk/tc/view_content/43086.html)。

物業處

Zika Virus Infection

Causative agent

Zika virus infection is a mosquito-borne disease caused by Zika virus.

Clinical features

The most common symptoms of Zika virus infection are fever and skin rash, usually accompanied by conjunctivitis, muscle or joint pain and general malaise. These symptoms are usually mild and last for a few days. Neurological and autoimmune complications are infrequent, but have been described in the outbreaks in French Polynesia and, more recently, in Brazil. Recently Brazil health authorities have observed an increase in babies born with microcephaly in northeast Brazil. More investigation is underway to study the relationship between microcephaly in babies and the Zika virus infection.

Mode of transmission

Zika virus is mainly transmitted to humans through the bite of an infected *Aedes* mosquito. *Aedes aegypti*, which is currently not found in Hong Kong, is considered the most important vector for Zika transmission to humans. Other *Aedes* mosquito species such as *Aedes albopictus* widely present locally are also considered as potential vectors.

Zika virus can also be transmitted through blood, but this is an infrequent mechanism.

Incubation period

The incubation period is not clear, but is likely to be a few days to a week.

Management

There is no specific medication for Zika virus infection and the mainstay of treatment is symptomatic relief and prevent dehydration. If symptoms worsen, they should seek medical care and advice.

Prevention

At present, there is no effective vaccine against Zika virus infection. To prevent Zika virus infection, members of the public are reminded to protect themselves from mosquito bites and help prevent their proliferation.

General measures on preventing mosquito-borne diseases

1. Wear loose, light-coloured, long-sleeved tops and trousers, and use DEET- containing insect repellent on exposed parts of the body and clothing.
2. Take additional preventive measures when going outdoor activities:
 - Avoid using fragrant cosmetics or skin care products
 - Re-apply insect repellents according to instructions
3. Special notes when travelling abroad:
 - If going to affected areas or countries, arrange a consultation with doctor at least 6 weeks before the journey, and to have extra preventive measures to avoid mosquito bite.
 - During the trip, if travelling in endemic rural areas, carry a portable bed net and apply permethrin (an insecticide) on it. Permethrin should NOT be applied to skin. Seek medical attention as early as possible if feeling unwell.
 - Travellers who return from affected areas and feel unwell e.g. having a fever, should seek medical advice as soon as possible, and provide travel details to doctor.
4. Special notes for pregnant women and women preparing for pregnancy:
 - Pregnant women should consider deferring their trip to areas with past or current evidence of ongoing Zika virus transmission. Those who must travel to any of these areas should seek medical advice from their doctor before the trip, strictly follow steps to avoid mosquito bites during the trip, and consult and reveal their travel history to their doctor if symptoms develop after the trip.
 - Women preparing for pregnancy should also consult their doctor before travelling to these areas, strictly follow anti-mosquito precautions during the trip, and report to their doctor if feeling unwell after the trip.

Help prevent mosquito proliferation

1. Prevent accumulation of stagnant water
 - Change the water in vases once a week
 - Clear the water in the saucers under potted plants every week
 - Cover water containers tightly
 - Ensure air-conditioner drip trays are free of stagnant water
 - Put all used cans and bottles into covered dustbins
2. Control vectors and reservoir of the diseases
 - Store food and dispose of garbage properly

For details about the use of insect repellents, please refer to ['Tips for using insect repellents'](#).

For more information about control and prevention of mosquito breeding, please visit the website of Food and Environmental Hygiene Department (FEHD) at http://www.fehd.gov.hk/english/safefood/handbook_prev_mos_breeding.html

Source: Centre for Health Protection, Department of Health

寨卡病毒感染

病原體

寨卡病毒感染是一種由寨卡病毒引起的蚊媒傳染病。

病徵

寨卡病毒感染的病徵包括發燒、皮疹、結膜炎、肌肉或關節疼痛和疲累。這些症狀一般輕微及持續數天。

在法屬波利尼西亞及最近巴西的寨卡病毒感染爆發中，曾觀察到神經系統和自身免疫性併發症，但這並不多見。最近巴西衛生當局觀察到出生在巴西東北部的小頭嬰兒增加。更多關於小頭嬰兒和寨卡病毒感染的關係的研究正在進行中。

傳播途徑

寨卡病毒主要通過受到感染的伊蚊叮咬而傳染給人類。本港現時沒有發現主要傳播寨卡病毒的埃及伊蚊。其他種類的伊蚊如白紋伊蚊亦被視為可能的病媒，而白紋伊蚊於本地卻並不罕見。

另外，寨卡病毒亦可透過血液傳染，但並不常見。

潛伏期

潛伏期目前並不清楚，但很可能由數天至一星期。

治理方法

目前並沒有治療寨卡病毒感染的藥物，主要是透過症狀療法以舒緩不適及預防脫水。如果病情惡化，患者應立刻求醫。

預防方法

現時並沒有預防寨卡病毒感染的疫苗。要預防寨卡病毒感染，市民應該避免被蚊子叮咬及防止蚊蟲滋長。

預防蚊子傳播的疾病的方法

1. 穿寬鬆、淺色的長袖上衣及長褲，並於外露的皮膚及衣服上塗上含避蚊胺 (DEET) 成分的昆蟲驅避劑。
2. 採取其他關於戶外的預防措施：
 - 避免使用有香味的化粧品或護膚品
 - 依照指示重複使用昆蟲驅避劑
3. 出外旅遊須知：
 - 旅客於出發前往受相關疾病的流行地區或國家前，最少 6 個星期諮詢你的醫生，並應該採取額外的預防措施，避免受到叮咬。
 - 如到流行地區的郊外旅行，應帶備便攜式蚊帳，並在蚊帳上使用氯菊酯（一種殺蟲劑）。切勿將氯菊酯塗在皮膚上。如感到不適，應盡早求醫。
 - 旅遊人士從受影響地區回來後若感到身體不適，如發燒，應盡快求醫，並將行程細節告知醫生。
4. 給懷孕婦女和計劃懷孕的女士的建議
 - 懷孕婦女如非必要，應考慮延後到訪過去或現正有證據顯示寨卡病毒持續傳播的地區。如必須前往這些地區，出發前應徵詢醫生的意見。旅途中，應時刻採取防蚊措施。旅程後，如出現病徵，則應求醫並向醫生講解外遊紀錄。
 - 計劃懷孕的女士亦應在出發前往這些地區前，徵詢醫生的意見。旅途中，應時刻採取防蚊措施。旅程後，如感到不適，則應求診。

防止蚊蟲滋長

1. 防止積水
 - 每星期為花瓶換水一次
 - 每星期清理花盆底下的積水
 - 緊蓋貯水器皿
 - 確保冷氣機底盤沒有積水
 - 把用完的罐子及瓶子放進有蓋的垃圾桶內
2. 避免蚊蟲滋生
 - 應妥善存放食物及處理垃圾

關於使用昆蟲驅避劑的詳情，請參閱 [「使用昆蟲驅避劑的注意事項」](#)。

有關更多防治蚊子滋生的資料，請瀏覽食物環境衛生署網頁：

http://www.fehd.gov.hk/tc_chi/safefood/handbook_prev_mos_breeding.html

資料來源：衛生署衛生防護中心