Zika Virus Infection
Mosquito-borne disease caused by Zika virus

病徵
Symptoms
- fever, rash, conjunctivitis, muscle or joint pain, and general malaise
- Symptoms are mild and last for a few days

潛伏期
Incubation period
- Symptoms typically begin 2-7 days after the bite of an infected mosquito

外遊返港後若感到不適，應盡快求診並將行程細節告知醫生
Seek medical advice promptly and provide travel details to doctor if feeling unwell after a trip

預防方法
Prevention
- 避免蚊叮
- 防止蚊蟲滋長
- Avoid mosquito bites
- Help prevent mosquito proliferation

- 給懷孕婦女和計劃懷孕的女士的建議
- 考慮延遲到訪寨卡病毒持續傳播的地區（受影響地區）
- 如必須前往這些地區，出發前應徵詢醫生的意見。旅途中，應採取適當避蚊措施和時刻採取防蚊措施
- 計劃懷孕的女士受影響地區返港後的28天內應繼續採取避蚊措施

- Notes for pregnant women & women preparing for pregnancy
- Consider deferring trip to areas with ongoing Zika virus transmission (affected areas)
- Those who must travel to these areas should seek medical advice from doctors before the trip. Adopt contraception if appropriate and strictly follow steps to avoid mosquito bites during the trip
- Women preparing for pregnancy are advised to continue to adopt contraception for 28 days after returning from these areas

- 預防性接觸傳染的建議
- 如伴侶有機會懷孕或已懷孕，男性外遊人士應使用安全套：
  - 如從受影響地區回來但沒有原因不明的發燒和皮疹，應在回來後28天內使用安全套
  - 如出現與寨卡病毒感染相合的病徵或確診寨卡病毒感染，應在康復後6個月內使用安全套

- Notes for prevention of sexual transmission
- If a female partner is at risk of getting pregnant, or is already pregnant, condom use is advised for a male traveller:
  - for 28 days after his return from affected areas if he had no symptoms of unexplained fever and rash
  - for 6 months following recovery if a clinical illness compatible with Zika virus infection or laboratory confirmed Zika virus infection was reported

衛生署
Department of Health

2833 0111
寨卡病毒感染

寨卡病毒感染是由寨卡病毒引起的蚊媒传染病。患者可能出現發燒、皮疹、結膜炎、肌肉或關節疼痛和全身疲倦等病症。病症一般於被感染的蚊子叮咬後2－7天出現。這些症狀一般輕微及持續數天。目前最受關注的是該病與懷孕的不良影響（如生嬰兒出現小頭畸形）和其他神經系統及自身免疫性的併發症如吉巴氏綜合症的潛在關係。

傳播途徑

寨卡病毒主要透過受感染的伊蚊叮咬而傳染給人類。此外，寨卡病毒亦可能透過血液傳染，但並不常見。寨卡病毒亦有可能透過性接觸傳染，曾有報告發表在精液發現寨卡病毒。

預防方法

現時並沒有預防寨卡病毒感染的疫苗。要預防感染，外遊人士必須注意以下要點：

- 避免被蚊子叮咬。
- 前往寨卡病毒持續傳播的地區（受影響地區）的人士，尤其是有免疫系統疾病或長期病患者，應於出發前最少6個星期徵詢醫生的意見。
- 如到受影響地區的郊外，應帶備便攜式蚊帳，並在蚊帳上使用氯菊酯（一種殺蟲劑）。
- 懷孕婦女和計劃懷孕的女士應考慮延後到訪受影響地區。如必須前往這些地區，出發前應徵詢醫生的意見；旅途中，應採取適當避孕措施和時刻採取防蚊措施。
- 外遊人士從受影響地區回來後14天內繼續使用昆蟲驅避劑。計劃懷孕的女士從受影響地區返港後的28天內亦應繼續採取避孕措施。
- 外遊人士從受影響地區回來後若感到身體不適，如發燒，應盡快求診，並將行程細節告知醫生。

二零一六年二月印製
Zika Virus Infection

Zika virus infection (Zika) is a mosquito-borne disease caused by Zika virus. Persons being infected may develop fever and skin rash, usually accompanied by conjunctivitis, muscle or joint pain and general malaise. Symptoms typically begin 2-7 days after the bite of an infected mosquito. These symptoms are usually mild and last for a few days. The current major concern is the possible association with adverse pregnancy outcome (microcephaly) and neurological and autoimmune complications such as Guillain-Barré Syndrome.

Mode of transmission

Zika virus is mainly transmitted to humans through the bite of an infected Aedes mosquito. Zika virus can also be transmitted through blood, but this is an infrequent mechanism. Sexual transmission of Zika virus may have occurred, and there were reports that the virus had been shown to be present in semen.

Prevention

At present, there is no effective vaccine against Zika. To prevent Zika, travellers are advised to observe the following points:

- Protect themselves from mosquito bites.
- If going to areas with ongoing Zika virus transmission (affected areas), travellers, especially persons with immune disorders or severe chronic illnesses, should arrange a consultation with doctor at least 6 weeks before the trip.
- If travelling in rural affected areas, carry a portable bed net and apply permethrin (an insecticide) on it.
- Pregnant women and women preparing for pregnancy should consider deferring their trip to the affected areas. Those who must travel to any of these areas should seek medical advice from doctor before the trip, adopt contraception if appropriate, strictly follow steps to avoid mosquito bites during the trip.
- Travellers who return from affected areas should apply insect repellent for 14 days after arrival to Hong Kong. Women preparing for pregnancy are advised to continue to adopt contraception for 28 days after returning from these areas.
- If feeling unwell after returning from affected areas e.g. having fever, seek medical advice as soon as possible and provide travel details to doctor.

Printed in February 2016

www.chp.gov.hk