

 <p>澳門特別行政區政府 Governo da Região Administrativa Especial de Macau 衛生局 Serviços de Saúde</p>	<p>Centre for Disease Control and Prevention</p>	Document no.:	011.CDC-DPC.GL.2024
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	<p>Guidelines on Prevention of Dengue Fever</p>	Revoked on:	-----
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<p>Prevention of Dengue Fever – General Preventive Measures Against Mosquitos</p>			

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1. Subject / Overview

Dengue fever is an acute mosquito-borne infectious disease caused by dengue viruses and commonly found in tropical and subtropical regions. The *Aedes Albopictus* mosquito is the main vector of dengue viruses and is very common in Macao.

There is currently no completely effective vaccine against dengue fever; therefore, the best way to prevent dengue infection is to eliminate stagnant water that serves as mosquito breeding sites and avoid mosquito bites.

2. Target Groups

The general public.

3. Symptoms and Incubation Period

Dengue fever is characterized by fever, headache, pain behind the eyes, muscle and joint pain, rash, etc. The incubation period ranges from 3 to 14 days and is usually 4-7 days on average.

4. Preventive Measures

The hot and rainy summer in Macao makes it easy for mosquitos to breed. The public can prevent the spread of dengue fever with the following measures:

4.1 Eliminate stagnant water to prevent mosquito breeding

- 4.1.1 Check the surrounding environment at least once per week to ensure stagnant water is regularly removed.
- 4.1.2 For hydroponic flowers and plants, replace the water, rinse the roots and scrub the vases thoroughly at least once per week, or close the



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**Guidelines on
Prevention of Dengue
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vase mouth with sponges to prevent mosquitos from laying eggs in the water.

- 4.1.3 Avoid using flowerpot saucers.
- 4.1.4 Containers prone to stagnant water should be placed upside down.
- 4.1.5 Since Aedes Albopictus can lay eggs in a small volume of stagnant water, trash should be sealed and disposed of properly in trash bins with lids.
- 4.1.6 Check the waterpipes for leakage and carry out repairs if any; drains should be kept unclogged.

4.2 Minimise mosquito bites

- 4.2.1 Install screen windows and doors and keep them shut.
- 4.2.2 Use or install mosquito repellent equipment, such as mosquito killer lamps and mosquito coils, to lower the risk of getting mosquito bites indoors.
- 4.2.3 Avoid staying in dark places such as the shaded areas or shady lawns during peak mosquito activity periods (e.g. 2 hours after sunrise and 2 hours before sunset).
- 4.2.4 When going out or travelling, wear light-coloured, long-sleeved clothes, and apply mosquito repellent on exposed body parts.
- 4.2.5 When travelling, take a rest in places with air conditioners or anti-mosquito facilities.

5. Handling

Anyone with symptoms such as fever or rash appear should seek medical assistance promptly.