

Guidelines on
the prevention and
control
of biting midges

吸血蠓的
防治指引



吸血蠓的生態和特徵

吸血蠓體型細小，全身黑色，是屬於蠓科的飛蟲。不論在鄉郊或市區，吸血蠓都對人類構成滋擾。只有雌性吸血蠓叮人，但牠們很少在室內叮人。由於牠們的口器短小，無法刺穿衣服叮人，因此身體外露部分往往較易受襲。在本港，叮咬人類的吸血蠓有明斑庫蠓和台灣蠓蠓兩種。

吸血蠓會在密林間或偶爾在有遮陰的地方歇息。牠們作“之”字形飛行，通常不會飛越離滋生地 100 米的範圍，惟有可能被風吹而擴散。然而，若風速每小時超過 5.6 公里及溫度低於攝氏 10 度，便會阻礙吸血蠓的飛行。事實上，吸血蠓的生命很脆弱，乾涼的天氣會縮短其壽命。吸血蠓的幼蟲是水棲或半水棲動物，通常可在潮濕地方或污泥中找到。

吸血蠓的危害

吸血蠓叮所引致的發炎和不適可持續數天至數星期。抓搔使瘙癢惡化，更可導致細菌感染及延緩傷處癒合。不過，吸血蠓不算是傳播疾病給人類的重要病媒。



吸血蠓的防治

由於吸血蠓的滋生地範圍廣泛，所以很難才能完全消滅其幼蟲。以下方法可減少吸血蠓的滋生：

- 利用犁田或排水方法減少泥土表面水分。
- 清除斜坡或花園上的垃圾、落葉和其他枯萎植物，以及沙隔 / 排水明渠內的堵塞物（例如淤泥）。
- 定期修剪生長茂密的植物，令泥土表面多些暴露於陽光和空氣中。
- 如環境防治方法未能奏效，可在幼蟲滋生地施放留效殺蟲劑。

短暫防治方面，可以在吸血蠓的歇息地方直接噴灑即殺性殺蟲噴霧，以便控制吸血蠓的成蟲。

此外，可在適當地點設置捕蟲器，防止該等地點受到吸血蠓的侵襲，從而減低吸血蠓帶來的滋擾。

如有需要，可聘請滅蟲公司提供滅蟲服務。

個人保護措施方面，市民可安裝紗網（網眼小於 0.75 毫米）、穿長袖衫、長褲及按驅蟲劑標籤的指示使用驅蟲劑驅避吸血蠓。

Biology and Characteristics of Biting Midges

Biting midges are tiny and dark-coloured flies belonging to the family Ceratopogonidae. They cause nuisance to human beings in both rural and urban areas. Only females bite but they rarely do it indoors. Since they have short mouthparts, they cannot bite through clothing and so exposed body parts are more often attacked. Local species of biting midges attack humans are *Culicoides circumscriptus* and *Lasiohelea taiwana*.

Biting midges rest in dense vegetation and sometimes shady places. They fly in zigzag patterns and usually no more than 100 meters from their breeding grounds; however, dispersal by wind is possible. Nevertheless, wind over 5.6 kilometers/hour and temperatures below 10°C inhibit flying. In fact, they are so fragile that cool and dry weather will shorten their life. Larvae are aquatic or semi-aquatic, and are usually found in damp places or in mud.

Hazards Caused by Biting Midges

Irritation and discomfort caused by their bites can last for days, or even weeks. Scratching aggravates the pruritus and may lead to bacterial infection and slow-healing sores. However, biting midges are not considered important vectors of human diseases.



Control and Prevention of Biting Midges

Breeding places for biting midges can be extensive and so complete disinfection of larvae is difficult. Reduction of breeding could be achieved by:

- keeping the moisture content of soil surface low by techniques like plough or draining.
- removing refuse, fallen leaves and other decaying vegetation on slopes or on the flower beds as well as choking matters (e.g. muddy soil) in sand-traps/surface drainage channels.
- trimming, on a regular basis, densely grown vegetation to increase the exposure of soil surface to sunlight and air.
- applying residual insecticide at breeding places if environmental control means are not successful.

For temporary control, adult midges can be controlled by fogging of knockdown insecticide directly to their resting places.

The nuisance caused by the insect could be reduced by installation of insect traps at appropriate sites to protect the venues from invasion by the insect.

Pest control company could be appointed to provide insect control services if necessary.

Personal protection measures against biting midges include installation of screens (mesh size <0.75 mm), wearing long-sleeved clothing and applying insect repellents according to label instructions.