



Watch out for mosquitoes

Which diseases can be transmitted through mosquito bites?

Many diseases can be transmitted through the bite of infected mosquitoes, such as Malaria, and West Nile, Zika.

Do all mosquitoes transmit diseases?

Mosquitoes transmit diseases only if they are infected, from having previously bitten an infected human or animal (depending on the disease). Different mosquito species can transmit different diseases.

How can we protect ourselves from mosquito bites?

- Wear appropriate clothing: Long sleeved shirts and long pants. Prefer the light colored and loose clothes.
- Use skin repellents on the exposed skin and over the clothes.
- Shower frequently to remove the sweat.
- Install and use screens on windows and doors, balcony doors or other house openings. Regularly check and repair holes in screens.
- Use mosquito net over your bed. Make sure that there are no mosquitoes trapped inside the mosquito net.
- Use room insecticides/ insect repellents, such as tablets or liquids, aerosols etc.
- Use fans or air conditioning. Cool air reduces mosquito activity and makes it harder for them to reach you.
- Preferably water plants in the morning, to reduce the exposure to mosquitos during watering.

- Reduce the sites that mosquitoes lay their eggs. Like standing water, even in small water collections.
- Turn over, cover, empty and/or refresh the water in barrels, buckets, vases, pets' water bowls etc.

What should we be careful about when we use insect repellent?

- Apply the required quantity.
- Do not apply under clothing.
- Reapply if needed, every few hours, as directed.
- Do not apply into eyes, mouth and nose.
- Do not apply on wounds, burns, blisters or irritated skin.
- Apply sunscreen first.
- Use it outside the house. When you return home, wash it out with soap and water.
- If you notice irritation, stop using it and inform your physician.

