

# FIGHT THE BITE

## DESTROY MOSQUITO BREEDING SITES

**MOSQUITO  
AWARENESS  
WEEK**



MOSQUITOES THAT CAN TRANSMIT SERIOUS DISEASES **LIVE IN YOUR HOME**. THEY NEED HUMAN BLOOD TO FEED THE EGGS THEY CARRY, AND **CLEAN STANDING WATER** TO LAY THEM IN, SO THAT THEY DEVELOP INTO MOSQUITOES.

### TAKE ACTION IN YOUR HOME

Eliminate mosquito breeding sites

**COVER TANKS,  
SINKS AND POOLS.**

**TURN OVER** CONTAINERS THAT CAN ACCUMULATE WATER AND REMOVE ANY THAT ARE NOT NECESSARY.

**PROTECT** DOORS AND WINDOWS WITH MOSQUITO NETTING.

**CHANGE** WATER IN VASES AND FLOWER POTS ONCE A WEEK. IT IS IMPORTANT TO CLEAN THEM IN CASE MOSQUITO EGGS ARE ATTACHED TO THE SIDES.

**CLEAN RAIN GUTTERS AND DRAINS**, IF THEY GET BLOCKED WITH LEAVES AND GARBAGE, THERE WILL BE MOSQUITOES.

**KEEP** GARBAGE CONTAINERS DRY AND WELL COVERED.

### MOBILIZE THE PEOPLE AROUND YOU

#### Protect them



ASK THEM TO WEAR LONG SLEEVES AND TROUSERS TO AVOID BITES.



USE REPELLENTS ON SKIN AND CLOTHING, FOLLOWING PRODUCT INSTRUCTIONS FOR REPELLENTS WITH **UP TO 30% D.E.E.T.** AND THOSE CONTAINING **PICARIDIN**.



**MAXIMIZE** PREVENTIVE MEASURES IN PREGNANT WOMEN. DO NOT USE REPELLENT ON CHILDREN UNDER 2 MONTHS OLD.



**ENSURE** THAT CHILDREN PLAY FAR FROM STANDING WATER AND NEGLECTED AREAS WITH UNCUT GRASS, GARBAGE, AND VACANT LOTS.



IN THE CASE OF FEVER + HEADACHE + RASH + NAUSEA OR VOMITING: **DO NOT** TAKE ASPIRIN OR ANTI-INFLAMMATORY DRUGS. GO TO A HEALTH CLINIC.

### MOBILIZE YOUR COMMUNITY

#### Share information



HELP YOUR NEIGHBORS TAKE ACTION. **EXPLAIN TO THEM HOW TO PROTECT THEMSELVES FROM MOSQUITO BITES** TO AVOID DENGUE, ZIKA, CHIKUNGUNYA, YELLOW FEVER AND MALARIA.



FEMALES FLY **IN A RADIUS OF UP TO 400 M.** EXPLAIN TO YOUR NEIGHBORS HOW TO PREVENT AND ELIMINATE POSSIBLE BREEDING SITES.



TO PREVENT MOSQUITO BITES, **IT IS NOT ENOUGH JUST TO ELIMINATE BREEDING SITES IN YOUR HOME**. THERE MAY ALSO BE BREEDING SITES IN YOUR NEIGHBORS' HOMES AND THROUGHOUT THE NEIGHBORHOOD!

#fightthebite



Pan American  
Health  
Organization



World Health  
Organization  
REGIONAL OFFICE FOR THE  
Americas