FIGHT THE BITE
DESTROY MOSQUITO BREEDING SITES

MOSQUITO AWARENESS WEEK

PAHO Pan American Health Organization World Health Organization

AWARENESS
1. Change the water in vases and flower pots once a week. It is important to clean them in case mosquito eggs are still attached to them.
2. Brush the sides of barrels, at least once a week.
3. Cover tanks, pools, and sinks. Protect doors and windows with mosquito netting.
4. Destroy mosquito breeding sites to prevent the transmission of diseases, such as dengue, zika, chikungunya, yellow fever and malaria.
5. Turn over containers that can accumulate water and remove any that are not necessary.

6. Keep garbage containers dry and well covered.
7. Clean rain gutters and drains; if they get blocked with leaves and garbage, there will be mosquitoes.
8. Check mosquito netting once a week to be sure there are no holes that mosquitoes could get through.
9. Use clothing that covers your skin as much as possible.
10. Use repellents on skin and clothing, following product instructions for repellents with up to 30% D.E.E.T. and those containing Picaridin.

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