

# FIGHT THE BITE

## DESTROY MOSQUITO BREEDING SITES

MOSQUITO AWARENESS WEEK



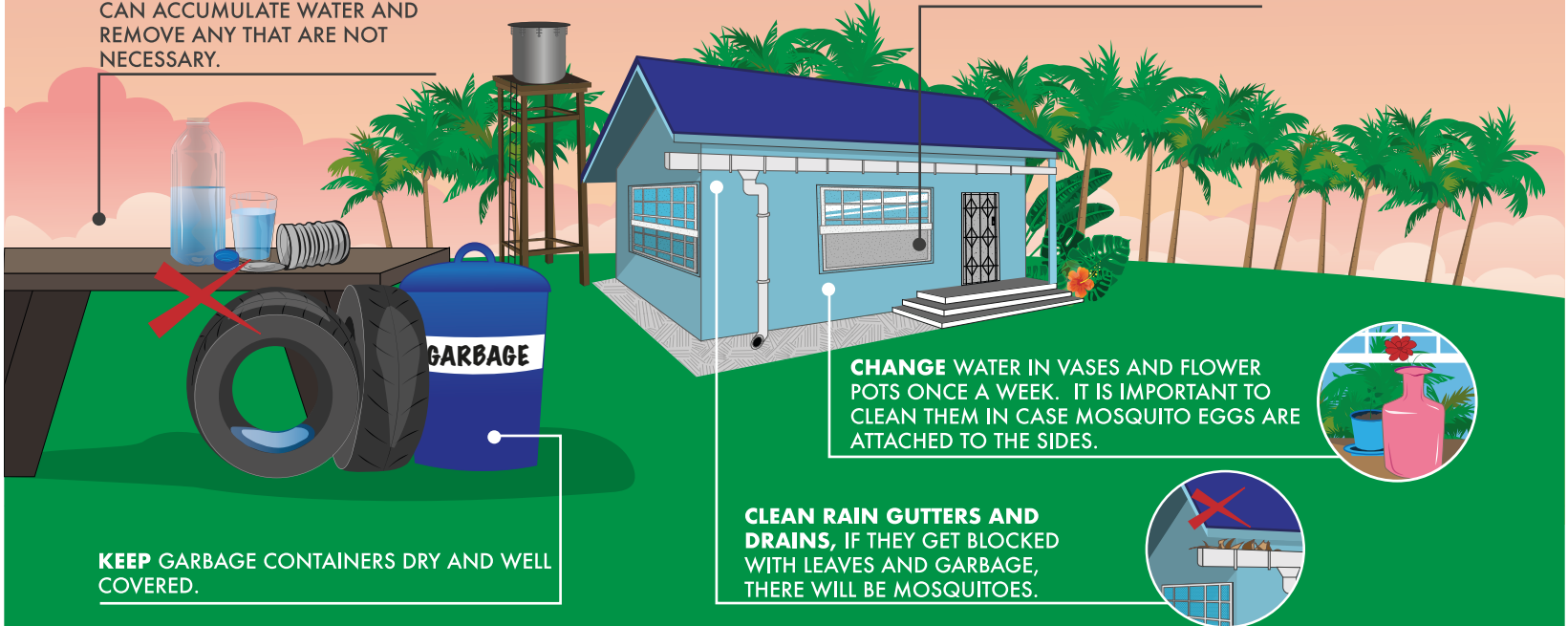
MOSQUITOES THAT CAN TRANSMIT SERIOUS DISEASES **LIVE IN YOUR HOME**. THEY NEED HUMAN BLOOD TO FEED THE EGGS THEY CARRY, AND **CLEAN STANDING WATER** TO LAY THEM IN, SO THAT THEY DEVELOP INTO MOSQUITOES.

**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

PAHO

