

HOW TO PROTECT YOURSELF

- Minimize the time spent outdoors at dusk and dawn when mosquitoes are most active
- Be sure door and window screens fit tightly and are in good repair
- Wear socks, shoes, long trousers and a long sleeved shirt when mosquitoes are most active.

- Use mosquito netting when sleeping outdoors for long periods of time, and when mosquitoes are most active.
- When it is necessary to be outdoors, apply insect repellent as indicated on the products label.
- Use fans - mosquitoes are weak fliers and a strong wind produced by a fan not only keeps them from flying but diffuses chemical cues they use to locate blood meals.



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HOW TO PROTECT YOURSELF FROM MOSQUITOES AND PREVENT THEIR PROLIFERATION

N,N-Diethyl-meta-toluamide, also called DEET or diethyltoluamide, is the most common active ingredient in insect repellents. The more DEET a product contains the longer the repellent can protect against bites.

For most situations 10%-25% DEET is adequate and concentrations above 50% DEET do not increase the length of protection. Apply it to clothes when possible and sparingly to exposed skin if the label permits. footnote

*Public Health Authority
Vector Control Unit*

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Mosquitoes can be significant nuisance and are known to be carriers of numerous disease such as Dengue, Chikungunya, Yellow Fever, West Nile, Zika etc...

This leaflet aims to give some basic guidelines on how to prevent the proliferation of mosquitoes and also how to avoid being bitten



HOW TO PROTECT THE PROLIFERATION OF MOSQUITOES



All mosquitoes need water in order to reproduce. Each female mosquito may lay as many as 200 eggs that will transform into larvae, and then into mosquitoes after approximately 7 days.



Therefore, the control begins with destroying the breeding ground which are never far from where people are being bitten.



Empty any water filled containers like flower plates, old buckets, food containers and tires by emptying them least every 3 days.



Flower pots and standing flower vases found outside that can collect water should be filled with sand or fine gravel especially in cemeteries.



Drain any puddles, inlets to sewers and drainage systems not to allow water to stagnate for more than 3 days.



Cover or properly seal any standing water in pools, catchment basins, etc, that cannot be drained,



Keep gutters clean and free from fallen leaves and other debris so that water does not collect in them.



Man-made outdoor water features, especially fish ponds, should contain fish such as goldfish or guppies as these are known to feed on the mosquito's immature stages.



Remove litter, refuse, abandoned cars, old machinery and other junk in vacant areas that can also hold rain water.



Cover tyres, store indoors or perforate them for control of mosquito larvae.



Keep swimming pool empty if not in use or regularly maintain with chlorine.



Trim overgrown vegetation since it is the resting place for adults.