

# 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*

*Produced by Health Promotion Media and  
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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.

# KI MANNYER POU PROTEZ OU LEKOR

- Minimiz letan ki ou pase deor aswar ek granmaten ler moustik i pli aktiv.
- Fer sir ki laport ek lafnet i frenm byen e i an bonn eta.
- Met bann soset, soulye, pantalon long ek en semiz lanmans long ler moustik i pli aktiv.

- Servi moustiker ler ou pe dormi deor pou en bon pe letan, e ler bann moustik i pli aktiv.
- Ler i neser pou deor, aplik repelan zensek parey i endike lo labek prodwi.
- Servi bann vantilater - bann moustik i bann voler feb e en divan for prodwir par en vantilater pa zis anpes zot anvole me i difiz bann siny simik ki zot servi pou lokaliz bann repa disan.



## Kontakte nou

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# KI MANNYER POU PROTEZ OU LEKOR KONT MOUSTIK E ANPES ZOT PROLIFERASYON

*N,N-Diethyl-meta-toluamide, osi apele DEET oubyen diethyltoluamide, i zengredyen aktiv pli komen dan bann repelan zensek. plis DEET en prodwi i annan plis sa repelan i kapab protez kont bann morde.*

*Pou laplipar sityasyon 10%-25% DEET i adekwat e konsantrasyon par lao 50% DEET pa ogmant longer proteksyon. aplik li lo lenz kan i posib e par pti gin lo lapo ekspoze si labek i permet.*

*Lotorite Lasante Piblik  
Younit Kontrol Vekter*

*Prodwir par Health Promotion Media and  
Communication Unit, 2024*



Bann moustik i kapab en nwizans enportan e zot koni koman bann porter plizyer maladi tel ki Dengue, Chikungunya, Yellow Fever, West Nile, Zika eksetera...

*Sa brosir i annan pour bi donn serten gidans debaz lo ki mannyer pour anpes proliferasyon moustik e osi ki mannyer pour evite ganny pike.*



## KI MANNYER POU PROTEZ PROLIFERASYON MOUSTIK



Tou moustik i bezwen delo pou zot kapab reprodwir. Sak moustik femel i kapab ponn otan ki 200 dizef ki pou transformen an “larvae”, e apre an moustik apepre 7 zour.



Alor, kontrol i komans avek detri bann landrwa reprodiksyon ki pa zanmen lwen avek kot dimoun pe ganny pike.



Vid nenport resipyan ranpli avek delo parey bann lasyet fler, vye bokit, resipyan manze ek larou par vid zot omwen tou le 3 zour.



Bann po fler ek bann vaz fler ki ganny trouve deor ki kapab anmas delo i devret ganny ranpli avek disab oubyen grave sirtou dan bann simityer.



Vid okenn flak delo, larantre dan bann desarz e sistenm drenaz pou pa les delo stagne pou plis ki 3 zour.



Kouver oubyen ferm byen okenn delo dan basen, basen, eksetera, ki pa kapab ganny drennen,



Gard bann rigol prop e lib avek bann fey tonbe e lezot debri pou ki delo pa anmas ladan.



Bann karakteristik delo deor, sirtou bann basen pwason, i devret annan pwason tel ki “Goldfish” oubyen “Guppies” vi ki sa i koni pou nourri lo staz imatir sa moustik.



Retir salte, loto abandonnen, vye masin e lezot salte dan bann landrwa vid ki pou kapab tenir delo lapli.



Kouver larou, stor anndan pou kontrol bann “Larvae” moustik.



Gard basen naze vid si pa pe ganny servi oubyen mentenir regilyerman avek klorinn.



Koup bann vezetasyon ki'n pouse akoz i landrwa repo pour bann adilt.