

Beware of mosquito bites...they are not just annoying



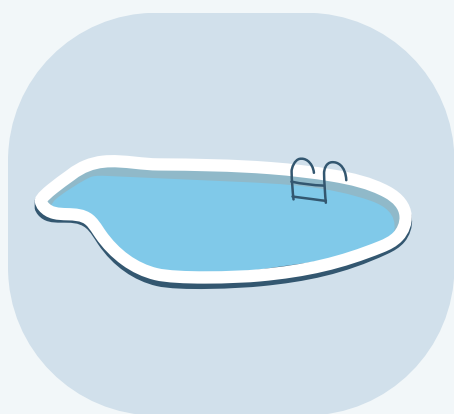


Mosquitos

- Mosquitoes are small insects that feed on human and animal blood and spread as a result of high temperatures, high humidity, or stagnant water accumulations.
- They are considered among the insects that can transmit various diseases through their bites, such as West Nile virus, dengue fever, malaria, Zika virus, yellow fever, and other diseases.



What are the common mosquito breeding sites?



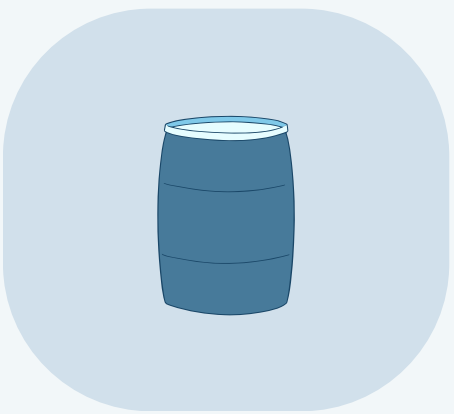
Permanent and temporary plastic pools



Submerged agricultural containers



Car tires



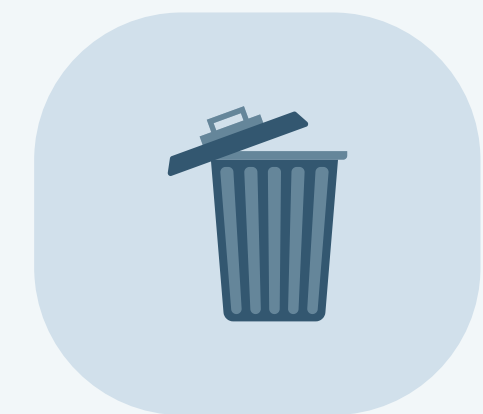
Water barrels



Stagnant water in artificial turf areas



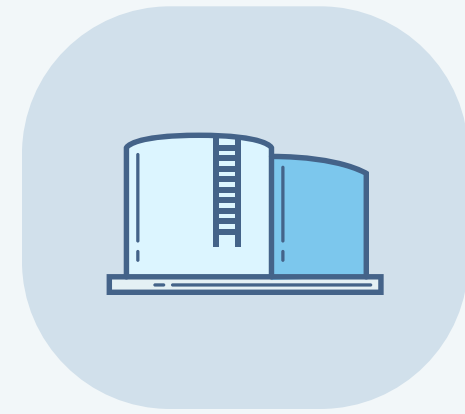
Fountains



Trash receptacles



Used drinking water bottles and their lids



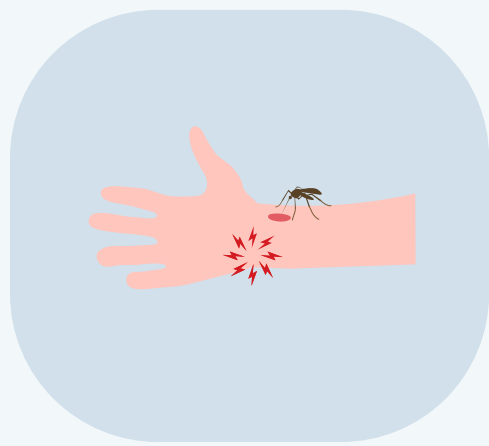
Water reservoirs



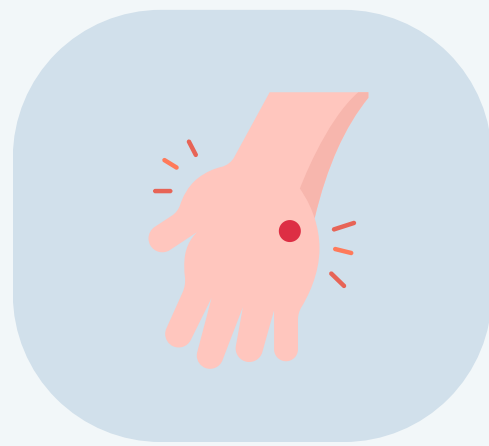
What are the risks of mosquito bites?

- Mosquito bites can cause various symptoms ranging from mild to severe.
- Mosquito bites can cause allergic reactions, infections, and skin irritation.

Common symptoms of mosquito bites:



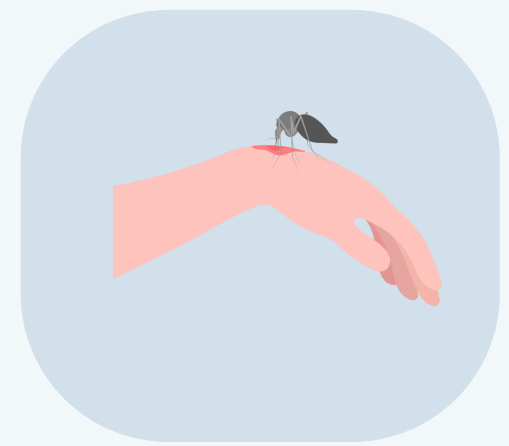
Pain



Skin swelling



Itching



Redness

Severe symptoms that may require seeing a doctor:



Diarrhea



Fever



Headache



Body aches



Shortness of breath



Difficulty swallowing

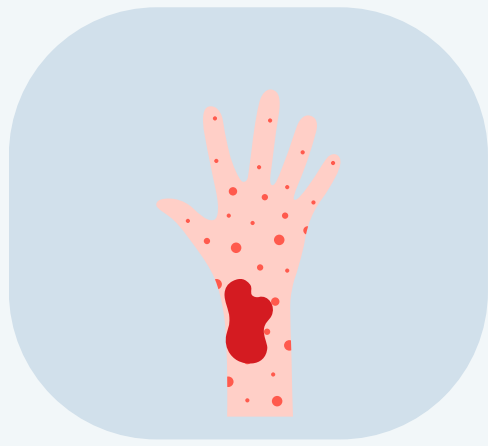


Nausea & vomiting



Abdominal pain

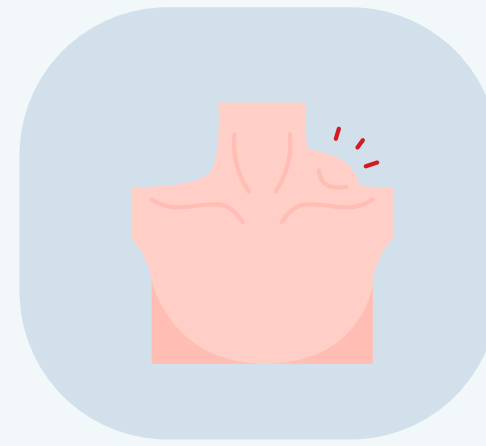
Severe symptoms that may require seeing a doctor:



Urticaria



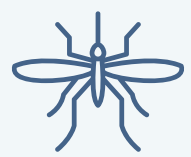
Tongue swelling



Enlarged lymph nodes



Abdominal cramps



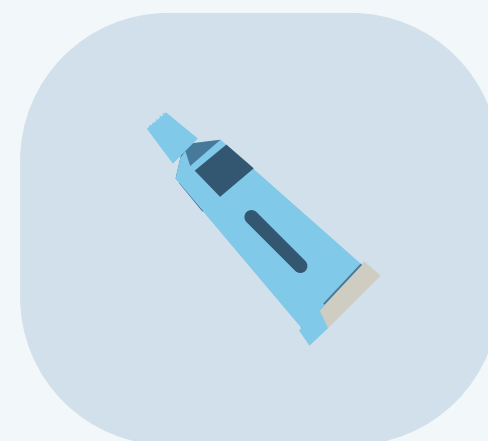
What should I do if I get bitten by a mosquito?



Wash the area with soap and water.



Do not scratch the bites to avoid infection.



Use an over-the-counter anti-itch or antihistamine cream to help relieve itching. Follow the product label directions.



Apply an ice pack for 10 minutes to reduce swelling and itching.



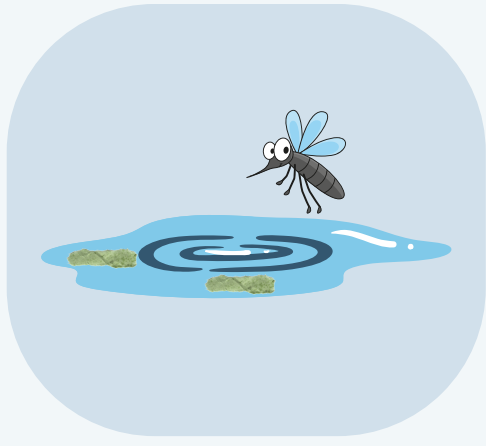
See a healthcare provider if you experience symptoms like fever, severe headache and body aches.



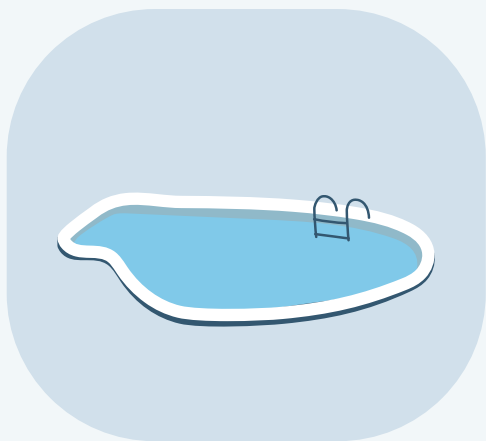
Use an over-the-counter antihistamine syrup/tablet to help relieve itching. Follow the product label directions.



How can you get rid of mosquitoes at home?



Check areas of stagnant water and remove them, as they are among the places that attract mosquitoes.



Change the pool water and clean it on a weekly basis.



Change the water designated for animals and birds regularly to avoid mosquitoes gathering.



Keep water tanks clean and well covered.



Make sure that there are no sewage pipe leakages in the house to avoid water accumulation and ensure you get rid of any wet materials.



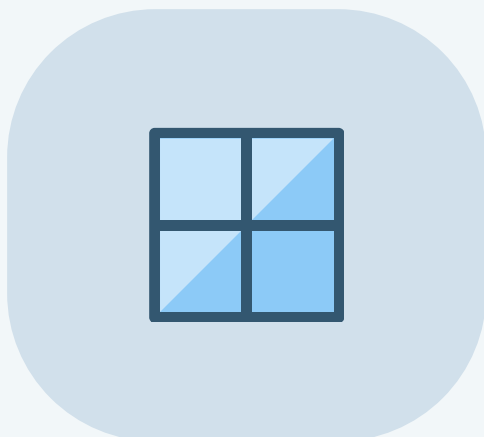
Seek the help of experts to spray insecticides if you notice a large number mosquitoes at home.



Do you know how I was able to protect myself and my family from mosquito bites? Let me tell you the way?



How can you avoid mosquito bites?



Keep Doors and Windows Screened

Ensure windows and doors have screens to keep mosquitoes out of living spaces.



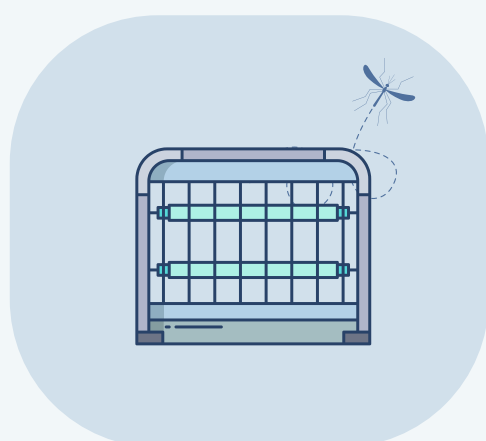
Wear Protective Clothing

Wear light-colored, loose, long clothing to cover exposed parts of the body



Use Mosquito Repellent

Apply mosquito repellent on exposed skin.



Use Mosquito Traps

Consider using mosquito traps or electronic repellent devices to reduce mosquito populations around your home.



Avoid Peak Mosquito Times

Stay indoors during dawn and dusk when mosquitoes are most active.

Stay Safe