

II. Reduce the sites where mosquitoes lay their eggs:

Mosquitoes lay their eggs in standing water (even in small water collections).

**Participate all to reduce mosquitoes around you:
Identify and reduce the sites where mosquitoes
can lay their eggs, inside your own premises.**

- **Do not leave stagnant water nowhere**, inside and outside your house, yard or field.



- **All items that hold water, such as:**

barrels
buckets
trash containers
basins
vases
flowerpot saucers/ planters
vehicle tires
trolleys
boats
pets' water bowls
animal trough
decorative ponds
wells
tanks/ cisterns

- **turned them over**, or
- **at least once a week empty them or refresh their water** and scrub them, or
- **cover** them

- **Remove stagnant waters** from abandoned swimming pools and fountains, tanks, basements, building foundations.
- **Clean the gutters and wells** from leaves and garbages.
- Cover open vent/ plumbing pipes/ ventilation ducts of the septic tanks using wire mesh/screens.

What should we be careful about when we use insect repellent?

Only use products registered in the country*.

Always follow strictly the product label instructions.

- Apply the required (not excessive) quantity.
- Do not apply under clothing.
- Reapply if needed, every few hours, as directed.
- Do not apply onto eyes, mouth, and inside of the nose.
- Do not apply on wounds, burns, blisters or irritated skin.
- Apply sunscreen first.
- Use it mainly outside the house. When you return home, wash it out with soap and water.
- If you notice irritation, stop using it and inform your doctor.
- Pregnant women and breastfeeding mothers: should consult their doctor.

In addition, for children:

- Use products allowed for the age of the child (according to their label). Consult the pediatrician.
- Do not let the children use insect repellent on their own – Adults: spray it first onto your hands and then apply to them.
- Do not apply insect repellent onto their hands, eyes, mouth, and cut or irritated skin.

*Information on registered biocidal products (for operator and amateur users): at www.minagric.gr (LIST OF PLANT PROTECTION PRODUCTS & BIOCIDAL PRODUCTS)

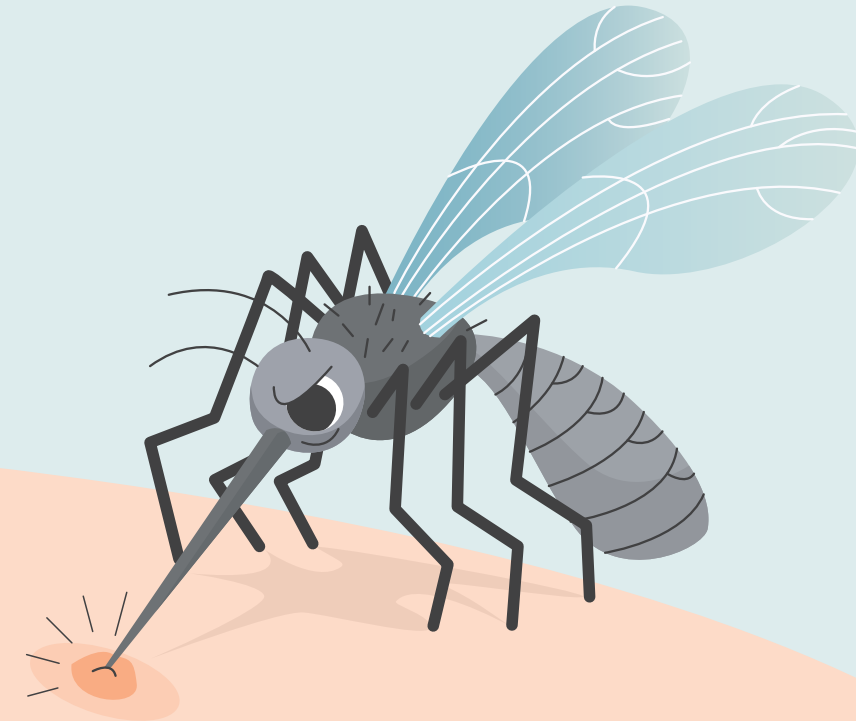
NATIONAL ORGANIZATION OF PUBLIC HEALTH

www.keelpno.gr

Tel: 210 5212054



**Protect yourselves
from mosquitoes**



Which diseases can be transmitted through mosquito bites?

Many diseases can be transmitted through the bite of infected mosquitoes, like malaria, infections from West Nile, Dengue, Zika, Chikungunya viruses etc.

Do all mosquitoes transmit diseases?

Mosquitoes transmit diseases **only if they are infected**, that is when they have previously bitten an infected human or animal (depending on the disease). Different mosquito species can transmit different diseases.

Is there a risk in Greece to get infected with a disease transmitted through mosquito bites?

In Greece there are some mosquito species that can transmit certain diseases, **if infected**:

West Nile virus, which is transmitted through the "house" common mosquitoes, is considered established in our country, and cases are recorded almost annually during the transmission season. In addition, over the last years a few sporadic introduced locally acquired malaria cases have been recorded in certain -mainly rural- areas.

Therefore, even though most mosquitoes around you are not infected, it is recommended to **receive measures** to protect yourselves. More specifically:

- **Protect yourselves from mosquito bites**
- **Reduce the sites where mosquitoes lay their eggs**

How can we protect ourselves from mosquitoes?

I. Protect yourselves from mosquito bites whenever they are active and bite (as different mosquitoes bite at different times of a day):

- **Wear appropriate clothing:** long sleeved shirts and long pants. More appropriate are the light coloured and loose clothes.

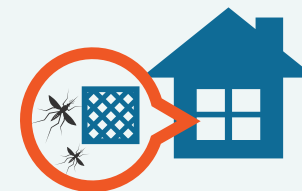


- **Use skin insect repellents** (registered in the country) on the exposed skin and over the clothes. Insect repellents should contain one of the following active ingredients with proved efficacy, such as:



- **DEET (N, N-diethyltoluamide)**
- **Icaridine** (also known as Picaridin or KBR 3023 in some countries)
- **IR 3535**
- **Citriodiol or Eucalyptus citriodora oil, hydrated, cyclized (ec oil (h / c))** (also known as Oil of Lemon Eucalyptus (OLE) or para-methane-diol (PMD) in some countries)

- **Shower frequently** to remove the sweat.
- **Install and use screens** on windows and doors, balcony doors, or other house openings.

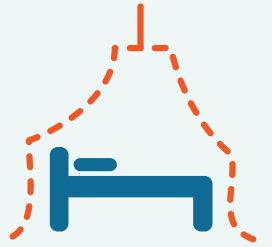


Regularly check and repair holes in screens.

- **Use mosquito net.**

For babies: cover crib, stroller, and baby carrier with mosquito netting.

Make sure that there are no mosquitoes trapped inside the mosquito net.



- **Use spatial insecticides /insect repellents** (registered in the country*), such as tablets or liquids (electric plug), mosquito coils, aerosols, etc.

If needed, seek for professional help*.

Always strictly follow the product label instructions.



- **Use fans or air conditioning:** Cool air reduces mosquito activity and makes it harder for them to reach you.



- **Preferably water plants in the morning**, to reduce the exposure to mosquitoes during watering.

- **Regularly bend grass**, shrubs and foliage (sites that adult mosquitoes find shelter).