

Staying healthy **after** a flood

Protecting yourself from biting insects, including mosquitoes



What to DO:

Sleep under insecticide-treated nets

- If you live in an area where illnesses like malaria or dengue are spread by mosquitoes, and insecticide-treated mosquito nets have been given out, use them every night.
- Priority for nets should be given to vulnerable populations – young children, pregnant women and immunocompromised individuals.
- If you were not given a net, you've lost it or cannot hang it properly, try to sleep in screened areas and use other ways – such as wearing long sleeves and pants and using insect repellent – to avoid mosquito bites.
- Apply insect repellent to exposed skin. Cover your arms and legs with light-coloured long sleeves and pants to prevent bites, including from day-biting mosquitoes.



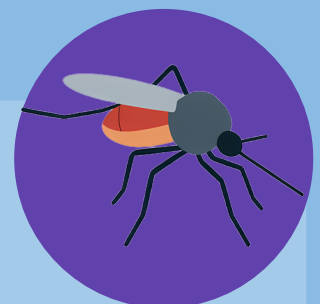
Protect sick people in areas at risk of mosquito bite

- If someone has malaria and/or dengue, or another mosquito-borne disease, it is important to protect them from further bites.
- If a mosquito bites someone who has malaria it can become infected with the malaria parasite and spread it to other people in the community.
- Use nets and insect repellent, wear long sleeves and pants and stay in screened areas to help stop the illness from spreading.



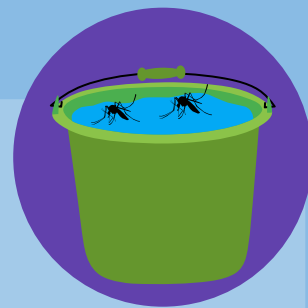
If leishmaniasis is a risk, protect yourself from sandfly vector bites

- In areas where leishmaniasis is spread by sandflies take extra steps to avoid bites, especially at dusk and dawn when sandflies are most active.
- Wear long sleeves and pants, use an insect repellent effective against sand flies and sleep under fine-mesh, insecticide-treated nets if available.
- Sandflies are very small and regular mosquito nets might not deter them.



Empty standing water

- Remove standing water from around your home and any discarded containers and objects that can collect water at least once a week.
- Drill holes in unwanted tyres. Mosquitoes breed in standing water.



Cover water sources

- Place lids on water tanks and other water-storage containers, seal any openings on septic tanks or soak-away pits and cover tyres and other water collecting objects exposed to rains.



Seek prompt diagnosis and treatment if you develop a fever

- If someone has a fever, they should be rapidly diagnosed to confirm whether it is malaria and, if it is, treated with antimalarial medicine as soon as possible.
- In endemic areas it's essential to quickly find out if the fever is due to malaria or another mosquito-borne disease like dengue or chikungunya.



What NOT to DO:

Don't let water stagnate

- Don't let water collect in containers, tyres, old buckets or other objects. Throw away items like old tyres, tubes, coconut shells or anything that can collect water.



Don't expose skin by wearing shorts and short sleeves.

