

## Your protection checklist

# against mosquito bites

Mosquitoes can transmit serious diseases such as malaria. With these simple steps you can help to protect you and your family and stay healthy.

1.



**Wear clothes that**

*cover the skin*

**Eg.: long sleeves and trousers**

2.

**If available,**

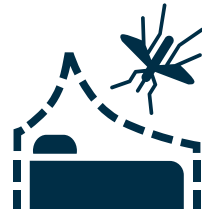


*apply  
insect repellent  
to exposed skin*

3.

**Sleep under an**

*insecticide-treated  
bed net*



4.

**Allow local health authorities**

*to control mosquitoes by  
applying residual  
sprays in  
your home*



5.

*Install*  *screens on windows and doorways*  
**to prevent mosquito entry**

6.

*Mosquitoes like  
to breed in  
standing water*



- 1. Empty any containers that are filled with rainwater**
- 2. Cover any other water containers**

7.

*Use mosquito coils  
and other emanators  
at nighttime*



**before sleeping under an  
insecticide-treated bed net**