

# FIGHT THE BITE

DESTROY MOSQUITO BREEDING SITES

**MOSQUITO  
AWARENESS  
WEEK**



**PAHO**



Pan American  
Health  
Organization



World Health  
Organization  
región de las Américas

## FIGHT THE BITE, DESTROY BREEDING SITES

1- Change the water in vases and flower pots once a week. It is important to clean them in case mosquito eggs are still attached to them.

2- Brush the sides of barrels, at least once a week.

3- Cover tanks, pools, and sinks. Protect doors and windows with mosquito netting.

4- Destroy mosquito breeding sites to prevent the transmission of diseases, such as dengue, zika, chikungunya, yellow fever and malaria.

5- Turn over containers that can accumulate water and remove any that are not necessary.

6- Keep garbage containers dry and well covered.

7- Clean rain gutters and drains; if they get blocked with leaves and garbage, there will be mosquitoes.

8- Check mosquito netting once a week to be sure there are no holes that mosquitoes could get through.

9- Use clothing that covers your skin as much as possible.

10- Use repellents on skin and clothing, following product instructions for repellents with up to 30% D.E.E.T. and those containing Picaridin.

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#fightthebite

**CHANGE WATER IN VASES AND FLOWER POTS.**

**BRUSH BARRELS ONCE A WEEK.**

**COVER TANKS, POOLS, AND SINKS.**

**DESTROY MOSQUITO BREEDING SITES.**

**REMOVE UNNECESSARY CONTAINERS.**

**DON'T LET WATER POOL IN GARBAGE.**

**CLEAN RAIN GUTTERS AND DRAINS.**

**CHECK FOR HOLES IN MOSQUITO NETTING.**

**WEAR LONG SLEEVES.**

**USE THE RECOMMENDED REPELLENTS.**

**1. Change the water in flower pots every week and remove any dead leaves.**

**2. Clean out clogged gutters and downspouts.**

**3. Clean out any standing water in the yard.**

**4. Empty garbage containers if you can and covered.**

**5. Clean out any standing water in the house.**

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**10. Clean out any standing water in the house.**