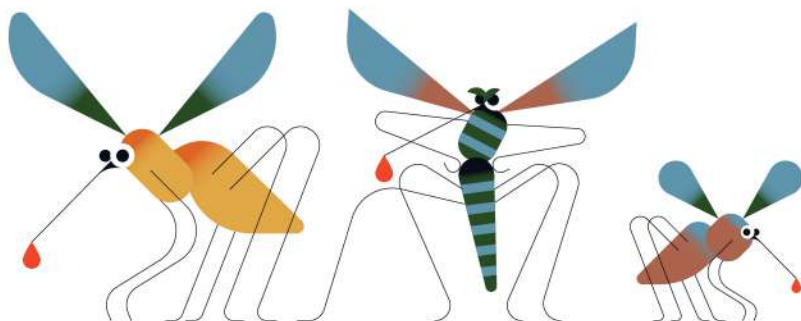


SPUNTIAMOLA

Come difendersi da zanzare e altri insetti

How to protect yourself from mosquitoes and other insects

HOW TO PROTECT YOURSELF FROM MOSQUITOES AND OTHER INSECTS



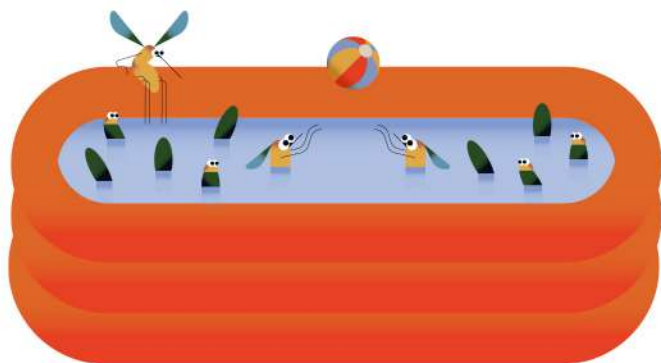
The Emilia-Romagna Region has developed and implemented a special plan to minimise the presence of mosquitoes and prevent the spread of viruses such as Chikungunya, Dengue or Zika. Control of the tiger mosquito is a key part of the strategy to prevent and control these diseases, as is protecting yourself against bites wherever tiger mosquitoes can be found.

Help us to defeat the tiger mosquito

Regional Administration, have intensified their pest control plans. However, disinfestation of public places alone is not enough. Only collective action can provide concrete results: minimising the number of mosquitoes and, consequently, the risk of virus infections.

Prevent water stagnation and use larvicides

Tiger mosquitoes lay their eggs in containers where stagnant water is present. When the eggs hatch, the insect needs very little water to grow into a full adult. Saucers, drains, buckets, tarpaulin covers and tanks are ideal places for mosquito larvae to grow. Therefore, make sure to leave no stagnating water in containers outdoors and apply larvicides where stagnated water



cannot be removed (such as in storm drains). Larvicides are readily available in supermarkets, pharmacies and specialised shops. Use them regularly, as directed by the label instructions.

TIPS ON HOW TO PREVENT THE SPREAD OF MOSQUITOES



DO NOT USE SAUCERS AND, DO NOT LET WATER STAGNATE IN THOSE YOU CANNOT REMOVE



THOROUGHLY CLEAN DRAINS, APPLY LARVICIDE AND COVER THEM WITH A MOSQUITO NET



ALWAYS REMOVE GRASS CLIPPINGS AND KEEP THE GARDEN CLEAN



DO NOT LEAVE WATERING CANS OR BUCKETS STANDING UPRIGHT



INSPECT GUTTERS REGULARLY AND KEEP THEM CLEAN AND UNOBSTRUCTED



KEEP ORNAMENTAL PONDS AND FOUNTAINS CLEAN. YOU CAN INTRODUCE GOLDFISH THAT FEED ON TIGER MOSQUITO LARVAE



CHANGE THE WATER IN THE DRINKING BOWLS AND TROUGHS OF PETS AND KEEP THEM CLEAN



DO NOT LEAVE INFLATABLE PADDLING POOLS AND OTHER TOYS OUTSIDE FILLED WITH WATER



COVER ALL RAINWATER COLLECTION TANKS AND CONTAINERS WITH A LID



IN CEMETERIES, REGULARLY AND CAREFULLY CLEAN FLOWER VASES, CHANGE WATER OR ADD LARVICIDES

Protect yourself: avoid bites

When outdoors in areas with a lot of vegetation, always remember that tiger mosquitoes are attracted by dark colours and strong scents; do not leave any skin exposed and use mosquito repellents on your skin and clothes (to be used with caution on children and pregnant women).

Use insecticide diffusers indoors, taking care to ventilate. Always comply with the instructions for use and safety procedures.

Should you experience flu-like symptoms (strong joint pain and widespread skin rashes) after being exposed to the risk of a tiger mosquito bite, call a doctor immediately.





Travel safely and take all necessary precautions

The viruses that cause dengue, chikungunya and zika diseases can be found in Africa, South-East Asia, the Indian Subcontinent and Indian Ocean area, Central and South America and the Pacific Ocean territories.

If you are travelling in these areas, always take the necessary precautions to protect yourself against tiger mosquito bites.

After returning from your trip, if you develop a fever and especially if accompanied by joint pain, call a doctor at once and inform them about the country you have been to.

FOR INFORMATION

Toll-free number

800 033 033

EMILIA-ROMAGNA REGIONAL HEALTH SERVICE

Monday to Friday, 8.30 a.m. to 6.00 p.m.

Saturday, 8.30 a.m. to 1.00 p.m

Operators can put you in touch with the Public Health Departments of your local health authority or you can contact your Municipality of residence. See also the website:

zanzaratigreonline.it

