

## 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](http://www.minagric.gr) (LIST OF PLANT PROTECTION PRODUCTS & BIOCIDAL PRODUCTS)

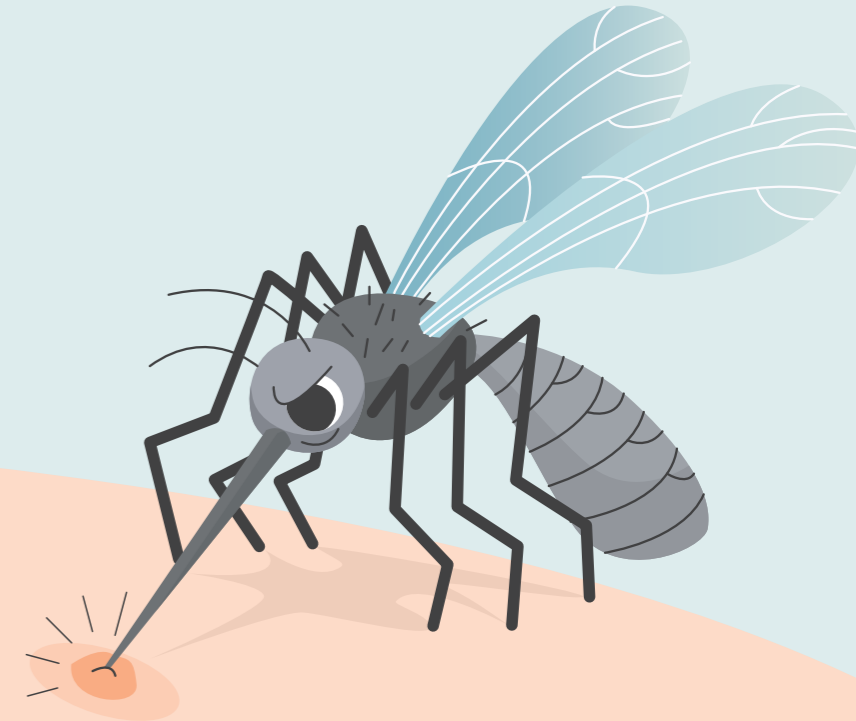
**NATIONAL ORGANIZATION OF PUBLIC HEALTH**

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**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.

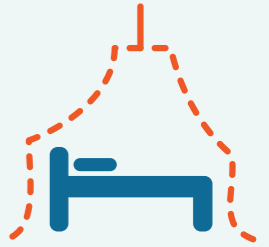


Regularly check and repair holes in screens.

- **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).