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Advisory On Mosquito Bite Prevention



By

Blue Circle Medi Services



BLUE CIRCLE MEDI SERVICES HEALTH CIRCULAR “Mosquito Bite Prevention”

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Mosquito borne diseases (MBDs) are major public health problem. The incidence of MBDs warrants a pro-active approach for their prevention. Knowledge and use of personal protective measures (PPMs) presents an effective strategy for prevention and control of MBDs.

Vector is an important link in transmission of MBDs and thus, protection from vector serves as one of the best strategies for prevention in population. Personal protective measures (PPMs) serve as critical action in this regard.

- The mosquito obtains a virus or parasite by biting an infected person or animal. Then, when biting, the mosquito can transfer/inject that virus or parasite in humans through its saliva.

Mosquitoes spread illnesses like

Malaria, Chikungunya,
Dengue, Zika, West Nile virus,
Flariasis , Yellow Fever, Japanese

Biting habits

Primarily daytime, but can also bite
at night

A variety of PPMs are available including-repellent creams, mosquito nets (plain or insecticide treated), mosquito coils, liquid repellents (liquid vaporizers), electric rackets, mats, smokeless coils.

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Steps to protect mosquito bites

- Use an effective mosquito repellent, containing either picaridin or DEET, on all exposed skin. (The Centers for Disease Control and Prevention (CDC) recommends a number of effective options for repelling mosquitos).
- Always follow the product label instructions
- If you are also using sunscreen, apply sunscreen first and mosquito repellent second
- Don't apply repellent over sunburns, cuts, wounds or rashes
- Wear loose fitting clothes that cover your skin, cover up as much as possible
- Try to limit outdoor activity if lots of mosquitoes are about (usually dusk and dawn)
- Take action to prevent mosquito breeding around your residence area
- Prevent mosquitoes from getting inside the rooms by using fly screens on windows and doors.
- Repairing any tears in the screens on windows, doors and camping gear
- Using mosquito netting over strollers and cribs or when sleeping outdoors

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- Once a week, empty or throw out items that hold water

Usually mosquito bites' heal with time and there are steps that can help in reducing itching/irritation associated with mosquito bite:

- Resist the urge to scratch, as this will cause further irritation
- Wash gently the bitten area and not to burst them
- Use an ice pack to reduce swelling and pain
- Take a cool bath
- Apply calamine lotion for reducing itching
- If itching does not resolve, consider oral Anti allergic medicine

When to see a doctor

People should contact a doctor on noticing the following symptoms after a mosquito bite:

- ✓ *Headache*
- ✓ *Flu-like symptoms*
- ✓ *Fever*
- ✓ *Aches and pains*
- ✓ *Rashes*
- ✓ *If there is Allergic reaction following a mosquito bite, please seek emergency medical assistance.*

Be healthy & stay healthy

This advisory is based on the article published in Medical Journals & referring to CDC & MOH & FW guidelines.

Please click the below link <http://www.kc.bluecircle.in>

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