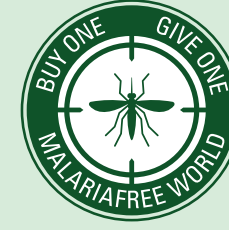


Don't let them bite you!
Everything you need to know about mosquitoes and mosquito bites.

We are striving for a malaria-free world by 2030.

Check our website for more information: careplus.eu



SPIRITED LADIES

Only the female mosquitos bite.



17%

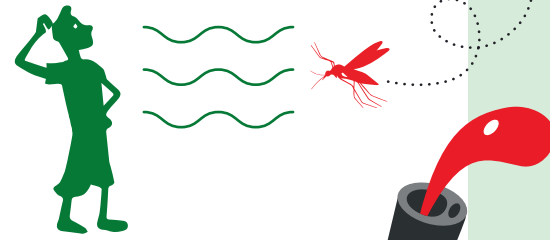
of all infectious diseases are transmitted by living organisms such as mosquitoes.

GOOD TO KNOW

The house mosquito is not yet dangerous, but particularly irritating. However, the house mosquito is indeed able to transmit the West Nile virus. Birds in the Netherlands may already be infected with this.

MOSQUITOES ARE ATTRACTED BY ODOURS

Mosquitoes are attracted by odours and have a very refined sense of smell. As a result, they will notice us at tens of metres, even at 30 to 50 meters away!



MOSQUITO SALIVA

Your immune system can react violently to the **20 foreign substances** that a mosquito can transmit with a bite.

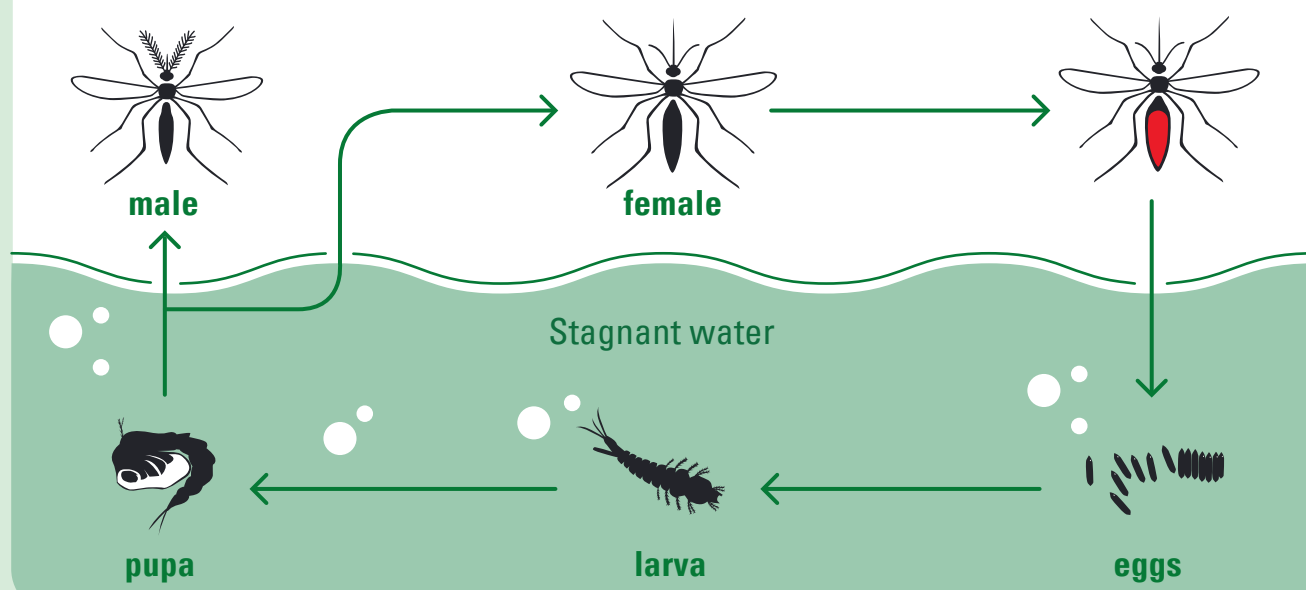
MOSQUITOES DO NOT STING, THEY BITE



COMMON "TIPS" THAT HARDLY WORK

- ✗ Eating garlic
- ✗ Lemon-scented geranium by the window
- ✗ Turn off the light in the bedroom
- ✗ UV lamps
- ✗ Drinking beer
- ✗ Plugs/apps/devices with ultrasonic sound

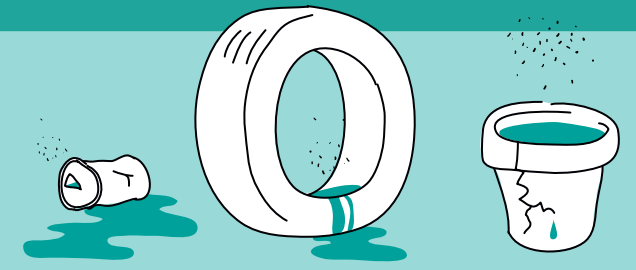
LIFE CYCLE A mosquito needs blood to reproduce.



PREVENTION

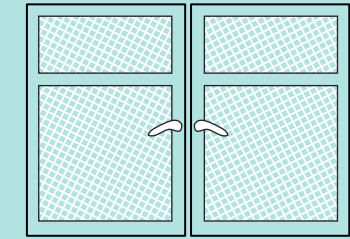
REDUCE BREEDING SITES

Drain stagnant water (breeding ground)



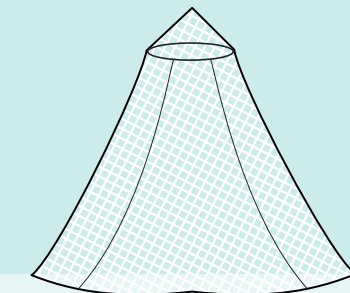
CREATE BARRIERS

Provide a mosquito-free (bed)room: install insect screens in window and doorframes.



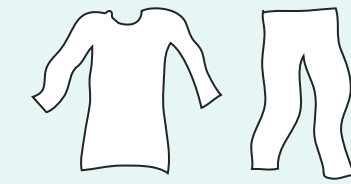
MOSQUITO NET

Hang a mosquito net above your bed (use an impregnated net in malaria areas).



CLOTHING

Wear covering, airy and light-coloured clothing as much as possible.



MOSQUITO REPELLENT

Treat uncovered skin with a mosquito repellent.



DURATION OF DEET PROTECTION

Also, DEET protects against ticks, the duration of efficacy is only half as long as that against mosquitoes.

40% DEET



50% DEET



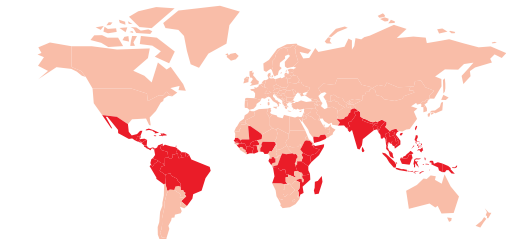
THE TIGER MOSQUITO



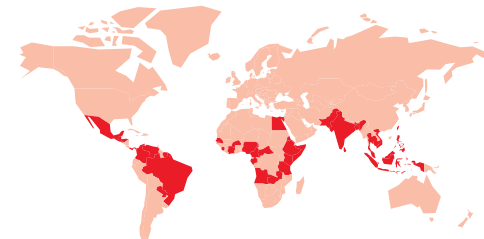
In contrast to the malaria mosquito, the tiger mosquito bites during the day!

The tiger mosquito has a strong preference for human blood and is the carrier of more than 20 viruses. You can get sick after one bite!

DENGUE (dengue fever) No vaccine | **CHIKUNGUNYA** No vaccine

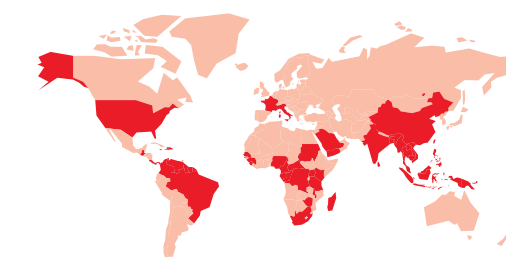


Flu-like symptoms: fever, headache and significant muscle pain.



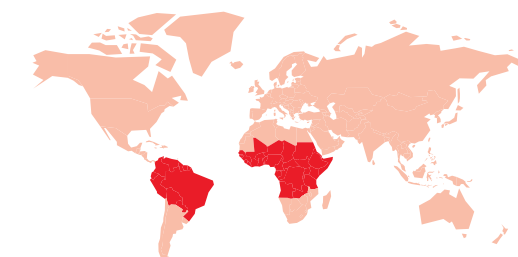
Symptoms of the disease: fever, muscle pain, joint pain, headache, skin rash.

ZIKAVIRUS



The zika virus in pregnant women may lead to neurological disorders in the unborn child.

YELLOW FEVER



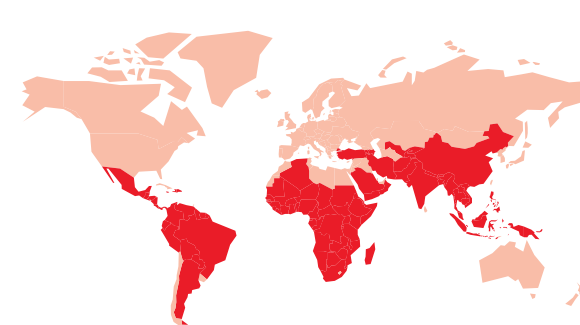
3-20% of people who get the disease die. There is a vaccine for yellow fever and this is mandatory for some countries. Mild flu-like symptoms with fever and jaundice.

THE MALARIA MOSQUITO



The malaria mosquito is active between sunset and sunrise.

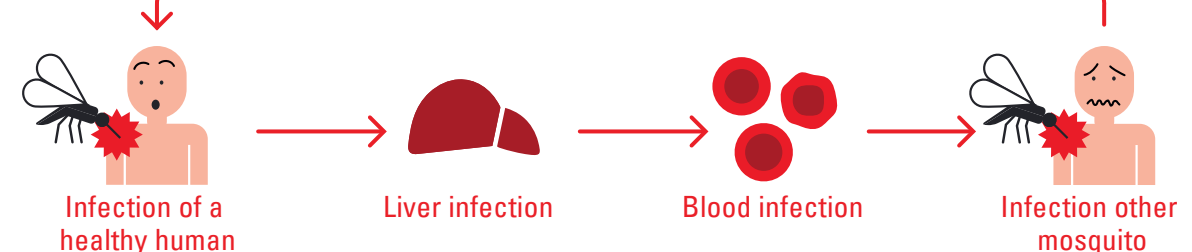
This mosquito transmits malaria after it has bitten an infected and is infected itself.



249.000.000 MALARIA INFECTIONS IN 2022

- Approx. 608.000 cases have a fatal outcome.
- Malaria Tropica is the most dangerous form and can, without treatment, be fatal within a few days

INFECTION CYCLE



Bite moment | Sometimes only after months or even years

Flu-like symptoms, muscle and joint pain. High fever, chills and headache. Occasionally accompanied by diarrhoea and vomiting.

† dead

TRAVEL TIP!

Get medical advice about anti-malarial drugs 6-8 weeks before departure to a malaria area.

CAUTION!

One bite is enough to contract Malaria.