

## How to protect yourself from being bitten:

You can and should try to reduce the risk of being bitten by mosquitoes:

- Minimise the time spent outdoors between dusk and dawn when mosquitoes are most active (with regards to the Asian tiger mosquito, this is active mostly during the daytime)
- Be sure door and window screens fit tightly and are in good repair
- Wear socks, shoes, long trousers and a long-sleeved shirt when outdoors for long periods of time, and when mosquitoes are most active. Clothing should be made of tightly woven materials to keep mosquitoes away from the skin
- Use mosquito netting when sleeping outdoors or in an unscreened structure, and to protect infants when outdoors.
- When it is necessary to be outdoors, apply insect repellent as indicated on the product's label. The more DEET a product contains the longer the repellent can protect against bites. For most situations 10%-25% DEET is adequate and concentrations above 50% DEET do not increase the length of protection. Apply it to clothes when possible and sparingly to exposed skin if the label permits.
- Use fans - mosquitoes are weak fliers and a strong wind produced by a fan not only keeps them from flying but diffuses chemical cues they use to locate blood meals.



*Aedes albopictus* has recently been found in Malta. It can be a carrier of some diseases which, so far, **have never been reported in Malta.**

In order to transmit diseases the mosquito has to be infected with the pathogen which it would pass on to humans on biting them.

Should you require further information please contact: 21 324 086

Infectious Disease Control Unit  
**21 324 086**  
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**How to  
protect  
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mosquitoes  
and  
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their  
proliferation**

