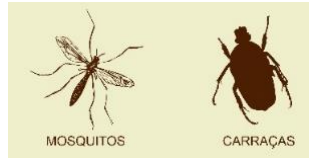


MOSQUITOES AND TICKS

Vector-borne diseases

VECTORS ARE SMALL ORGANISMS THAT TRANSMIT DISEASES

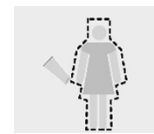
MOST COMMON VECTORS



SMALL STEPS YOU CAN TAKE TO PROTECT YOURSELF



Wear clothes that covers the body, long sleeves and pants.



Use repellent with diethyltoluamide (DEET).



Use mosquito nets on windows, doors and bedding.



Avoid areas with dense vegetation or the presence of animals.

WHAT TO DO IF YOU ARE BITTEN BY A MOSQUITO?



- Wash the affected area with mild soap and water to avoid infection.
- Apply ice (never directly to the skin) to the bite to relieve pain and warmth.
- Avoid scratching the bite, otherwise it may lead to secondary wounds and/or infections.

WHAT TO DO IF YOU FIND A TICK?



- If you find a tick on your body remove it immediately (by turning it before pulling it off).
- Put it in a jar and deliver it to the nearest Health Center.
- Clean the area of the bite with water, disinfect and observe daily for changes.
- If you notice any changes in your state of health, consult a doctor, go to a health unit or contact SNS 24 (phone number: 808 24 24 24).

Note - These recommendations are issued as part of the prevention of vector-borne diseases during the period of World Youth Day 2023.