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 state;

- 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, insect repellent should be applied regularly as indicated on the product’s label. Insect repellents containing DEET are recommended for adults and children over 3 months of age;

- 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.

The Asian Tiger Mosquito, Aedes Albopictus has established itself on the Maltese Islands.

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

Infectious Disease Prevention & Control Unit
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How to prevent yourself from mosquitoes and prevent their proliferation

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How to prevent the proliferation of mosquitoes:

- All larval stages of mosquitoes need water in order to proliferate. Each female mosquito may lay as many as 200 eggs that will transform into larvae, and then into mosquitoes after approximately 10-12 days.

- The control of this mosquito is based on controlling the places where they lay their eggs which are close to where people are being bitten.

- Remove any water-filled containers like flower plates, old buckets, food containers and tires;

- Any puddles, inlets to sewers and drainage systems should be drained not to allow water to stagnate for more than 3 days, or treated with chlorine;

- Gutters should be kept clean of fallen leaves and other debris so that water does not collect in them;

- Man-made outdoor water features, especially fish ponds may contain fish and/or grasshoppers as these are known to feed on the mosquito’s immature stages;

- Any standing water in pools, catchment basins, etc. that cannot be drained or dumped can be periodically treated with properly labelled insecticides;

- Maintenance of swimming pools: Keep empty if not in use or regularly maintained with chlorine;

- Water tanks, wells and reservoirs are to be kept covered.

How to recognise Asian Tiger mosquito:

- The mosquito:
  - *Aedes albopictus* or Asian Tiger Mosquito is a small mosquito, with a striking black and white pattern;

- The Asian Tiger Mosquito typically flies and bites in the daytime mainly, but also at dusk and dawn;

- Since they have a short flight range (less than 200m) breeding sites are likely to be close to where this mosquito is found;

- It lives close to houses where the best conditions for reproduction usually lie.