

How to prevent the spread of Mosquitoes

In order to limit the spread of mosquitoes it is necessary to reduce their options for proliferation:

- Remove standing water sources (left without being changed for more than 1 week) from both within your home and around your patio or garden;
e.g. flower pots or dishes, pet bowls, old buckets, open bins, food or drink containers, tyres, car covers etc.
- Drain puddles, gutters, gullies, inlets to sewers and outdoor water systems to prevent the accumulation of stagnant water; alternatively, treat with chlorine or the relevant insecticide.
- Maintain swimming pools; keep empty if not in use or regularly treat with chlorine.
- Keep water tanks, wells and reservoirs covered with a fine mesh netting

Recognising the Asian Tiger Mosquito



Aedes albopictus or the Asian Tiger Mosquito is a small mosquito with a striking black and white pattern.

It is an aggressive biter, which usually goes for pulse points on the arms and legs.

Different types of mosquito bite at different times of day; the Asian Tiger Mosquito typically flies/ bites in the day and *Culex* in the evening and at night.

Since they have a very short flight range (less than 200m) breeding sites are usually located close to where the mosquito is found.

How to prevent Mosquito bites

Mosquitoes can be a significant nuisance, and with the Asian Tiger Mosquito now established in Gibraltar bites are now as likely in the day as the night.

To reduce your risk of bites:

- Avoid using products with strong perfumes, such as soaps, shampoos and deodorants, as these can attract insects.
- Install door and window screens that fit tightly and are in good condition.
- Use mosquito netting to protect infants outdoors (or when there are windows/ doors open that do not have adequate screening).
- Wear shoes, socks, and longer trousers/ sleeved shirts (made of tightly woven materials) when outdoors for long periods.
- Apply insect repellent regularly (as indicated on the product label). Repellents containing DEET (diethyltoluamide) are most effective, and are recommended for adults and children over 3 months of age.

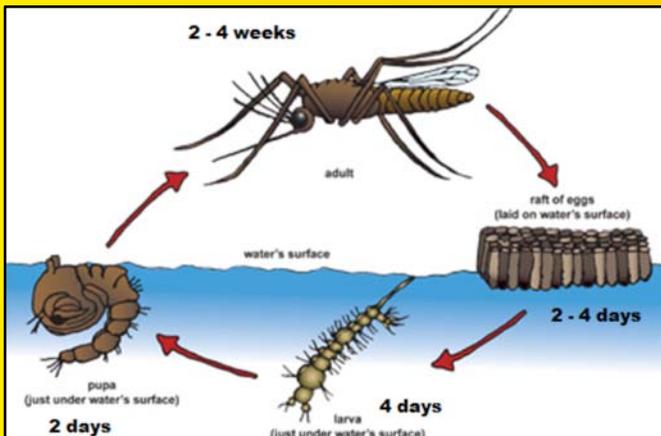


Understanding habitat

Temperature and humidity are two major predictors of mosquito abundance.

Mosquitoes are cold-blooded, their body temperature closely matching that of their environment. Warmer temperatures promote their growth and development.

Mosquitoes require water in order to reproduce. Each female mosquito may lay as many as 200 eggs in any standing water source; these will transform into larvae, and then into mosquitoes after approximately 10 -12 days.



To report a Tiger Mosquito sighting contact the Environmental Agency on Tel: 20070620 or Email: admin@eag.gi

First aid for insect bites



There are no infectious diseases linked to mosquito bites in Gibraltar at present; however bites can be quite uncomfortable. To treat a bite you may:

- Apply a cold compress (such as a flannel or cloth cooled with cold water) or an ice pack for at least 10 minutes.
- Raise or elevate the affected area if possible, as this can also help reduce swelling.
- Avoid scratching the area or bursting any blisters- if your child has been bitten, it may help to keep their fingernails short and clean.
- For itching – ask your pharmacist about over-the-counter treatments, including creams and/ or antihistamine tablets.
- For pain or discomfort – take over-the-counter painkillers, such as paracetamol.

If you are worried about an insect bite, contact your G.P for further advice and treatment.



How to protect yourself from mosquitoes and their spread



This leaflet provides guidance on how to prevent the spread of mosquitoes and how to avoid being bitten.

In particular, it will provide you information on the Asian Tiger Mosquito (*Aedes albopictus*).