

MOSQUITO AWARENESS

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Mosquitos are one of the most dangerous creatures on Earth. Mosquitoes and the diseases they spread have been responsible for killing more people than all the wars in history. In addition, mosquitoes transmitting malaria kill 2 million people and infect another 200 million or more every year. This is why mosquito awareness is crucial, because if more people know the simple precautions they can take to prevent mosquito bites, it will reduce the chance of contracting a mosquito-borne disease.

MOSQUITO- BORNE ILLNESSES



Mosquito-borne illnesses are those spread by the bite of an infected mosquito. Some examples of illnesses transmitted by people to humans include:

- Dengue Fever
 - Chikungunya Fever
 - Malaria
 - Zika Virus
 - West Nile Virus
 - Yellow Fever
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What are some symptoms of mosquito-borne illnesses?



- Dengue Fever- high fever and bleeding from gums
- Chikungunya- pain in gums
- Zika fever- joint or muscle pain, pinkeye, or a rash.
- West Nile- flu like symptoms
- Yellow- fever

(Remember that if you experience any of these symptoms, be sure to inform a family member immediately!)

How can I prevent mosquito bites?



There are many simple ways to prevent mosquito bites. Some of them are easy changes you can make in your everyday life, and some of them are items you can buy to lower the chance of getting a mosquito bite. All of the methods reduce the risk of contracting a mosquito-borne illness, so make sure to implement them and to inform people you know about these procedures!

Avoid Stagnant Water



Mosquitoes breed in stagnant, standing freshwater oftentimes found around the home. They can breed in tin cans, buckets, discarded tires and other containers that hold stagnant water. Additionally, they can also be found in untended pools, birdbaths, clogged rain gutters, and plastic wading pools that hold stagnant water. Be sure to regularly dump out any water you find in containers in or around your house, to prevent mosquitoes from breeding near you.

Cover Yourself to Avoid Mosquito Bites



A simple way to prevent mosquitoes from biting you is by covering your skin with clothes as much as you can.

This includes wearing long sleeved shirts, full length pants, and closed toe shoes. Some mosquitoes can bite through thin fabric, so try to wear clothes made of thick fabric if possible.

Maintain Cleanliness



Another easy way to avoid mosquitoes is by keeping clean. This goes for personal hygiene like showers to making sure places around you are clean, such as your room and kitchen as mosquitoes are not as likely to be attracted to clean areas.

Keep Windows Closed



Making sure windows and any doors are closed around your house helps prevent mosquitoes from entering your house, therefore lessening the probability of you or your family to get bitten by a mosquito.

Sleep Under a Mosquito Net



Mosquito nets serve as a protective barrier for the people who sleep under them. Specifically, insecticide-treated bed nets are much more effective than untreated bed nets. The insecticides on the bed nets also reduce the number of mosquitoes that enter the house and attempt to feed on people inside.

Use Mosquito Repellents



There are many ways to avoid mosquito bites, and one of the most obvious methods is using mosquito repellents. These include mosquito repellent bracelets, sprays, and even plants. Mosquito swatters and electric traps are also extremely effective.

Thank you so much for listening to my presentation, and please be sure to implement these simple methods!

REFERENCES

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