Protecting communities:
Prevention of mosquito borne diseases
A road to resilience in Southeast Asia
Ton is playing, when suddenly...

Help! Ton! Help!
Our village is under attack by the deadliest animal in the world!

What is it?! Crocodiles, cobras, sharks, tigers?

No, mosquitoes, and they're everywhere!

Mosquitoes don't have to eat people to be dangerous. They spread diseases like dengue, zika, chikungunya and others.

What? Mosquitoes aren't scary, they're just itchy!

Really? How?

Mosquitoes get diseases from a sick person's blood, and when they bite another person, then they can get sick too!

Ewww! So a mosquito gives me a disease it gets from someone else!! Yuk!!

How do you know if someone is sick?

If you have a fever

If you get bitten by a mosquito and then feel sick

it says that something is wrong.

pain in your joints and muscles

you should go to a health centre or hospital to get checked.

or have a skin rash

Make sure you don't get bitten by another mosquito in case you are ill, which could help spread the disease.

Mosquitoes kill more people than all other animals put together by spreading diseases!

They even hurt babies!

Zika is so bad; it can hurt babies that are still inside their mummy.

What? Let's get them! I have a fly swatter!
To protect our village from mosquitoes we need to,

Clean Up, Cover Up, and Keep it Up!

Ok, I'm ready! Let's do it!

In the garden
We need to empty out any standing water. This is where mosquitoes lay their eggs.

This water garden is OK as there are small fish living in it which eat mosquito eggs.

Until we get more mosquito netting, let's keep the doors and windows closed, especially at night time.

But the Aedes mosquito likes to bite during the day. We need to be careful all the time.

...mosquitoes lay eggs anywhere there is water.

Make sure that any water containers in your house have a lid on them...

Let's cover up with long sleeves and trousers.

Wear light colours. Mosquitoes love dark clothes!

Light mosquito coils...

Light mosquito coils...

...Mosquitoes hate the smell!

Never stop fighting mosquitoes.

Empty all standing water. Bye-bye mosquito larva, pupa, and eggs.

You can put on mosquito spray too!

Spray can hurt if you are under 4 years old, so check with an adult

Nutting on windows
Closed doors
Cover water containers
Mosquito spray and coils
Mosquito nets
Light colour clothes

Diseases from mosquitoes are dangerous. Clean Up, Cover Up, and Keep it Up!
Clean Up, Cover Up and Keep it Up

Below is a list of things to remember about diseases you can catch from mosquitoes. Study it well, these tips could make all the difference for you and your family!

- Diseases such as dengue, zika, chikungunya and others are spread by the bites of infected mosquitoes
- All people are at risk of catching these diseases. Children under five years of age and pregnant women are at greatest risk. The zika virus is especially bad for unborn children
- The most common signs of diseases caught from mosquitoes include:
  - Fever and headache
  - Skin rashes and red or pink eyes
  - Pain in joints, muscles and behind the eyes
  - Vomiting
- Early medical treatment for diseases caught from mosquitoes can prevent long term illnesses and death. If you feel sick get treated by a medical doctor and health personnel from health services as soon as possible. Remember to always complete the full course of treatment even if you are feeling better
- Take special care to avoid mosquitoes if you are ill because you might have a disease which mosquitoes could pass on to other people if you get bitten
- Using mosquito nets when sleeping can reduce the chances of a person being bitten by a disease-infected mosquito
- You can also avoid mosquito bites by:
  - Putting mosquito netting on windows and doors
  - Wearing long sleeved tops and trousers
  - Burning mosquito coils recommended by health care professionals
  - Using mosquito repellent, especially on young children, recommended by healthcare professionals
  - Wearing light coloured clothes – mosquitoes love dark colours where they can hide
- Make sure there is nowhere for mosquitoes to lay their eggs by keeping your surroundings clean and making sure there is no stagnant or standing water in, or near, your home and community areas

To learn more about mosquitoes and the diseases they carry, please visit www.ifrc.org/dengue

International Federation of
Red Cross and Red Crescent Societies
Country Cluster Support Team, Bangkok

Ocean Tower 1, 170/11 – 12 Sukhumvit soi 16, Klong-toey
10110 Bangkok, Thailand
T: +662 661 8201 F: +662 661 9322

www.rcrc-resilience-southeastasia.org