

Mosquito Advice Sheet

Avoidance

- ❖ Avoid still and stagnant waters ensure all spillages are cleared up where possible.
- ❖ Wear light colours as mosquitoes are attracted to dark colours.
- ❖ Keep as much skin covered with loose fitting clothing to minimise areas of biting especially at Dusk and Dawn when they are prolific.
- ❖ Maintain good hygiene as mosquitoes are attracted to body odour.
- ❖ Apply repellent to deter mosquitoes.
 - Any Repellent with DEET – caution it must be applied according to instructions.
 - Avon Skin so Soft – Soft and Fresh bath oil and dry body spray (contains Citronella)
 - Mosi-guard - is a naturally occurring extract of lemon eucalyptus oil distilled from the eucalyptus citriodora tree(Citriodiol®)
 - Autan – contains a revolutionary and unique active called Icaridin.
- ❖ Indications have been given that eating Vitamin B and garlic makes you less attractive to mosquitoes as they are sensitive to the smell. Marmite is a good example as it is high in Vitamin B. There is no clinical evidence as yet to suggest this.
- ❖ Office staff should use air conditioning units rather than open windows to keep cool. Keeping fans next to windows makes the air too turbulent for Mosquitoes to enter.



Treatment

Mosquito bites are usually small, red, raised bumps that are very itchy.

- ❖ Swelling can be reduced by applying a mild steroid cream.
- ❖ Antihistamine tablets can be taken to relieve itching.
- ❖ Applying a cold compress can help to alleviate irritation.
- ❖ Keep mosquito bites clean and dry and try not to scratch them.
- ❖ If bites become infected they will become greatly inflamed with some pussy discharge. You may experience feeling unwell. You should get yourself seen by a General Practitioner for further treatment.

