



How to protect oneself ?

Apply your skin with mosquito repellant of a repulsive type (sprays, crèmes...) which is accredited by the experts of the French health authorities (the AFSSAPS).

When you do this please read the product instructions carefully before use.

- . Consult a pharmacist before using them, especially when children and pregnant women are concerned.
- . Ask for your doctor's opinion for children aged less than 30 months.
- . Avoid applying on face and hands of young children.
- . Wear clothes that cover your skin and are ample, and impregnate with insecticide for cloth tissu.
- . Sleep under a mosquito net that has been impregnated with insecticide for cloth.
- . Use electric diffusers in your indoors or use burning repellant outside.

The *Aedes albopictus* appeared in the Var in September 2007.



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This mosquito can be a carrier of chikungunya and dengue fever in tropical and subtropical regions (Africa, Asia, Indian Ocean, South America, Pacific Ocean). However in Northern Italy, an epidemic of 240 cases occurred during the summer of 2007.

For the first time in the Var, in september 2010, this mosquito transmitted the Chikungunya fever.

Though, please find here the cases in which contamination is possible :

A person travelling in a contaminated region where chikungunya or dengue are present, gets bitten by a mosquito carrying one of the viruses and gets infected with chikungunya or dengue fever.

Back in France, if this person who is sick gets bitten by a sane *Aedes Albopictus* mosquito, then this person will infect it.

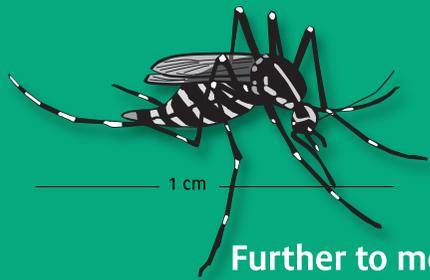


This infected *Aedes Albopictus* mosquito can then, in turn, pass the virus on to the next sane person, by biting him/her.

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Some basic steps to protect yourself from MOSQUITOES and to stop their proliferation





Further to mosquitoes

being able to be a huge nuisance, the last epidemic in Italy from 2007 shows them also to be carriers of certain illnesses such as the chikungunya or dengue under our latitudes.

This document will inform you on some basic rules to follow to protect yourselves from their bites and to avoid their proliferation



HERE ARE A FEW LINKS TO KNOW MORE :

FRENCH MINISTRY OF HEALTH
www.sante.gouv.fr

FRENCH INSTITUTE FOR SANITATION MONITORING
www.invs.sante.fr

FOR TRAVELLERS
www.inpes.sante.fr
ecdc.europa.eu

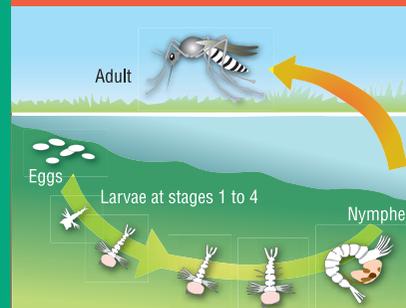
How to avoid Mosquitoe proliferation?

As a daily routine, each household can take action:

All mosquitoes need water in order to reproduce. Each female mosquito will lay 200 eggs that will transform into larve, and then into mosquitoes after 7 days approximatively. By removing stagnant waters from around your living areas, you will also remove reproduction areas.

SOME PREVENTIVE ACTIONS ARE :

- . Flower pots: water them in a controlled way in order to obtain a humid turf, but never leave excess water stagnant.
- . Saucers under flower pots: empty them frequently.
- . Vases : replace the water from the vases with wet sand.
- . Water reserves and plastic containers: Cover them with a mosquito net or with a cloth.
- . Ponds and pools : clean them regularly. You can also introduce gold fish in them that will then eat the larvae.
- . Swimming pools : Maintain them consistently and out of season empty them and cover them. And avoid stagnant water.
- . Gutters and other evacuation ways : maintain them regularly and check on correct evacuation.
- . Garden equipment, games, tires and other recepticals: empty them and turn them over or bring them under cover.



How to recognize one ?

This mosquito is covered with by a multitude of small scales.



It has a white line across the middle, on the torax, which is quite characteristic.

It is of dark colour with a few white specks. And its legs are clearly striped in black and white, which explains its nickname of the "tiger mosquito".

It is a diurn insect. It bites during the day, and especially at the beginning of the day and at the end of afternoon, which differentiates it from its cousins that essentially nocturnal.

It lives close to houses where the best conditions for reproduction usually lie. Its bite is painful.

