



# 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, chikunguna 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?

it says that something is wrong.

If you have a fever

pain in your joints  
and muscles

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.

If you get bitten  
by a mosquito

and then  
feel sick

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

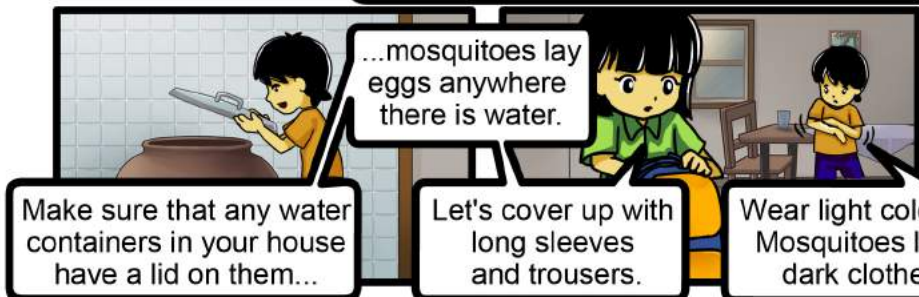
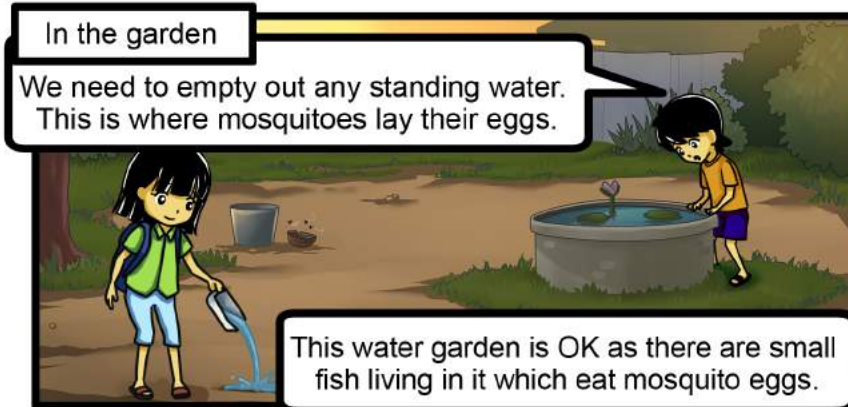
Mosquitoes kill more people  
than all other animals put  
together by spreading diseases!

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!







# 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](http://www.ifrc.org/dengue)

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