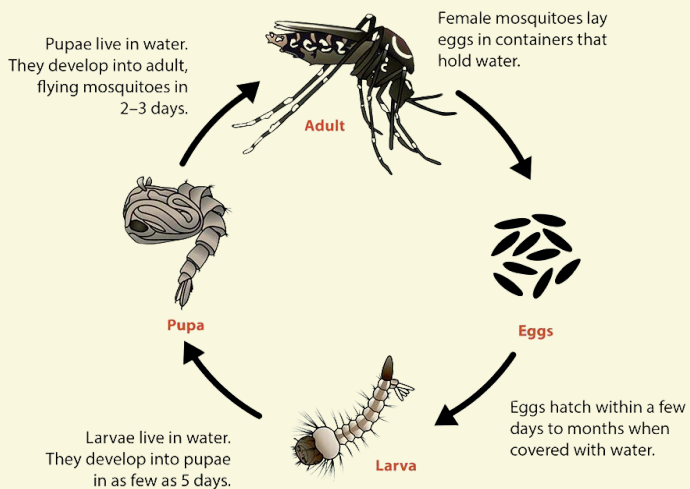


# Mosquito Habitats: Key Facts to Know

As cold-blooded insects, mosquitoes match the temperature of their surroundings.

Warm weather speeds up their growth and increases biting, while high humidity extends their lifespan and boosts breeding.

Mosquitoes also favor resting in tall grass, bushes, or dense vegetation during the day, staying cool and protected. In urban areas, mosquitoes can use water-holding containers and clogged drains for breeding.



# Insect Bite Relief: Quick First Aid Tips

There are currently no infectious diseases linked to mosquito bites in Gibraltar, but bites can still cause discomfort.

To treat a mosquito bite, you can:

Apply a cold compress or ice pack for at least 10 minutes.

Elevate the affected area to help reduce swelling. Avoid scratching or popping blisters. If your child is bitten, keep their nails short and clean to prevent irritation.

For itching, ask your pharmacist about creams or antihistamine tablets.

For pain or discomfort, consider over-the-counter painkillers like paracetamol.



If you're concerned about a bite, contact your GP for further advice and treatment.

# Fight the Bite! Protecting against mosquito bites.



This leaflet offers tips on preventing mosquito bites and stopping their spread.



# Prevent the Spread of Mosquitoes

To effectively reduce mosquito breeding, consider these steps:

## Eliminate Standing Water:

Remove stagnant water sources around your home and garden, such as in flower pots, pet bowls, old buckets, open bins, and car covers.



## Drain or Treat Water Accumulations:

Clear puddles, storm drains, and outdoor water systems. Use chlorine or appropriate insecticides if needed.



## Maintain Swimming Pools:

Keep pools empty if not in use or treat them regularly with chlorine.



## Cover Water Storage:

Use fine mesh netting to cover water tanks, wells, and reservoirs.



## Clean Gutters Regularly:

Ensure gutters are free of leaves and debris to prevent water from pooling and becoming a breeding site. Clean gutters frequently, especially after storms.



# Recognizing the Asian Tiger Mosquito

The Asian Tiger Mosquito (*Aedes albopictus*) is a small, distinctive mosquito easily identified by its striking black and white striped pattern.

This aggressive biter is known for targeting pulse points on the arms and legs, where blood vessels are close to the skin.



Unlike many other mosquito species that have specific biting times, the Asian Tiger Mosquito is primarily active during the day, making it a frequent daytime nuisance. In contrast, *Culex* mosquitoes, another common type, are more likely to bite in the evening and at night.



Asian Tiger Mosquitoes have a very short flight range, typically less than 200 meters. As a result, their breeding sites are usually found close to where they are commonly seen.

This close proximity helps in managing and controlling their populations.

# How to prevent Mosquito Bites

Mosquitoes are a major nuisance, and with the Asian Tiger Mosquito now in Gibraltar, bites can occur any time of day or night.

## Use mosquito netting when needed:

Protect babies with mosquito netting when outdoors or in rooms without proper screens.



## Ensure door and window screens are tight:

Check that all screens fit securely and are free of holes.



## Wear long sleeves, trousers, and closed shoes:

Opt for clothing made of tightly woven fabrics to reduce exposed skin and minimize the risk of mosquito bites. Opt for light-colored clothing, as mosquitoes prefer dark colors.



## Apply DEET-based insect repellent regularly:

Apply as directed and reapply after swimming or sweating. DEET (diethyltoluamide) works for adults and children over 3 months, offering effective mosquito protection.