

Prevention of mosquito – borne disease

- Apart from being a nuisance to the environment, mosquitoes can transmit infectious diseases. Therefore, it is important to stay alert – remember to eliminate pockets of stagnant water that serve as breeding sites for mosquitoes, and to avoid mosquito bites.
- Commonly known infections that can be spread by mosquitoes include dengue fever, Japanese encephalitis (JE), malaria, and chikungunya fever.
- Mosquitoes usually breed in areas with stagnant water and they generally identify their
- prey by scent, carbon dioxide of exhaled breath and some chemicals found in sweat

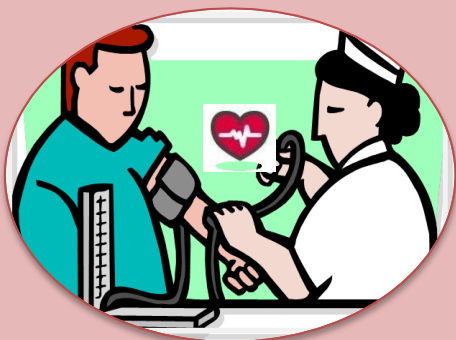
To avoid mosquito bites

- Wear long-sleeved clothes and trousers;
- Apply effective mosquito repellent containing (DEET) to exposed parts of the body and clothing;
- Use mosquito screens or nets in rooms which are not air-conditioned.
- Eliminate pockets of stagnant water that serve as breeding sites for mosquitoes e.g. change
- water for plants at least once a week, leaving no water in the saucers underneath flower pots

Travellers to endemic areas of JE should take the following precautions:

- Consider vaccination that should be completed at least 10 days before departure to endemic areas in Asia or the Western Pacific for staying over one month, particularly in high-risk rural areas.

Health is important



Keep your heart healthy do regular heart health check



October is a breast cancer awareness month, please take care of your breast. Seek professionals advice for any problem



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