Say **NO** to the Mosquito!

The variety of breeding places for mosquitoes in your surroundings

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**Without containers there is no mosquito; without mosquitoes there is no Dengue or Chikungunya. Get rid of breeding places in your surroundings**

Due to the recent rains, there has been an increase in the number of mosquitoes on Saba. Until now the island has been free of local Chikungunya transmission. To keep it this way, the employees from the Department of Vector Control need everybody’s help.

**What can you do?**

Mosquito control: Remove, cover and treat water containers around your house and in the community as those can be breeding areas for mosquitoes.

- Prevent mosquito bites when travelling to countries with Dengue & Chikungunya (i.e. most of our neighbouring islands):
  - Use mosquito repellent with DEET
  - Wear clothes that limit skin exposure
  - People who rest during the day could consider a bed net treated with insecticide

- Symptoms: if you experience fever, aches in joints and/or a rash, make sure to see a doctor and mention your travel history.