



By eliminating standing water where mosquitoes lay eggs, we can reduce the number of adult mosquitoes that can transmit dengue.

To prevent mosquito bites:



- Use insect repellents and hang mosquito nets around beds.



- Use screens in doors and windows.



- Wear long sleeve shirts, long pants, and light colored clothing. Cover up exposed skin so a mosquito cannot bite you.

Share these documents with your community so everyone can learn how to prevent standing water around their homes and reduce their exposure to mosquitoes.

Let's say NO to dengue

How to control the dengue mosquito



azdhs.gov

salud.gov.mx

promocion.salud.gov.mx

saludsonora.gob.mx

Remember that dengue is a disease caused by a virus transmitted through the bite of an infected mosquito, known as *Aedes aegypti*. Nevertheless, dengue is preventable.

Everyone can reduce their exposure to the dengue mosquito by getting rid of areas for mosquitoes to reproduce around their homes, workplaces, schools and communities. To do this, carry out these simple actions:



- Open windows and doors when trucks drive by to spray for mosquitoes.

- If you have water dishes for your pets, clean the dishes and change out the water once every three days.



- Instead of storing unused tires, find a waste facility in your area where you can drop them off.

- Don't forget to check your roof, garage, patio and garden for containers that might collect water and allow mosquitoes to reproduce.



- Do not throw trash in the street. A mosquito can lay her eggs in any container that accumulates even a small amount of water.

Wash with soap and a brush: buckets, basins, pots, vases, water dishes for pets, and any container that collects water where a mosquito could reproduce.

Cover all containers that collect water with a lid.

Turn over buckets, barrels, flowerpots or any object that collects water where a mosquito could find a place to lay eggs.

Discard unused bottles, cans, tires and pots that could collect water.