

Fight the bite

Protect yourself and your family against dengue, chikungunya and Zika



SOME SIMPLE STEPS TO ELIMINATE MOSQUITO BREEDING SITES IN AND AROUND YOUR HOME



At least once a week, empty, clean, turn over, cover and/or dispose of containers that can hold water, such as tyres, buckets, wheelbarrows, coconut shells, watering cans and flower pots, both inside and outside of homes.



Change the water in pet bowls at least once a week.



Use screens or mosquito nets in windows and doors to reduce contact with mosquitoes.



Clear leaves and other rubbish from the gutters round the roof, which may trap water.



Cover water tanks or deposits hermetically, or treat them with chemical products (such as lye).



Keep gardens and yards free of weeds.



Turn boats/canoes upside down.



For more information, please call Tuvalu Public Health Unit, Princess Margaret Hospital: 20480



Pacific Community
Communauté du Pacifique

**No breeding sites,
no mosquitoes: no dengue,
chikungunya and Zika**