



کمنتريِن كصيحتن
KEMENTERIAN KESIHATAN
MINISTRY OF HEALTH

PRESS INFO

ENHANCING PUBLIC AWARENESS ON MOSQUITO CONTROL

HEALTH officials continue to reinforce their efforts to combat the potential spread of the Zika virus to Brunei Darussalam, again delivering public awareness that residents, school-goers, patients in clinics, and workers in construction sites, and the general public have a big role to play in prevention.

Mosquitoes undergo four life stages: egg, larva, pupa, and adult. Disrupting a mosquitoes' life cycle and habitat may reduce the number of mosquitoes around you and your environment. Mosquitoes are responsible for a large proportion of vector-borne diseases that can be transmitted to humans. These diseases include dengue, malaria, filariasis, Japanese encephalitis (JE), Yellow Fever, West Nile, Chikungunya and Zika virus, a disease that has now grabbed global attention.

The arrival of the Zika virus disease in our neighboring country has put the Ministry of Health on high alert, urging everyone to protect themselves from bites and eliminate standing water where mosquitoes breed. In order to protect yourself and your family from these vector-borne diseases, one can follow the following precautionary measures.

- 1) Reduce the risks of mosquito bites by remembering the "**five Ds**:"
 - **Dusk** and **Dawn** — avoid being outdoors when mosquitoes are most active.
 - **Dress** — wear long, loose, light-colored clothing that covers the skin.
 - **DEET** — use mosquito repellents that contain DEET. DEET is the most effective mosquito repellent.
 - **Drainage** — eliminate standing water around the home in places such as buckets, cans, old tires and plant containers.

- 2) Reducing mosquito populations by denying them a place to breed. There are many things citizens can do to encourage reduced mosquito populations around their homes, schools, mosques, clinics, and others. These include:
 - Remove trash and clutter. This includes discarded tires, buckets, tarps and any other items that could collect water.

- Minimize and eliminate standing water. Mosquitoes require water to breed. Removing water-holding containers or turning them upside down, as well as ensuring trash can lids fit tightly, helps prevent mosquitoes from laying eggs. Do not let water sit at bottom of flower pots or in holes or tree stumps.
- Regularly clean gutters. Clogged drains and gutters can create backup that breeds mosquitoes.
- Repair screens on windows and doors. Make sure children know to keep screen doors closed to keep mosquitoes from entering buildings.
- Maintain lawns. Cut weeds, mow lawns and water carefully to prevent standing water.
- Replace water in flower pots at least once a week. The pots must also be cleaned & scrubbed to eliminate mosquito eggs that may be attached to the wall of the pots.
- Boats that are no longer in use should be covered or flipped so that they cannot collect water.
- Prevent used tires from collecting rain water. This can be done by punching holes in these tires. To dispose of these used tires, you can send them to used tires specific landfills.

3) Get yourselves vaccinated. Not all vector borne diseases have vaccines but those that do, such as Japanese Encephalitis (JE) and Yellow Fever, are available from the Ministry of Health.

The most important part of mosquito control around your home and your environment is to make sure that mosquitoes do not have a place to lay their eggs. The Ministry of Health continues to monitor the Zika virus in cooperation with the World Health Organisation and will implement all necessary measures including informing the public of any developments. For any questions about the Zika virus infection or any mosquito-borne disease, the public can visit the Ministry of Health website at www.moh.gov.bn or call ***Talian Darussalam 123***.

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Reference : **KK/PR/3**

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