

19 Mosquito nets

OVERVIEW



Mosquito nets are very useful in helping to prevent diseases that are spread by mosquitoes, such as malaria and lymphatic filariasis.

Studies are in progress to assess the benefits of mosquito nets in reducing the spread of dengue and yellow fevers.

- Mosquito nets are one of the most important ways to protect against malaria and other diseases spread by mosquitoes.
- The most effective nets are those that have been treated with a long-lasting insecticide (which kills mosquitoes).
- These nets are effective for 3–5 years.

What you can DO

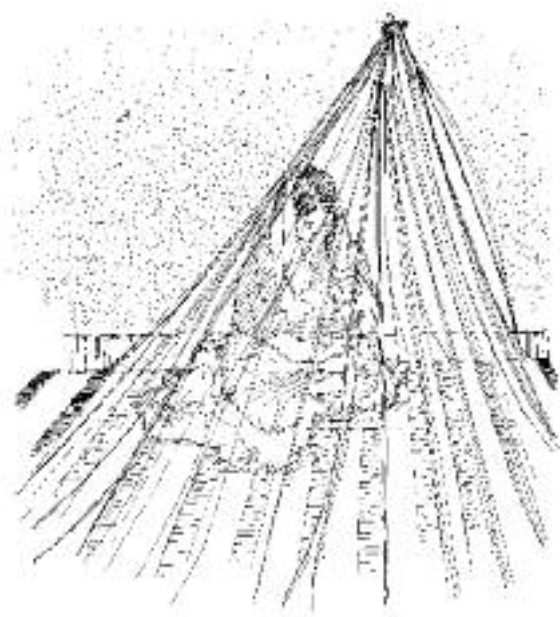
- ➔ Encourage all community members to sleep under mosquito nets every night, especially children and pregnant women.
- ➔ Promote the use of long-lasting insecticide-treated mosquito nets (LLINs).
- ➔ Find out where to obtain LLINs and help your local National Society branch distribute them.
- ➔ Show people how to hang their nets, and conduct household visits to assist in the hanging of nets and to encourage net use.
- ➔ Follow the directions on the other side of this sheet to make sure nets are used properly.

Use community message(s): 11, 17, 20

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How to use LLINs properly and effectively

- ➔ Hang the net above the sleeping space.
- ➔ Make sure the net is tucked under the mattress or mat to prevent mosquitoes from getting in.
- ➔ Keep the net closed while sleeping and during the day while you are away from the net.
- ➔ Make sure everyone (or as many people as possible) in the household and in the community are using mosquito nets every night.
- ➔ As washing the net removes insecticide, wash it infrequently, according to the instructions provided with the net. Washing twice a year, at the start of every rainy season, is a good guide. Do not dry the net in direct sunlight.
- ➔ Repair any rips or tears in the net.
- ➔ Replace the nets when needed (every 3 to 5 years).
- ➔ Teach people in your community how to use the nets properly, e.g. not to leave them open, etc.



A mother and child under a mosquito net