



## MOSQUITO BITE PREVENTION ADVICE

## Prevention Advice:

- Apply a DEET or picardin containing insect repellent to exposed limbs and clothing, avoiding the face area. **Concentrations of up to 15% are safe in infants 2 months and above.**
- Avoid going to parks or outdoors areas at dusk or dawn when mosquitoes are most active.
- Use physical protective measures such as long sleeves pants and t-shirts.



Children with Skeeter syndrome (an allergic reaction to the proteins in mosquito saliva), and develop large local swelling, redness and itch which tends to develop and worsen up to a day after the mosquito bite and takes several days to resolve.



For these children, once a mosquito bite is noticed start the following regimen:

- Apply 1% topical hydrocortisone cream (mild steroid) 2 times a day to the bite/ swelling area for a few days till the swelling stabilizes and resolves.
- Start an oral antihistamine such as Zyrtec, Telfast or Aerius regularly till the swelling resolves.

Seek medical attention if the swelling and redness continues to worsen despite the above measures or any pain develops.