# Mosquitos Meeting Kit

**The World’s Deadliest Creature Safety Talk**

Mosquitos are responsible for over 725,000 deaths a year. That number of deaths is more than the deaths caused by humans, dogs, snakes, roundworms, tapeworms, crocodile, hippos, elephants, lions, wolves, and sharks combined on an annual basis.

**WORKER HAZARDS**

Mosquitoes are an on-the-job hazard. That’s because some mosquitoes carry diseases that can be transmitted to people.

Employees at particular risk include outdoor workers, workers who travel for business to countries in which mosquito-borne diseases are found, lab techs who may work with potentially infected samples or health care workers who may treat patients infected with mosquito-borne diseases.

**Protect Your Workers:** Mosquitoes breed in standing water, so eliminate any sources on the jobsite. Tires, buckets, bottles and barrels are some examples. In addition, keep mosquitoes from getting indoors by placing screens on doors and windows, which should be closed when possible. Provide workers with long-sleeved shirts, pants and gloves, and distribute and encourage the use of insect repellent that contains DEET.

**Mosquito Bites: Everyone is at Risk!** Although most types of mosquitoes are just nuisance mosquitoes, some types of mosquitoes spread viruses that can cause disease. For most viruses spread by mosquitoes, no vaccines or specific medicines are available.

Mosquitoes bite during the day and night, live indoors and outdoors, and search for warm places as temperatures begin to drop.

**SYMPTOMS OF MOSQUITO BITES**

- A puffy and reddish bump appearing a few minutes after the bite.

- A hard, itchy, reddish-brown bump, or multiple bumps appearing a day or so after the bite or bites.
- Small blisters instead of hard bumps
- Dark spots that look like bruises

**More severe reactions can occur in:**

- Adults bitten by a mosquito species they haven’t been exposed to previously
- Children
- People with immune system disorders

**People experiencing more severe reactions may have the following signs:**

- A large area of swelling and redness
- Low-grade fever
- Hives

**Treatment**

- Wash the area with soap and water.
- Apply an ice pack for 10 minutes to reduce swelling and itching. Reapply ice pack as needed.
- Apply a mixture of baking soda and water, which can help reduce the itch response.
- Mix 1 tablespoon baking soda with just enough water to create a paste.
- Apply the paste to the mosquito bite.
- Wait 10 minutes.
- Wash off the paste.

**BEST PRACTICES TO PREVENT MOSQUITO DISEASES**

- Use proper insect repellant to keep mosquitos away from you
- Wear long sleeves and pants to prevent easy access to your skin
- Indoor locations with air conditioning, doors, and window screens will have less mosquitos
- Remove standing water from at home and work areas

**Protect yourself from mosquito bites.**

- Use Environmental Protection Agency (EPA)-registered insect repellents external icon.
- Treat clothing and gear with permethrin.
- Control mosquitoes inside and outside.
- Prevent mosquito bites when traveling overseas.

**USE MOSQUITO NETS CORRECTLY**

Adults and children should sleep under a mosquito net if air conditioned and screened rooms are not available.

**When using a mosquito net:**

- Tuck the net under the mattress to keep the mosquitoes out.
- Tuck netting under the crib mattress or select a mosquito net long enough to touch the floor.
- Pull the net tightly to avoid choking hazards for young children. Check label instructions for additional information.
- Hook or tie the sides of the net to other objects if they are sagging in towards the sleeping area.
- Check for holes or tears in the net where mosquitoes can enter.
- DO NOT hang the net near any candles, cigarettes, or open fires, as it can catch on fire.
- DO NOT sleep directly against the net, as mosquitoes can still bite through holes in the net.

## FINAL WORD

A mosquito bite can pose many risks. The size scale compared to other creatures disposes of the theory that size kills. It is instructive for people on the job or at home to be mindful of the deadly dangers of mosquito and other insect bites.