

# How to chase mosquitoes to prevent dengue, Zika virus

Hot and humid weather is an opportunity for mosquitoes to grow, especially in the context of the world being afraid of Zika virus. What secrets do you have to prevent mosquitoes for each family member, especially for young children?

The humid and hot months are potentially more prone to respiratory and skin diseases and also the time when mosquitoes are most prolific in the year. Meanwhile, Zika virus is tending to spread quickly across the globe. So how can you protect your family's health from mosquitoes, especially young children who are more attacked by mosquitoes?

Along with Network Administrator learn ways to get rid of mosquitoes in your family with extremely simple ways.

## 1. How to prevent mosquitoes for the family

### Use mosquito light

How to prevent by using mosquito nets or using mosquito lights is considered a safe solution for babies. You can refer to some mosquito repellent lamps at META.vn to protect your family's health.



Mosquito catch lamp Kill Pest 2008 - 20W

### Use mosquito repellent:

Currently on the market there are quite a lot of anti-mosquito creams available, however it can cause special irritation with young, relatively young skin. You need to read the manual carefully, see the ingredients of ice cream as well as choose products from trusted brands.

When using mosquito repellent for your baby, you should apply a little on the wrist (back up your hand), this is the thinnest area on the body, if the allergy will detect the fastest. Then, if there is no problem, you can apply it to the areas with the most burning salt. For children who are too young, you should use the way below to be safer for them, with older children, avoid applying creams near the eyes, mouth and remind them not to put the area with cream on the mouth, eyes. Mosquito repellent no matter what chemical, should not be abused and used for a long time.

### **Use essential oils from some plants:**

Lemongrass oil, cajuput oil, grapefruit, mint, eucalyptus are all capable of chasing mosquitoes quite well. You can spray around the walls and help deodorize the house, while chasing mosquitoes. If the house has a small child, you only need to apply a small amount of melaleuca oil to your baby's clothes and also help the mosquitoes stay away from children. Even if mosquito bites occur, melaleuca oil can help the burn heal faster. When buying melaleuca oil carefully read its composition, pure melaleuca oil will not have a component of Melaleuca broom, and the pure melaleuca oil smell will be quite strong.

### **Use mosquito rackets:**

If the above methods are not applicable, an electric racket to catch mosquitoes will be a good alternative. A normal mosquito racket on the market costs about 80,000 VND, using an electric rechargeable battery, so you can use it for a long time. However, racquets can still lick mosquitoes, you should use in combination with other methods to fight mosquitoes more effectively.

### **How to prevent other mosquitoes:**

1. Around the house, plant herbs to remove mosquitoes such as discharge, fragrant basil, rosemary, marigold plants, crow's feet .
2. Limit openings at dawn or dusk, as mosquitoes will attack your family at that time.
3. Avoiding wearing dark clothes also limits the ability of mosquitoes to reach you and attack.
4. Regularly clean the house like a pond, trash, garden, to limit the possibility of mosquitoes residing and making a home drive.
5. In daily meals, we should also enhance the vitamin B1-rich dishes such as sunflower seeds, tuna, black beans, green leafy vegetables, . This will help the body change the odor quickly and avoid mosquito bite status.



Peppermint plants are effective against mosquitoes

## **2. How to handle itchy mosquito bite, swelling**

Mosquitoes will always leave swelling, itchiness and discomfort. For young children, the stings will be more visible due to their young skin. To relieve the itch, you should clean and disinfect the sting. Refer to the following ways to reduce itching and be safe for young children.

### **Potato**

When the baby is detected mosquito bites, she quickly takes thin sliced ??potatoes to rub the area of ??the baby's mosquito bites within 5 minutes, then continue to use another piece to rub continuously. With this method, the baby will no longer itch, the mosquito bite will not swell and leave no bruises.



Use potatoes to rub the bite to reduce itching

**Use dry soapy water**

In dry soapy water (a piece of soap) that contains a significant amount of sodium, this substance, when it comes to water, creates an alkaline reaction, which is saturated with mosquito-causing toxins. Therefore, when a child is bitten by a mosquito, she uses dry soapy water to apply directly to the burned area, leave it for 2-3 minutes and then rinse with clean water, the child will stop itching immediately.

## **Vinegar**

When a child is bitten by a mosquito, she uses vinegar water to dilute it with cooled boiled water and apply it directly to the mosquito bite. Using cotton swabs to apply it will reduce the itching and swelling very effectively.



Using apple cider vinegar reduces burns

## **Mother milk**

Newborn babies are still young and sensitive, so when they are bitten by mosquitoes, they can squeeze some milk and apply it directly to the mosquito bite. Breastmilk helps keep the skin from swelling and leaves no bruises on the baby's fledgling skin.

## **Use ice cold**

When a baby is bitten by a mosquito, she can use cold ice to spread it all over the area of ??mosquito bites. Apply evenly over a short period of time when the child will be itchy, uncomfortable and no longer swollen.

## **Mint toothpaste**

Toothpaste is also one of the best ways to treat mosquito bites for babies. When a child is bitten by a mosquito, she uses peppermint toothpaste to apply to her injured skin, wait for the toothpaste to dry and then rinse with clean water.

## **Lemon**

Lemon has a high antiseptic effect so when a baby is bitten by a mosquito, she uses lemon juice to rub on the skin of the mosquito bites. This way both prevents pathogenic bacteria from entering the body, reducing the itching that is uncomfortable and effective for your baby.



Apply lemon juice on the burned skin

### **Types of herbs**

Types of herbs such as mint, tomato leaves, perilla are not only effective for treating mosquito bites for babies, but they also work to prevent mosquito bites for babies effectively. How to do the following: I use one of the leaf types above, wash the crumpled, filter the water and then use this water to apply to the skin being bitten by mosquitoes or on the baby's skin to make sure that the mosquito will no longer dare to come near him.

### **Honey**

Honey is highly antiseptic so mothers can use honey to treat mosquito bites for babies. Applying a little honey to the skin that will be bitten by mosquitoes will help your child to be itchy, effectively prevent skin infections.

### **Baking soda - baking soda**

When a child with a mother mosquito bites a sufficient amount of baking powder, mix it with water to form a liquid mixture. After that, the mother used this mixture to apply on the baby's skin, wait for the water to dry, rinse with clean water. This method not only helps the baby to relieve itching but also has a very effective antiseptic effect.

However, she remembers careful soup, do not allow her to move her hands and feet into the place of applying powdered water and then put her hand in her mouth!

### **Onions or garlic**

Both garlic and onions have high antiseptic and anti-inflammatory properties, so when a baby is bitten by a mosquito, the mother can cut a thin slice of onion or garlic lightly on the area of the mosquito bites. The skin will go away with redness, itchiness and anti-skin infections.



Cut thin slices lightly on the stain

Refer to the following articles:

1. Dehumidifier - an effective weapon against humid weather in Vietnam
1. Prevention tips when the sky is humid
1. Top 8 effective cancer prevention foods

Wishing you and your family healthy!

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