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जांच सही तो इलाज सही



A FEW SIMPLE AND PRACTICAL TIPS FOR THIS MONSOON

Tip 1



Turn over empty pails and buckets, so that they do not collect excess water. If the container that contains water cannot be emptied, remember to cover it well when not in use.

Tip 2

Remember to clean out empty flower pots and not to over water potted plants. It is advised to not have any stagnant water around as it acts as breeding ground for the mosquitoes.



Tip 3



Apply mosquito repellents on all exposed areas, during the day as well as at night on a regular basis.

Tip 4

Make sure your window and door screens do not have any holes. If so, block those areas properly to eliminate mosquitoes.



Tip 5



If someone at home is ill with dengue, try to not let the mosquitoes bite them or others in the house.

Tip 6

Always sleep under a mosquito net (especially small children as they sleep during the day and hence, the chance of mosquito bite is high during this time).



Tip 7



If you use a cooler, remember to empty out and clean the water tray regularly, even when not in use.

Tip 8

Always cover your trash can or dustbin when not in use.



Tip 9



A natural method to keep mosquitoes at bay is to plant tulsi near your window. The plant has properties that do not allow mosquitoes to breed.

Tip 10

Using camphor as a repellent also works wonders. Light camphor in a room and close all the doors and windows. Leave it this way for about fifteen to twenty minutes to have a mosquito free environment.

