

Overview

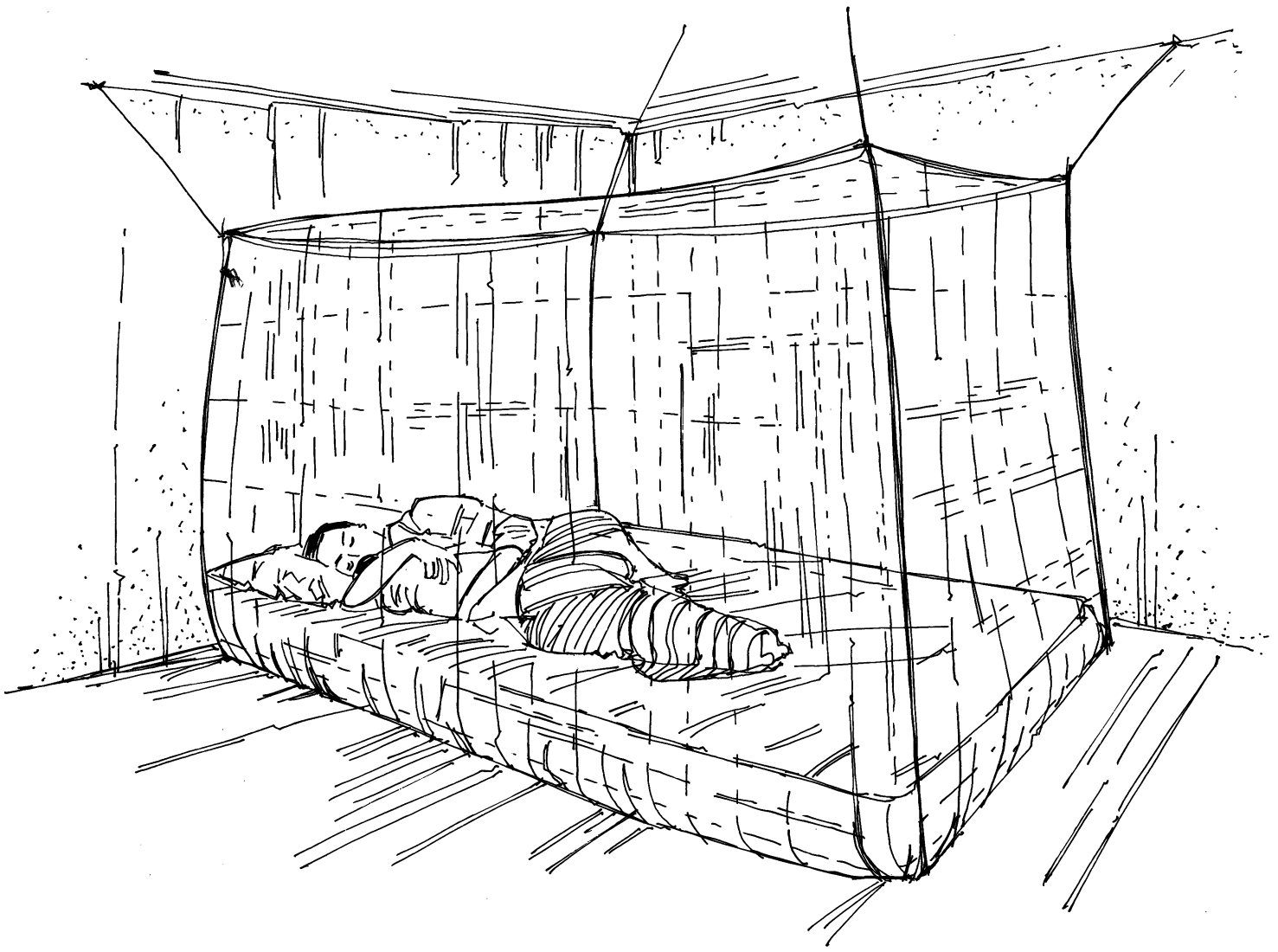
- Mosquito nets help significantly to prevent diseases, such as malaria, that are spread by mosquitoes.

What you need to know

- Mosquito nets are one of the most important ways to protect against malaria and other diseases spread by mosquitoes.
- The most effective nets (LLINs) are treated with long-lasting insecticide (which kills mosquitoes).
- These nets are effective for three to five years.
- To be effective, nets must be used properly.

How to use long-lasting insecticide-treated mosquito nets (LLINs) properly

- Hang the net above the sleeping space.
- Make sure the net is tucked under the mattress or mat to prevent mosquitoes from getting inside.
- Keep the net closed while sleeping and during the day while you are away from the sleeping place.
- Washing the net can remove insecticide. When you wash the net, follow the washing instructions provided with the net. Do not wash the net too often.
- Repair any rips or tears in the net.
- Replace the nets at regular intervals, as advised (every three-five years).



A mother and child under a mosquito net

What you can do

- Encourage every member of the community to sleep under a mosquito net every night. It is particularly important for children and pregnant women to do so.
- Promote the use of long-lasting insecticide-treated mosquito nets (LLINs).
- Make sure that as many people as possible have bed nets in your community.
- Find out where to obtain LLINs and help your local National Society branch to distribute them.
- Show people how to hang their nets properly. Visit households to help hang nets and encourage their use.
- Follow up to ensure that households use their bednets.
- If people are not using their bed nets, find out why.
- Follow the directions on the other side of this sheet to make sure that bednets are used properly.

Community messages

See the following community messages to support mosquito nets:

17 - Sleeping under mosquito nets

