1. Summer season characterized by hot temperatures, longer days, and an increased likelihood of illnesses. The season mostly commences during April /May in Rawalpindi / Islamabad, with mostly the arrival of mosquitos as an indicator, which brings along various diseases. Adopting preventive measures during the season is crucial to safeguarding our well-being and ensuring a healthy and enjoyable season.
   1. **Common diseases caused by Mosquitos**. Mosquitoes can transmit several diseases to humans through their bites. Some of the most common diseases caused by mosquito bites include:
2. **Malaria:** Caused by parasites of the Plasmodium genus, malaria is a potentially fatal disease transmitted by the Anopheles mosquito. Symptoms include fever, chills, headache, and fatigue.
3. **Dengue fever:** Dengue is caused by the dengue virus, transmitted by the Aedes mosquito. Symptoms include high fever, severe headache, joint and muscle pain, rash, and in severe cases, hemorrhagic fever or dengue shock syndrome.
4. **Zika virus:** Zika virus is transmitted by the Aedes mosquito and can also be transmitted sexually or from mother to fetus during pregnancy. Most people infected with the Zika virus have no symptoms or only mild symptoms, but infection during pregnancy can cause birth defects such as microcephaly.
5. **Yellow fever:** Yellow fever is caused by the yellow fever virus, which is transmitted by infected mosquitoes, primarily Aedes and Haemagogus species. Symptoms include fever, headache, muscle pain, nausea, vomiting, and jaundice. In severe cases, it can cause hemorrhagic fever and organ failure.
   1. These are just a few examples of diseases transmitted by mosquito bites. It's important to take preventive measures to reduce the risk of mosquito bites and protect against these diseases, especially in areas where they are endemic.
   2. **Preventive and control measures**. Preventing and controlling mosquito bites is crucial for avoiding diseases like malaria, dengue, and Zika, here are some measures you can take:
      1. **Use insect repellent:** Apply insect repellents such as, MOSPEL, MORTEIN, oil of lemon, eucalyptus, coconut oil etc. Apply to exposed skin and clothing. Reapply as needed, follow the instructions on the product label.
      2. **Wear protective clothing:** Wear long-sleeved shirts, long pants, socks, and closed-toe shoes, especially during dawn and dusk when mosquitoes are most active.
      3. **Install screens:** Make sure windows and doors have screens to prevent mosquitoes from entering your home.
      4. **Eliminate standing water:** Mosquitoes breed in stagnant water, so empty or regularly change the water in containers like flower pots, bird baths, and pet dishes. Keep gutters clean and free of debris.
      5. **Use mosquito nets:** Sleep under a mosquito net, especially if you're in an area where mosquito-borne diseases are prevalent.
      6. **Avoid outdoor activities during peak mosquito times:** Mosquitoes are most active during dawn and dusk, so if possible, limit outdoor activities during these times. Wear protective clothing if necessary.
      7. **Keep vegetation trimmed:** Mosquitoes rest in tall grass and bushes, so keep your lawn and garden well-trimmed to reduce mosquito habitats.
      8. **Use mosquito-repelling plants:** Plants like citronella, lavender, marigolds, and basil can help repel mosquitoes when planted around outdoor living spaces.
      9. **Consider mosquito control devices:** Use devices like mosquito traps or electric mosquito zappers to reduce mosquito populations in your yard / rooms.
      10. **Use Fogging equipment:** For control over large areas, the management must consider use of fogging equipment with appropriate anti mosquito medicines in order to prevent breeding of mosquitos.
      11. **Stay informed:** Be aware of mosquito-borne disease risks in your area and take appropriate precautions. Seek medical attention if you experience symptoms of illness after a mosquito bite.

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