

# Mosquito - The perfect protection



## How to protect yourself:

- Mosquito nets are very effective. Their disadvantage: they are stationary and not available everywhere.
- The best alternative is Autan spray. It is available in every pharmacy.

## This does not help:

- Swatting: it only ruins the walls of the apartment.
- Essential oils: they can irritate your skin and eyes and may cause allergies.

## If you have been bitten:

- Apply a hydrocortisone cream as soon as possible. Every pharmacy provides it over the counter. Simply show your bite and say "cortisone".