



Bites from "common" or marmorated mosquitoes - sometimes more than just annoying

The days are getting longer until the summer solstice on 20 June 2024. Sitting in the garden or by the pond, meeting friends, enjoying the summer - it could be so nice, but unfortunately, in the evening hours at the latest, the first mosquitoes come out of their hiding places and the females are on the lookout for their next blood meal. In many cases, the bite is simply annoying. Unfortunately, the risk of contracting an infectious disease from a mosquito bite is also slowly increasing in Germany. However, it is important to know which mosquito has bitten you and which infectious diseases occur in the affected area.

The common mosquito or northern house mosquito (*Culex pipiens*) is the most common mosquito species in our latitudes. To date, this mosquito species has only been known to transmit diseases in exceptional cases. Another mosquito species plays the main role in the transmission of infectious diseases: the Asian tiger mosquito (*Aedes albopictus*).

The Asian tiger mosquito is actually native to the tropics and subtropics, but is increasingly spreading to cooler regions. The Asian tiger mosquito and its eggs are being shipped around the world, particularly in used tyres, lucky bamboo and cut flowers. In Germany, eggs were first detected at a motorway service station in 2007. Since 2023, it has established itself in some places in southern Germany and is spreading further north. Specimens were first detected in Berlin in 2017.

In contrast to the common mosquito, the Asian tiger mosquito is also active during the day in search of food and is easy to recognise due to its striking pattern. The spread of possible diseases that can be transmitted by a bite is problematic. The main diseases transmitted include viral diseases such as dengue fever, West Nile fever etc.. In order to identify and document the spread and possible pathogens, killed specimens can be sent in (<https://tiger-platform.eu/de/>).

However, a disease is only transmitted if the mosquito has previously bitten a person with the relevant disease. Dengue fever or West Nile fever are not common diseases in Europe, but the numbers have been rising for years, especially among holidaymakers. In 2023, there were over 80 locally transmitted dengue fever infections in Italy for the first time, and locally transmitted infections are now also occurring more frequently in France.

Fortunately, the number of infections is still very low, but due to the desire of many people to travel, the number of cases is also increasing in this country. But it is not only mosquitoes that can transmit infectious diseases.

Back to the relaxing evening in the garden; you shouldn't let it be spoilt though. Mosquitoes react to odours; the smell of butyric acid (which is produced by various bacteria on the skin) magically attracts many mosquitoes.

By applying an essential oil mixture (www.biofrid.de/de/aetherischoelmischung-gegen-insektenstiche.html), you can try to make yourself as "unattractive" as possible to mosquitoes. If it



does happen, you can also apply this mixture directly to the bite. The tea tree roll-on, which fits in every pocket, is also helpful here (www.biofrid.de/de/reinigung.html).

In case of severe itching or inflammation, MUCOKEHL® D3 and NOTAKEHL® D3 ointment provide additional support.

Trading forms

MUCOKEHL® D3 Ointment

30 g Ointment

Dosage

Adults and adolescents aged 12 and over:

Apply a thin layer 1-3 times a day to the affected areas of skin

NOTAKEHL® D3 Ointment

30 g Ointment

Dosage

Adults and adolescents aged 12 and over:

Apply a thin layer 1-3 times a day to the affected areas of skin

For further product information, please refer to the respective instructions for use.