

Warm, humid evenings provide perfect conditions for mosquitoes to bite

This can mean an increased risk of the diseases they carry like Barmah Forest virus, Ross River virus, Japanese encephalitis and Murray Valley encephalitis.

The best protection against mosquitoes carrying diseases is to avoid bites in the first place.

Know the risks. Get prepared. Stay safe.

If you or someone you know needs help, call Nurse-On-Call on 1300 60 60 24. For more information, visit betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease



To receive this publication in an accessible format phone **1300 761 874**, using the National Relay Service **13 36 77** if required, or email infectious.diseases@health.vic.gov.au

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Mosquitoes can spread serious diseases

There are simple steps you can take to protect yourself and your family from mosquito bites.

Know the risks. Get prepared. Stay safe.

For more information visit betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease



Protect yourself from mosquitoes



Use fast acting 'knockdown' fly spray to kill mosquitoes indoors.



Wear long and loose, light-coloured clothing, as well as socks and closed shoes. Mosquitoes can bite through tight clothing.



Mosquito repellent is only effective if applied to all exposed skin. Aim to apply a thin, even layer wherever skin is exposed.



On babies and young children, you might need to spray or rub repellent on their clothes instead of their skin. Avoid applying repellent to their hands and face.



Try and limit outdoor activities when lots of mosquitoes are about.



Mosquito coils can be effective in small outdoor areas where you gather to sit or eat.

Protect your home from mosquitoes

Mosquitoes can breed in stagnant water around your home. Here's how to remove these places.



Stop mosquitoes from getting inside by using fly screens on windows and doors.



Remove places mosquitoes can lay their eggs by emptying buckets and collected water.



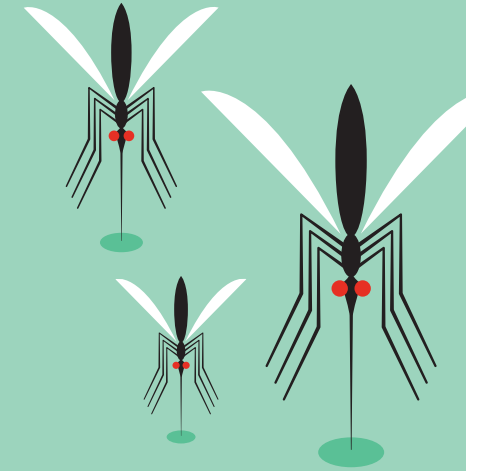
Remove even small pools of water in old tyres, pots, or trailers.



Replace water at least weekly in bird baths, pet drinking bowls, and water features.



Cut back long grass, shrubs, and bushes where mosquitoes hide.



Tips for using mosquito repellent:

Mosquito repellent is only effective if applied to all exposed skin. Aim to apply a thin, even layer wherever skin is exposed.

It is important to reapply regularly, especially after swimming or sweating as repellents are not water resistant. Repellent should be applied over sunscreen.

Be careful to avoid your eyes and mouth when applying, and don't let young children apply their own repellent.

DEET can damage plastics, such as gore-tex and watchbands. Switch to picaridin if this is a concern.

Protect your kids. Always check the insect repellent label. On babies, you might need to spray or rub repellent on their clothes instead of their skin. Avoid applying repellent to the hands of babies or young children.