



# DON'T WING IT WITH MOSQUITOES

Lots of rain and warmer weather are the perfect breeding conditions for mosquitoes (mozzies).

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

For more information on how you can protect yourself against mozzie bites and mosquito-borne diseases, visit [www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease](http://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease).

How to protect yourself and your family from mosquitoes carrying diseases.

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

To receive this document in another format please email [pph.communications@dhhs.vic.gov.au](mailto:pph.communications@dhhs.vic.gov.au).

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## How to protect yourself from mozzie bites



Use mosquito repellent, containing either picaridin or DEET on all exposed skin.



Wear long, loose-fitting, light-coloured clothes to cover your skin, as well as closed shoes with socks. Mosquitoes can bite through tight clothing.



Try to limit outdoor activity if lots of mosquitoes are about.



Remove stagnant water from around your home to prevent mosquito breeding.



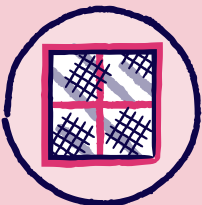
Mosquito coils can also be effective in small outdoor areas where you gather to sit or eat.



Use fast acting fly sprays and plug-in repellent devices indoors.



Sleep under a mosquito net if you are not protected by insect screens.



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

## Choosing mosquito repellent

Repellents come in lotions, gels, aerosols and pump sprays. Repellents containing picaridin or DEET (Diethyltoluamide) are the most effective. For most people, products with 10 to 20% concentration are protective. Repellent concentration relates to longevity, not effectiveness. Therefore choose the lowest concentration for your needs, and reapply as required. For most people, 10-20% is suitable.

## Using mosquito repellent

Like sunscreen, mosquito repellent is only effective if applied to all exposed skin. Aim to apply a thin, even layer to all exposed skin.

It is important to reapply, especially after swimming or sweating as repellents are not water resistant.

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.

For kids, use a roll-on or spray repellent onto your hands and then apply to their skin. Follow the instructions on the label.

## Clean up around your home

Mozzies love to breed in stagnant water. Reduce pools of water in and around backyards where you can.



Clean up by removing even small pools of water in old tyres, pot plant trays, buckets, and trailers.



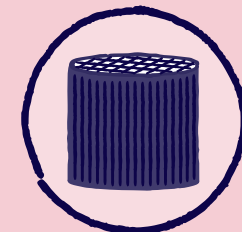
Empty and replace water in bird baths, pet drinking bowls and water features at least once a week.



Cut back long grass, shrubs and bushes.



Keep your gutters and swimming pools clean.



Check water tanks are sealed and fitted with mosquito-proof screens and/or flap valves on every opening, including overflows.

