



# BEAT THE BITE!

## Protect yourself and your family from mosquito-borne diseases

Simple things you can do:

- Wear light-coloured, loose-fitting clothing when outdoors.
- Use plenty of mosquito repellent that contains DEET or picaridin.
- Avoid being outside when mosquitoes are most active (usually dusk and dawn).
- While you're on holidays, make sure your accommodation is mosquito-proof.
- Make sure there is no stagnant water around your home.

