Beat the bite!
Protect yourself and your family from mosquito-borne diseases

• Wear loose-fitting clothing when outdoors. Cover up as much as possible.
• Use mosquito repellent that contains picaridin or DEET on all exposed skin.
• Make sure your accommodation is mosquito-proof.
• Make sure there is no stagnant water around your home.

For more information visit www.betterhealth.vic.gov.au