

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