The following article can be used in print and online publications to educate your community about the potential health risks of mosquito-borne diseases, the work underway locally to reduce mosquito numbers and actions people can take to protect their health.

The text highlighted in grey should be amended and the highlight removed before sending out.

## Sample article:

<local council/organisation> is working with the Victorian Government to combat the spread of mosquitoes this summer.

Recent heavy rainfall and floods across the state <or your region> have led to ideal breeding conditions for mosquitoes that can spread disease. High numbers of mosquitoes will continue over the summer months across rural Victoria <or your region>.

Mosquitoes can carry diseases such as Ross River virus, Barmah Forest virus, and Murray Valley Encephalitis (MVE) – all serious, infectious and potentially life-threatening in the case of MVE.

While the risk of catching one of these diseases is low, we want to be sure you make the most of <local event/visit etc> so we’re sharing these simple steps to help everyone protect themselves and their family from mosquito bites.

The ‘Beat the bite’ top tips are:

* Cover up. Wear long, loose fitting clothing because mosquitoes can bite through tight fitting clothing.
* Use effective mosquito repellents containing DEET or picaridin on all exposed skin. If you’re hosting an event or other outdoor activity, consider providing insect repellent to staff and patrons.
* Control mosquito numbers. There’s a wide range of ‘knockdown sprays’ or vaporising devices for inside use, including for caravans.
* Install flywire screens on all windows and self-closing wire screens on doors.
* Make sure mosquitoes can't breed around your property by removing stagnant water at least every week. This includes in flowerpots, tyres, buckets, tins, bird baths and pet bowls.
* Empty children’s wading pools when not being used and keep fishponds stocked with fish.
* Use screens when camping. Mosquito nets or screens will help keep mosquitoes out of tents and added protection can be provided by treating the nets with an appropriate insecticide.
* Limit outdoor activity at dusk and dawn when mosquitoes are most active.

If you have any concerns about your health, talk to your doctor or call NURSE-ON-CALL on 1300 606 024.

For more information visit: Better Health Channel - <https://www.betterhealth.vic.gov.au/beat-the-bite>





Sample article template

**Beat the bite!**