

# 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](http://www.betterhealth.vic.gov.au)

