

# Health Alert

Japanese Encephalitis (JE) virus is a rare but serious infection. It has been detected in north and north western Victoria.

Protect yourself and your family from JE virus by avoiding mosquito bites.

- Wear long, loose-fitting clothing outdoors.
- Use mosquito repellent that contains picaridin or DEET on all exposed skin.
- Make sure your accommodation is mosquito-proof.
- Limit outdoor activity if lots of mosquitoes are about.
- Make sure there is no stagnant water around your home.



For more information visit  
[www.betterhealth.vic.gov.au/beat-the-bite](http://www.betterhealth.vic.gov.au/beat-the-bite)