



# **DON'T WING IT**

## **WITH MOSQUITOES**

**The best protection against mosquitoes carrying diseases is to avoid bites in the first place.**



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# Lots of rain and warmer weather are the perfect breeding conditions for mosquitoes (mozzies).

This can mean more mozzies and an increased risk of the diseases they carry like Barmah Forest virus, Ross River virus, Japanese encephalitis and Murray Valley encephalitis.

The best protection against mosquitoes carrying diseases is to avoid bites in the first place.



## COVER UP



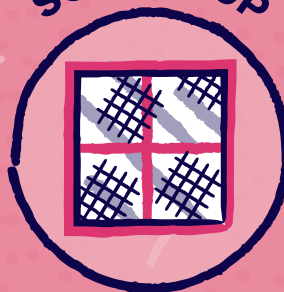
Wear long, loose-fitting, light-coloured clothing and covered shoes outdoors.

## APPLY



Use mosquito repellents containing picaridin or DEET on all exposed skin.

## SCREEN UP



Cover all windows, doors, vents and other entrances with insect screens and repair any screens that are damaged.

## CLEAN UP



Remove stagnant water from around your home – even small pools in old tyres, pot plant trays, buckets and trailers.

For more information: [www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease](http://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease).