



**DON'T  
WING IT**  
**WITH MOSQUITOES**

# CAMPING OR HIKING?



Make sure to protect  
yourself against mosquitoes  
carrying diseases.



COVER UP



Wear long, loose-fitting,  
light-coloured clothes to  
cover your skin, as well as  
closed shoes with socks.

APPLY



Use mosquito repellent,  
containing either picaridin or  
DEET on all exposed skin.

SCREEN UP



Sleep under a mosquito net  
if you are not protected by  
insect screens.

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