



**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.