

	English	Traditional Chinese
Social post 1: "Mosquito alert"	<p>Mosquitoes can carry diseases. Your best protection is to avoid mozzie bites.</p> <p>Use mosquito repellents containing Picaridin or DEET on all exposed skin; and limit your time outdoors if lots of mosquitoes are about.</p> <p>More information  <a href="https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease</a></p>	<p>蚊子能夠傳播疾病。避免蚊子叮咬是最好的保護措施。</p> <p>於外露皮膚上使用含有派卡瑞丁 ( picaridin ) 或避蚊胺 ( DEET ) 的防蚊液；若周遭有大量蚊子，請盡可能縮短戶外活動時間。</p> <p>更多資訊請瀏覽  <a href="https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease</a></p>
Social post 2: "Mosquitoes can carry serious disease"	<p>Mosquitoes can spread viruses like Ross river virus, and Japanese encephalitis virus. Avoid mosquito bites.  <a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a></p>	<p>蚊子能夠傳播羅斯河和日本腦炎等病毒。避免蚊子叮咬。  <a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a></p>
Social post 3: "Stop mosquitoes from breeding"	<p>Mozzies love to breed in stagnant water. Reduce pools of water in and around backyards where you can. Protect yourself and your family from mosquito bites.  <a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a></p>	<p>蚊子喜歡在死水中繁殖。請盡可能清除後院和周遭積水。</p> <p>保護自己和家人免受蚊蟲叮咬。  <a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a></p>

<p>Social post 4: "Playing sport this weekend?"</p>	<p>If you're heading outdoors this long weekend enjoy yourself but remember to avoid mosquito bites. Mosquitoes can spread many diseases so:</p> <ul style="list-style-type: none"> <li>• Cover up: wear long, loose fitting, light coloured, clothing.</li> <li>• Apply: mosquito repellent that contains picaridin or DEET. Reapply often.</li> </ul> <p><a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a></p>	<p>若您計畫於連假外出活動，請盡情享受，但別忘記避免蚊蟲叮咬。</p> <p>蚊子能夠傳播許多疾病，因此：</p> <ul style="list-style-type: none"> <li>• 遮蔽：穿著寬鬆、淺色的長袖衣物。</li> <li>• 塗抹：含有派卡瑞丁 ( picaridin ) 或避蚊胺 ( DEET ) 的防蚊液。頻繁重複塗抹。</li> </ul> <p><a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a></p>
<p>Social post 5: "Packing for a summer holiday?"</p>	<p>Packing for the school holidays? Here's a quick checklist to help keep the family safe:</p> <ul style="list-style-type: none"> <li>• Hats and plenty of sunscreen</li> <li>• Mozzie repellent</li> <li>• Water bottles</li> <li>• First aid kit</li> <li>• Essential medications</li> </ul> <p>Don't forget to download the VicEmergency app so you can receive alerts and warnings about emergencies in your area</p> <p><a href="https://emergency.vic.gov.au/respond/">https://emergency.vic.gov.au/respond/</a></p>	<p>打包學校假期出遊物品？這份快速檢查清單有助確保家人安全：</p> <ul style="list-style-type: none"> <li>• 帽子和大量防曬霜</li> <li>• 防蚊液</li> <li>• 水壺</li> <li>• 急救箱</li> <li>• 必備藥品</li> </ul> <p>請記得下載 VicEmergency 應用程式，即可接收您所在地區緊急狀況的警示與警報</p> <p><a href="https://emergency.vic.gov.au/respond/">https://emergency.vic.gov.au/respond/</a></p>
<p>Social post 8: "Tips for using insect repellent"</p>	<p>There are lots of mozzies about this summer. If you're heading outdoors hiking or camping, remember to pack mozzie repellent.</p> <p><a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a></p>	<p>今年夏季有許多蚊子。若您要外出健行或露營，請記得攜帶防蚊液。</p> <p><a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a></p>

