



# **DON'T WING IT**

## **WITH MOSQUITOES**

**Don't Wing It – Mosquito bite prevention campaign  
Stakeholder Pack**

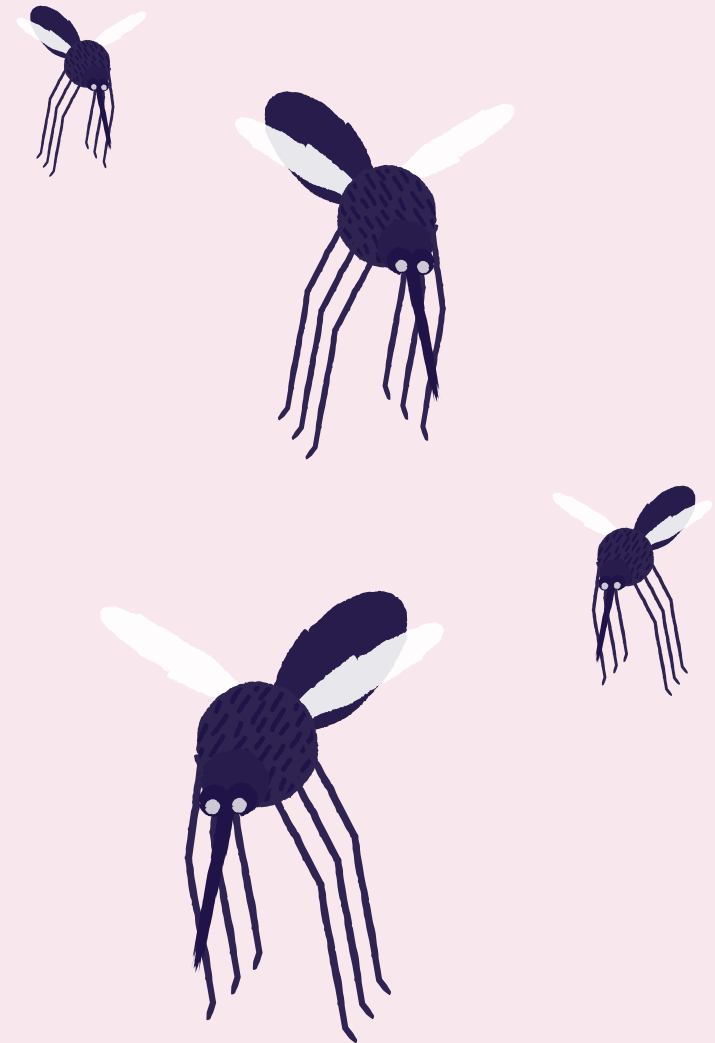
# Introduction

Mosquitoes can spread a number of diseases including Barmah Forest virus disease, Ross River virus disease, Japanese encephalitis and Murray Valley encephalitis.

In rare cases these diseases can cause life threatening illness.

The most important protection against these diseases is to avoid mosquito bites.

By encouraging Victorians to take precautions against mosquito bites, this campaign plays an important role in supporting public health.

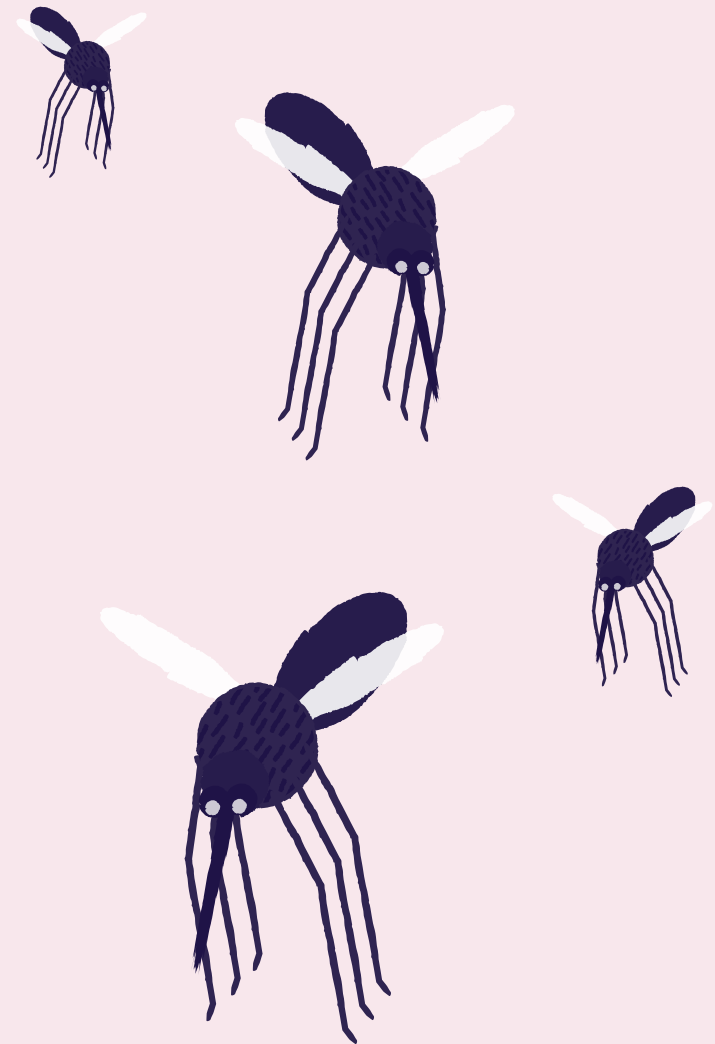


# What you can do to help

You can help by:

- Sharing the materials that you can access from this stakeholder kit with your community via social media and digital platforms.
- Directing people to the website for current information and updates:  
<https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease>

**Please note:** translated materials and animation will be made available in January.



# Print

Download all print assets [here](#)





# Poster 1

Don't wing it with mosquitoes



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## Poster 2

Camping or hiking?



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## Poster 3

Mozzies love to breed in stagnant water



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# 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 spread 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).

**Postcard**

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Inside	Back	Front	Inside
 <p><b>Lots of rain and warmer weather are the perfect breeding conditions for mosquitoes (mozzies).</b></p> <p>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.</p> <p>The best protection against mosquitoes carrying diseases is to avoid bites in the first place.</p> 	 <p><b>DON'T WING IT WITH MOSQUITOES</b></p> <p>For more information on how you can protect yourself against mozzie bites and mosquito-borne diseases, visit <a href="http://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease">www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease</a>.</p> <p><small>To receive this document in another format please email <a href="mailto:pah-communications@dhhs.vic.gov.au">pah-communications@dhhs.vic.gov.au</a>. Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne. © State of Victoria, Australia, Department of Health, December 2022 Printed by insert printing company name, suburb (insert design job number in brackets)</small></p>	 <p><b>DON'T WING IT WITH MOSQUITOES</b></p> <p><b>How to protect yourself and your family from mosquitoes carrying diseases.</b></p> 	<p><b>How to protect yourself from mozzie bites</b></p> <div>  <p>Use mosquito repellent, containing either picaridin or DEET on all exposed skin.</p>  <p>Wear long, loose-fitting, light-coloured clothes to cover your skin, as well as closed shoes with socks. Mosquitoes can bite through tight clothing.</p>  <p>Try to limit outdoor activity if lots of mosquitoes are about.</p>  <p>Remove stagnant water from around your home to prevent mosquito breeding.</p>  <p>Mosquito coils can also be effective in small outdoor areas where you gather to sit or eat.</p>  <p>Use fast acting fly sprays and plug-in repellent devices indoors.</p>  <p>Sleep under a mosquito net if you are not protected by insect screens.</p>  <p>Prevent mosquitoes from getting inside by using fly screens on windows and doors.</p> </div> <p><b>Choosing mosquito repellent</b></p> <p>Repellents come in lotions, gels, aerosols and pump sprays. Repellents containing picaridin or DEET (Diethyltoluamide) are the most effective. For most people, products with 10 to 20% concentration are protective. Repellent concentration relates to longevity, not effectiveness. Therefore choose the lowest concentration for your needs, and reapply as required. For most people, 10-20% is suitable.</p> <p><b>Using mosquito repellent</b></p> <p>Like sunscreen, mosquito repellent is only effective if applied to all exposed skin. Aim to apply a thin, even layer to all exposed skin.</p> <p>It is important to reapply, especially after swimming or sweating as repellents are not water resistant.</p> <p>Be careful to avoid your eyes and mouth when applying, and don't let young children apply their own repellent.</p> <p>DEET can damage plastics, such as gore-tex and watchbands. Switch to picaridin if this is a concern.</p> <p>For kids, use a roll-on or spray repellent onto your hands and then apply to their skin. Follow the instructions on the label.</p> <p><b>Clean up around your home</b></p> <p>Mozzies love to breed in stagnant water. Reduce pools of water in and around backyards where you can.</p> <div>  <p>Clean up by removing even small pools of water in old tyres, pot plant trays, buckets, and trailers.</p>  <p>Empty and replace water in bird baths, pet drinking bowls and water features at least once a week.</p>  <p>Cut back long grass, shrubs and bushes.</p>  <p>Keep your gutters and swimming pools clean.</p>  <p>Check water tanks are sealed and fitted with mosquito-proof screens and/or flap valves on every opening, including overflows.</p> </div>

# Social

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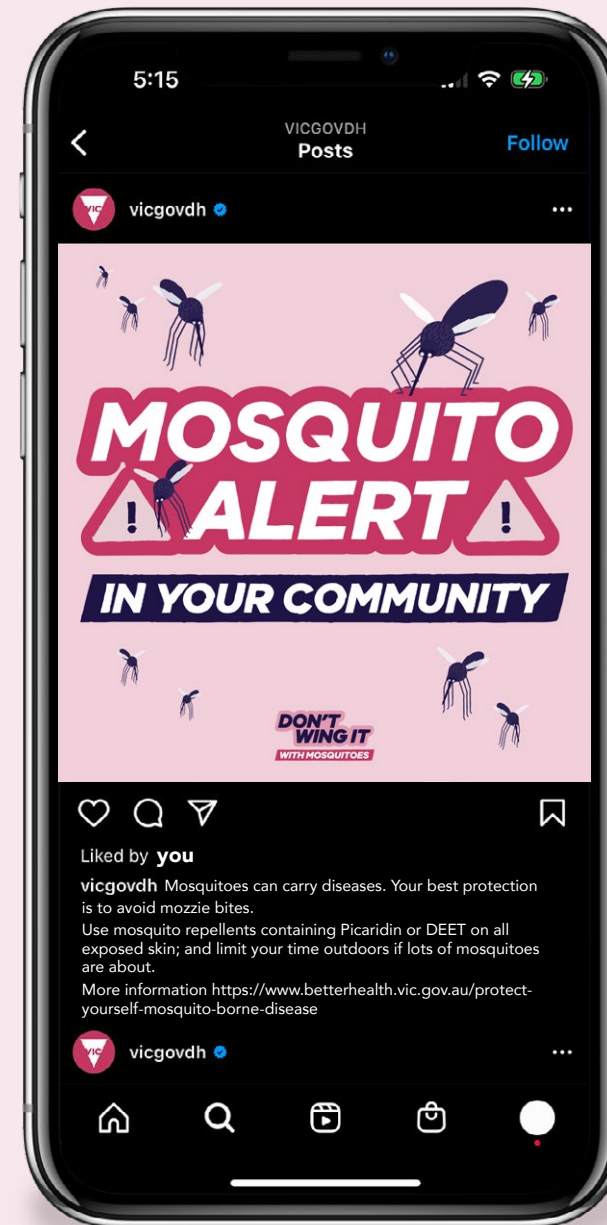


## Social post 1

Mosquitoes can carry diseases. Your best protection is to avoid mozzie bites.

Use mosquito repellents containing Picaridin or DEET on all exposed skin; and limit your time outdoors if lots of mosquitoes are about.

More information <https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease>



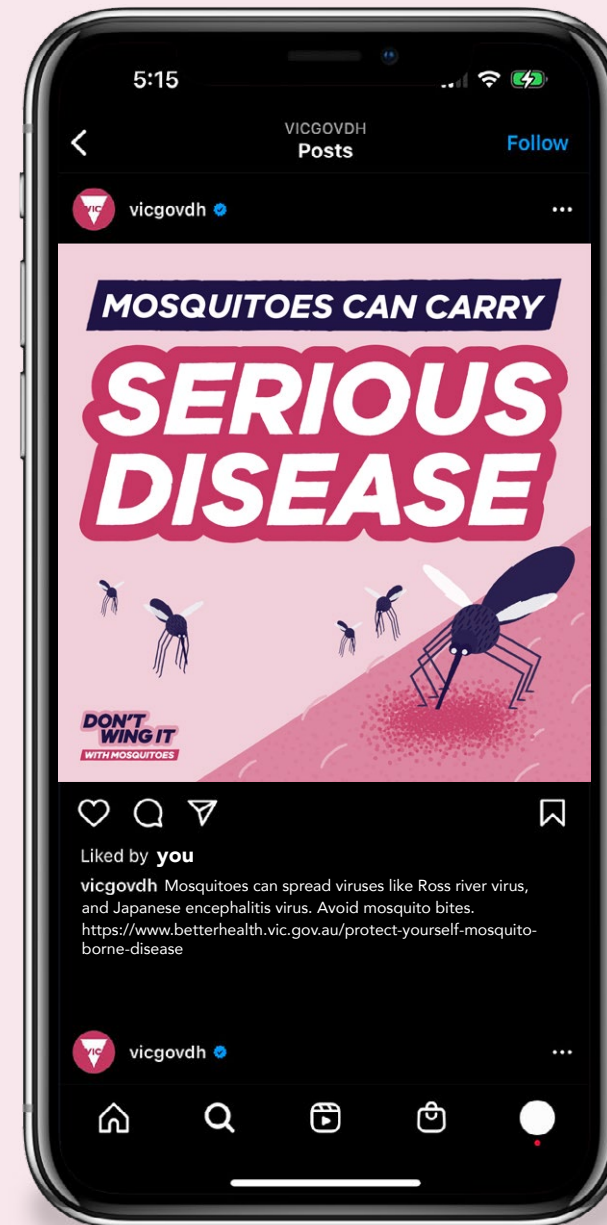
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## Social post 2

Mosquitoes can spread viruses like Ross river virus, and Japanese encephalitis virus. Avoid mosquito bites.

<https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease>



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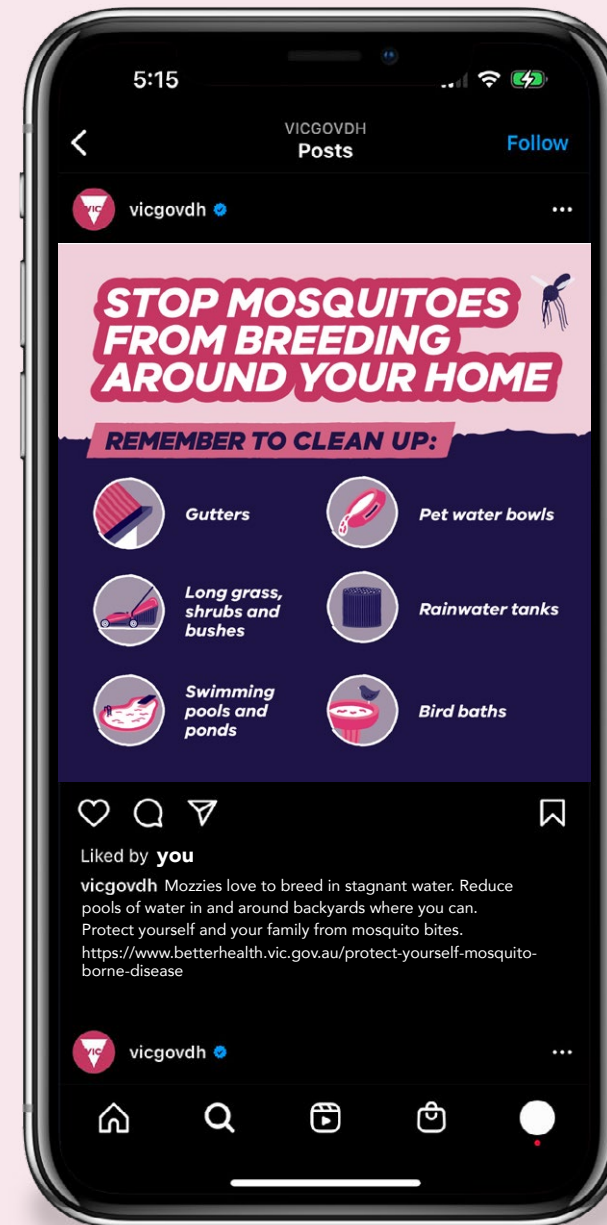


## Social post 3

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.

<https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease>



Download all social assets [here](#)

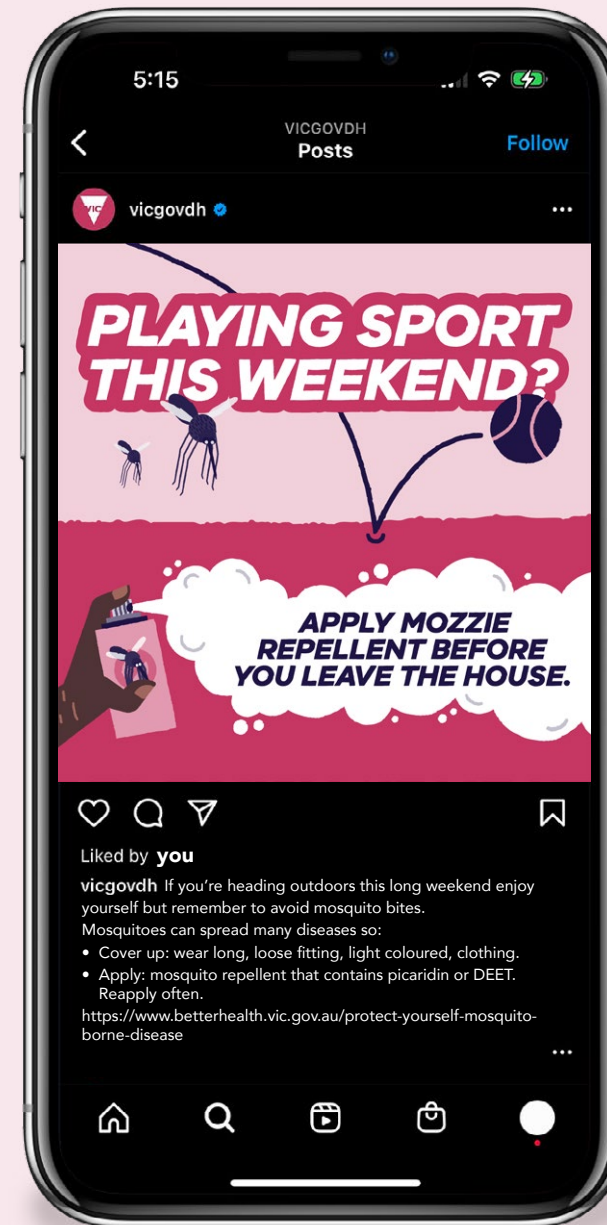
## Social post 4

If you're heading outdoors this long weekend enjoy yourself but remember to avoid mosquito bites.

Mosquitoes can spread many diseases so:

- Cover up: wear long, loose fitting, light coloured, clothing.
- Apply: mosquito repellent that contains picaridin or DEET. Reapply often.

<https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease>



Download all social assets [here](#)

## Social post 5

Packing for the school holidays?

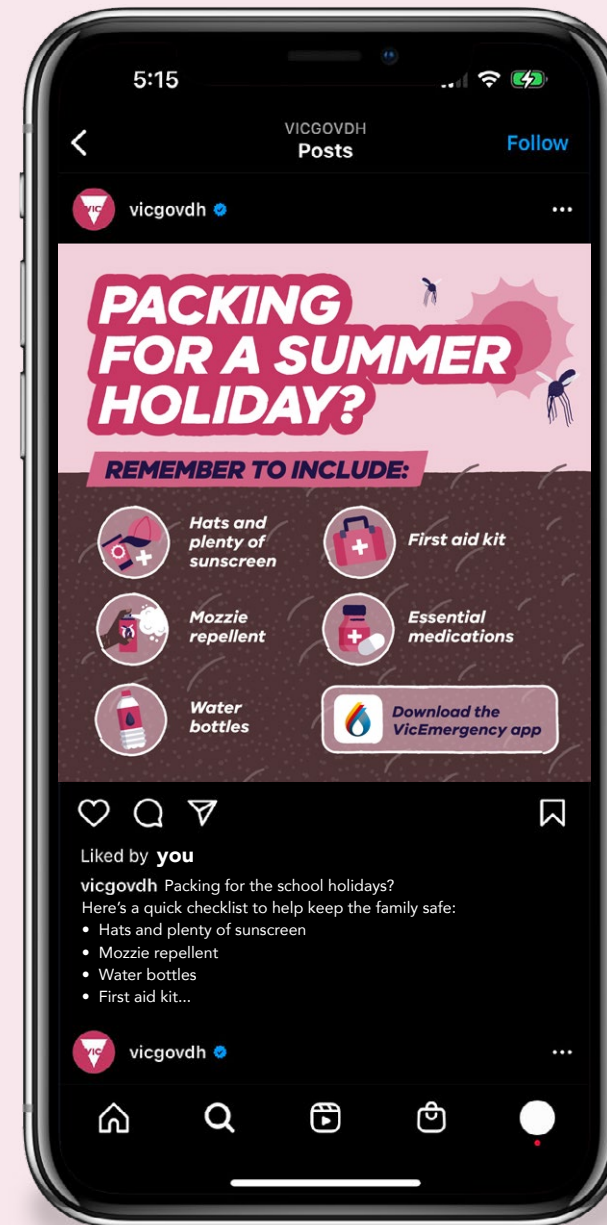
Here's a quick checklist to help keep the family safe:

- Hats and plenty of sunscreen
- Mozzie repellent
- Water bottles
- First aid kit
- Essential medications

Don't forget to download the VicEmergency app so you can receive alerts and warnings about emergencies in your area

<https://emergency.vic.gov.au/respond/>

Download all social assets [here](#)

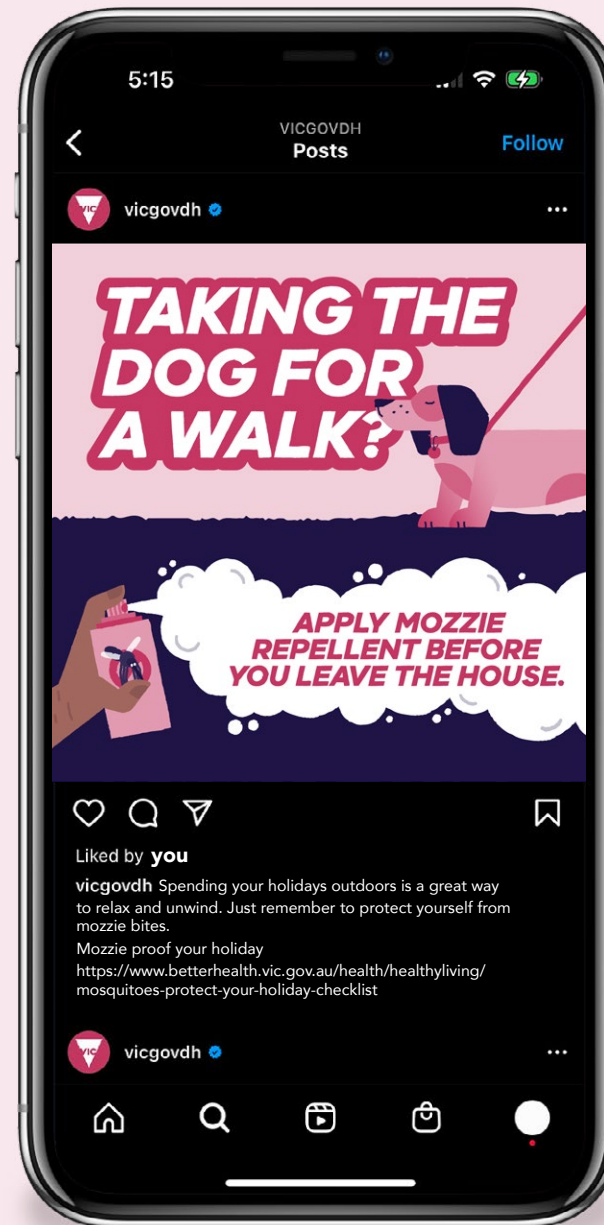


## Social post 6-7

Spending your holidays outdoors is a great way to relax and unwind. Just remember to protect yourself from mozzie bites.

Mozzie proof your holiday

<https://www.betterhealth.vic.gov.au/health/healthyliving/mosquitoes-protect-your-holiday-checklist>



Download all social assets [here](#)

## Social post 8

There are lots of mozzies about this summer. If you're heading outdoors hiking or camping, remember to pack mozzie repellent.

<https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease>



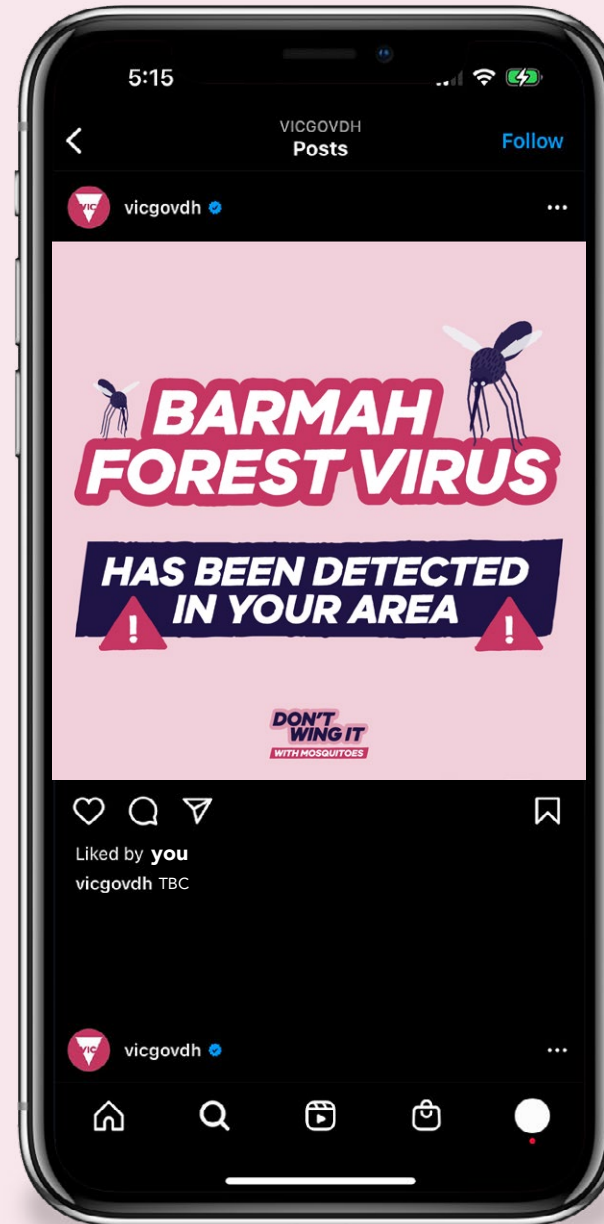
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## Social post 9-12

Detection of disease in your area:

- Japanese Encephalitis
- Barmah Forest Virus
- Murray Valley Encephalitis
- Ross River Virus

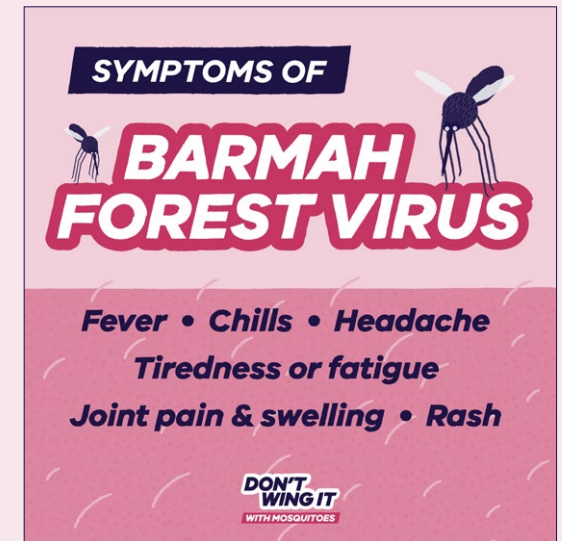
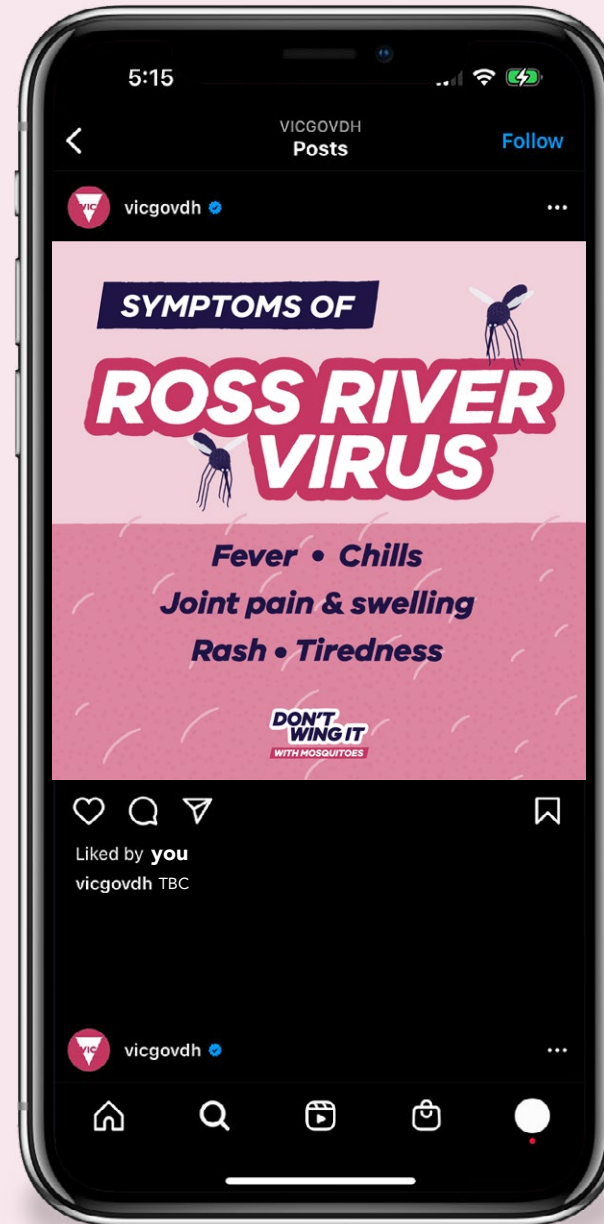


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## Social post 13-15

Symptoms of:

- Ross River Virus
- Japanese Encephalitis
- Barmah Forest Virus



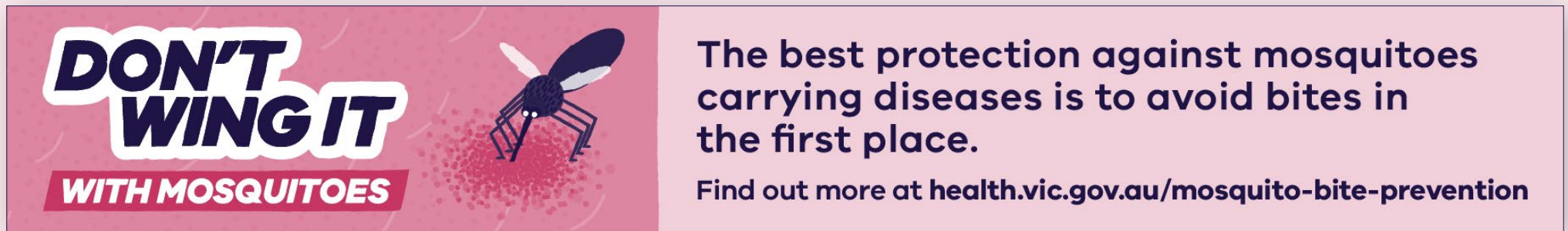
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# Digital

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**E-signature banner**

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**Newsletter banner**

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## MOSQUITO BITE PREVENTION

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#### COVER UP



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

#### APPLY



Use mosquito repellents containing picardin or DEET on all exposed skin. For kids, use a roll-on or spray repellent onto your hands and then apply to their 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.

## MOSQUITO BITE PREVENTION

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## HEADING LAYOUT OVER TWO LINES

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# Thank you

