

	English	Spanish
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 https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease</p>	<p>Los mosquitos pueden transmitir enfermedades. La mejor manera de protegerse es evitando las picaduras de mosquitos.</p> <p>Usa repelentes contra mosquitos que contengan picaradin o DEET en toda la piel expuesta, y limita el tiempo que pases al aire libre si hay muchos mosquitos.</p> <p>Más información en https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease</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.</p> <p>https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>	<p>Los mosquitos pueden transmitir virus como el virus del río Ross y el virus de la encefalitis japonesa. Evita las picaduras de mosquitos.</p> <p>https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</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.</p> <p>https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>	<p>A los mosquitos les encanta reproducirse en el agua estancada. Reduce el agua estancada en los patios o alrededor de estos de ser posible.</p> <p>Protégete y protege a tu familia de las picaduras de mosquitos</p> <p>https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</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"> • Cover up: wear long, loose fitting, light coloured, clothing. • Apply: mosquito repellent that contains picaridin or DEET. Reapply often. <p>https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>	<p>Si vas a pasar tiempo al aire libre durante el puente vacacional, disfrútalo pero recuerda evitar las picaduras de mosquitos. Los mosquitos pueden transmitir muchas enfermedades, así que:</p> <ul style="list-style-type: none"> • Cúbrete: usa ropa larga, holgada y de color claro. • Aplica: repelente contra mosquitos que contenga picaradin o DEET. Vuelve a aplicar con frecuencia. <p>https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</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"> • Hats and plenty of sunscreen • Mozzie repellent • Water bottles • First aid kit • Essential medications <p>Don't forget to download the VicEmergency app so you can receive alerts and warnings about emergencies in your area</p> <p>https://emergency.vic.gov.au/respond/</p>	<p>¿Estás empackando para las vacaciones escolares? Encuentra a continuación una lista de artículos para proteger a tu familia:</p> <ul style="list-style-type: none"> • Gorras y suficiente bloqueador solar • Repelente para mosquitos • Botellas de agua • Botiquín de primeros auxilios • Medicamentos esenciales <p>No te olvides de descargar la aplicación de VicEmergency para que puedas recibir alertas y advertencias sobre emergencias en tu área</p> <p>https://emergency.vic.gov.au/respond/</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. https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>	<p>Hay muchísimos mosquitos este verano. Si vas a salir a realizar caminatas o acampar, recuerda empacar repelente para mosquitos. https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>
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