

Mosquitoes



Mosquitoes can spread serious diseases.



For example:

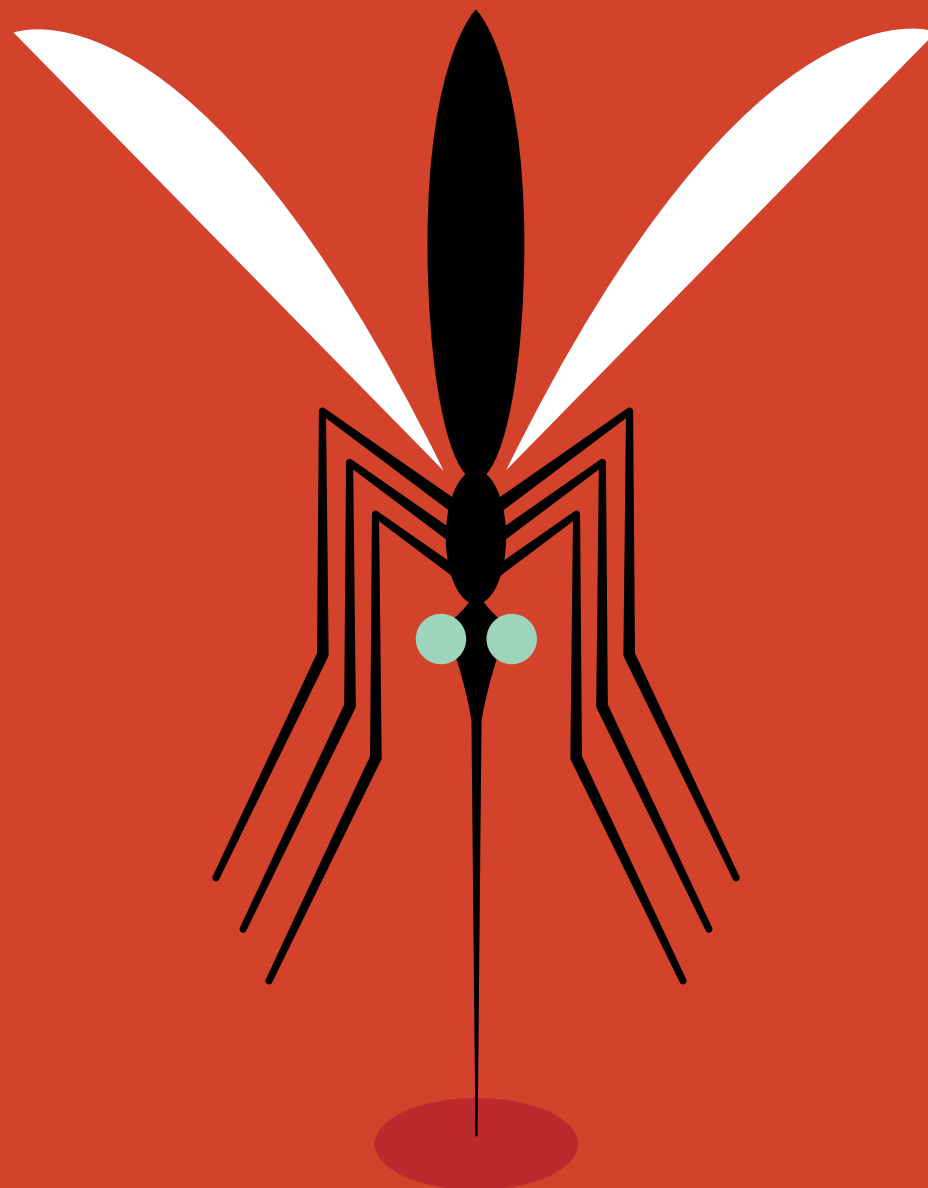
- fever
- pain
- tiredness.



Some diseases can also damage your brain.



Protecting yourself from mosquito bites is the best way to stay safe.



What you can do



You can use mosquito repellent when you are outside. Mosquito repellent is a spray that keeps mosquitoes away.



You can wear:

- long, loose and light coloured clothing
- shoes and socks.

Mosquitoes can bite through tight clothes.



Mosquitoes lay eggs in water. You can empty any containers with water in them around your home to stop mosquitoes from laying eggs. For example, buckets.



You can find out more on the Victorian Department of Health website.
www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-diseases
You can also scan the QR code.

