

Beat the bite!

Mosquito-proof your holiday



The best holidays are often spent at the beach, river or lakeside. But don't let mosquitoes ruin your well-earned break. Follow these simple steps to keep mosquitoes away during your holiday.

Know what to expect before you leave home

Mosquitoes need water to breed. Heavy rains and flooding coupled with warmer temperatures can bring more mosquitoes. If you plan to visit an area that has recently experienced heavy rain or are travelling to a tropical location that regularly experiences warmer temperatures, it's a good idea to find out what you can expect and what precautions you need to take. Talk to local tourism operators.

Ensure your accommodation is mosquito-proof

- Check that your accommodation, including caravans, have fly screens fitted to doors and windows, and that outdoor entertaining areas are enclosed.
- Use a tent that is factory-treated with a residual insecticide, or visit a camping store to purchase product that you can apply to your tent.
- Use a mosquito net that is treated with a residual insecticide when sleeping outdoors, including in a tent or cabin.

Pack repellent

- Pack enough picaridin or DEET containing repellent. This is particularly important when travelling overseas where it can be difficult to obtain effective products. Even when travelling in Australia, if you have a preferred repellent, make sure you pack it because you may not be able to purchase your favorite product in every store.
- Remember that mosquitoes may be present as soon as you arrive at your location, including at airports. Consider packing a small amount of repellent (a roll-on) in hand-luggage so you can apply it when you reach your destination.
- Consider packing mosquito coils and insecticide containing candles in your luggage.

Wear the right clothing

- Many mosquitoes can bite through tight clothing.
- Wear long, loose-fitting clothing. Make sure the cuffs around your ankles and wrists are firm so mosquitoes can't fly under your clothes.
- Wear socks and shoes where possible. Mosquitoes love to bite these spots, and people forget to put repellent on this area.
- Apply repellent to all remaining exposed skin. Remember that mosquitoes can also bite your scalp, so wear a loose hat.

If you have any concerns about your health, see your doctor or phone **NURSE-ON-CALL 1300 60 60 24**

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne. (October 2016)