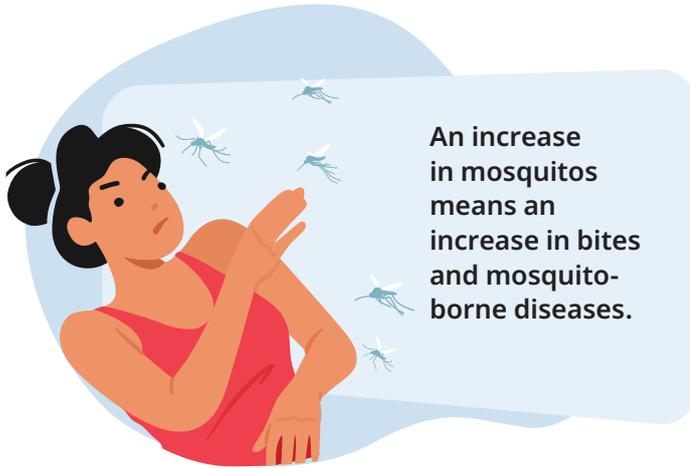
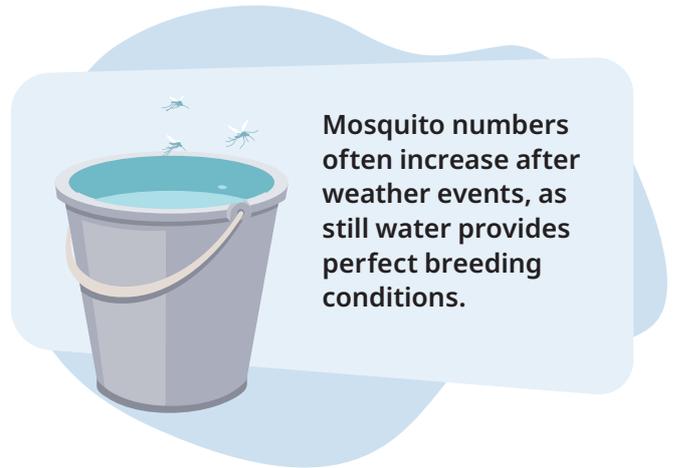


Protect yourself against mosquitoes



An increase in mosquitos means an increase in bites and mosquito-borne diseases.



Mosquito numbers often increase after weather events, as still water provides perfect breeding conditions.

To avoid being bitten by mosquitos:

- ✓ apply insect repellent containing DEET or Picaridin on exposed skin, especially at dawn or dusk
- ✓ wear long, loose, light-coloured clothing and closed-in footwear
- ✓ use mosquito coils outside or plug-in insecticide devices indoors
- ✓ use bed, cot, and pram mosquito netting
- ✓ close windows and doors at dusk where possible
- ✓ check the flyscreens in your home are in good condition.

You can stop mosquitos breeding by:

- ✓ cleaning up debris around your house and yard
- ✓ empty or remove containers holding water around your house and yard
- ✓ checking mosquito-proof screens are fitted on water tanks.

The best way to prevent getting sick is to stop mosquitos breeding and avoid getting bitten.



If you or anyone in your household is experiencing any health effects, seek medical advice from your doctor.

Call **13 HEALTH (13 43 25 84)** at any time.

Contact **13 QGOV (13 74 68)** for your nearest Public Health Unit.