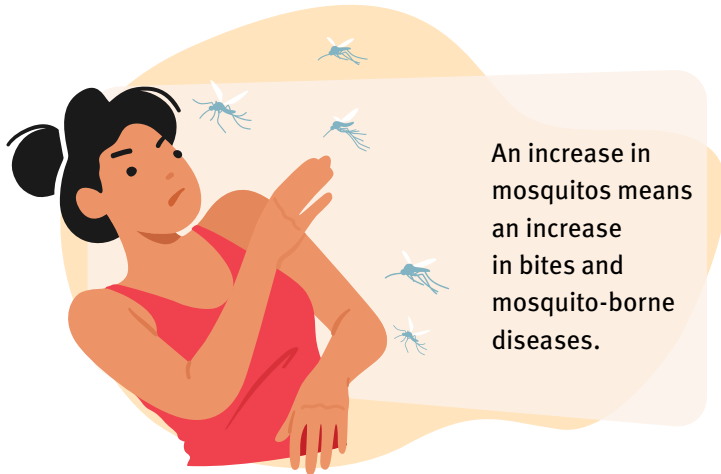
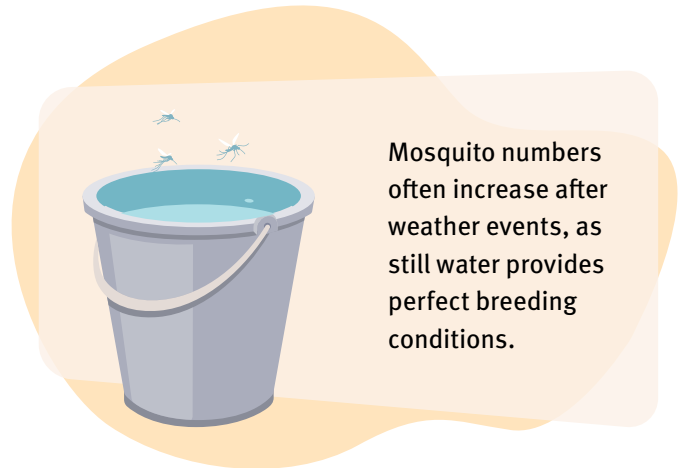


# Protect yourself against mosquitoes



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



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

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.

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.



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

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

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

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

