

# Fight the Bite!

Mosquitoes are going to be out in force this summer. Mosquitoes can give people serious diseases like Ross River Virus, Barmah Forest Virus and Murray Valley Encephalitis. Follow these 4 simple steps to protect your family from mosquito bites.



- 1 Try and avoid areas where mosquitoes are common, like swamps and marshlands.**
- 2 Wear loose, long and light coloured clothing, especially around dusk and dawn when mosquitoes are most active.**
- 3 Wear mosquito repellent. Use brands that contain either DEET or Picaridin, apply to all uncovered skin and follow the label directions.**
- 4 Get rid of mosquitoes around the house by using plug-in insecticide mats, flying insect knock-down sprays and fly screens. Remove any water-holding containers outside the house where mosquitoes could breed.**



For more information: [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

February 2011 © NSW Health 11/731



Health