

Avoid Being Bitten

Steps to take to avoid being bitten by mosquitoes:

- Mosquitoes are most active during dawn and dusk. Try to avoid being outside during these times.
- Ensuring insect screens on houses are installed and completely mosquito-proof. If camping, use mosquito nets and mosquito-proof tents.
- Wearing long, light coloured, loose-fitting protective clothing when outdoors in mosquito-prone areas, (mosquitoes can bite through tight clothing).
- Apply personal repellents containing DEET (diethyl toluamide) or picaridin to all areas of exposed skin. The most effective and long-lasting formulations are lotions or gels. Most natural or organic repellents are not as effective as DEET or picaridin.
- Ensuring infants and children are adequately protected against mosquito bites, preferably with suitable clothing, bed nets or other forms of insect screening. Only infant-strength repellents should be used on children.
- In outdoor entertainment areas use products such as mosquito coils and citronella to repel mosquitoes. These are available at supermarkets and hardware stores. Electronic Bug Zappers are also available from hardware stores and are an effective device that use a ultra-violet light to attract mosquitoes then kills them with an electric charge.
- Recognise and avoid areas of mosquito activity, eg, swamps, wetlands, salt marshes and billabongs.
- Turn off the front lights to your house. Many mosquitoes are attracted to light.

