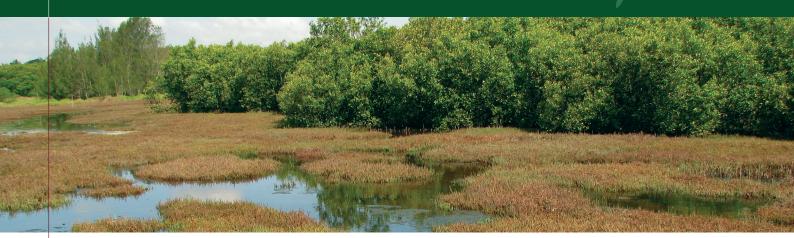
## Fight the Bite!

## Protect yourself from Japanese encephalitis virus

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.
- Wear loose, long and light coloured clothing, especially around dusk and dawn when mosquitoes are most active.
- Wear mosquito repellent. Use brands that contain either DEET, Picaridin or oil of lemon eucalyptus (OLE), 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.

