

Vaccinated people should still take measures to avoid mosquito bites, and the best way to avoid Japanese encephalitis is to not get bitten by mosquitoes.

Protect yourself by:

- using insect repellent. The best mosquito repellents have diethyltoluamide (DEET), picaridin, or oil of lemon eucalyptus
- wearing long, loose fitting and light-coloured clothing when outside, and covered shoes
- not spending lots of time outside at dawn and dusk when mosquitoes are most active
- covering all windows, doors, vents, and other entrances with insect screens
- removing any water-holding containers around your home where mosquitoes may breed
- use insecticide sprays, vapour dispensing units (inside), and mosquito coils (outdoors) to clear rooms and repel mosquitoes from an area
- ensuring your tents have fly screens or bringing mosquito nets when camping.

Speak to your doctor, pharmacist or Aboriginal Medical Service about getting a JEV vaccine today.

For more information and to check your eligibility for a free JEV vaccine, visit the website or scan the QR code below.

www.health.nsw.gov.au/jevaccine



NSW Health

Take the steps to protect yourself from Japanese encephalitis

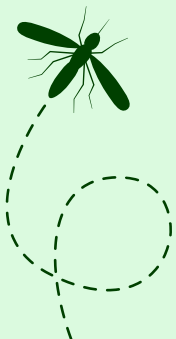


Japanese encephalitis is a rare but serious illness caused by being bitten by a mosquito infected with the Japanese encephalitis virus (JEV).

Less than 1% of people infected with JEV experience symptoms, which typically include fever, joint pain, and rash.

Occasionally, JEV can cause severe neurological illness with headache, convulsions, reduced consciousness and death.

To reduce the risk of serious disease from JEV, it's recommended you **get a JEV vaccine**. You can get the vaccine at any time of the year, ideally 4 weeks before the mosquito season begins (generally September or October each year). Most people who are fully vaccinated do not require a booster dose.



The Japanese encephalitis vaccine is safe and effective for people aged 2 months and older. Once fully vaccinated, it can take between **2 to 4 weeks** for your body to develop a protective immune response to the disease, so if you're eligible, you should get vaccinated as soon as possible.

As with most vaccinations, there are some common side effects:

- pain
- tenderness
- redness
- swelling where the vaccine was given.

Fever may occur, more often in children. Headache or muscle aches can also occur, mainly in adults. These side effects usually go away within a few days.

Severe reactions to JEV vaccine are very rare. As with any medicine, there is a very small chance of a vaccine causing a severe allergic reaction.

Some people are eligible for a FREE Japanese encephalitis virus vaccination in NSW.

Scan the below QR code to find out if you are eligible for a FREE JEV vaccination.

