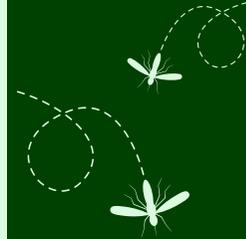


How can I reduce mozzies around my home?

Mozzies like to lay their eggs around stagnant water. You can reduce mozzies around your home by:

- cleaning up your backyard to remove all water-holding containers, including buckets, tyres and toys
- flushing and wiping out bird baths, pet water bowls and water features once a week
- filling pot plant bases with sand to avoid standing water
- storing anything that can hold water undercover or in a dry place, and keeping bins covered
- flushing out the leaves of water-holding plants (e.g. bromeliads) once a week
- keeping drains and roof guttering clear of leaves
- keeping your lawns mowed
- covering or securely screening the openings of septic tanks and rainwater tanks.



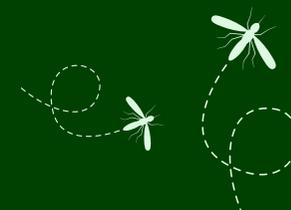
NSW Health

Keep mozzies away

Take the steps to protect yourself

For more information on how you can protect yourself against mozzie bites and mosquito-borne diseases, visit:

www.health.nsw.gov.au/keepmozziesaway



Detections of mosquito-borne diseases have been reported in NSW this year. Now that some mosquitoes carry viruses that can make you really sick, it's more important than ever to protect yourself from bites.



Avoiding mozzie bites is the best way to protect yourself from the diseases they can carry.

How do insect repellents work?

Repellents work by confusing a mozzie's senses such as smell and taste to prevent them finding and biting your skin.

Unlike fly sprays, spraying mozzie repellents will stop mozzies from biting you, but it won't kill them. Repellents only protect the areas they cover. Be sure to apply repellent evenly to all areas of exposed skin.

Are insect repellents safe?

Insect repellents that contain diethyltoluamide (DEET), picaridin and oil of lemon eucalyptus are proven to be safe and effective. They are registered with the Australian Pesticides and Veterinary Medicines Authority (APVMA) which checks that products are safe and effective. There is no evidence that mosquito bands or patches work against mozzies, and natural repellents only provide limited protection.

Make sure you use approved products and read the instructions on the label.

How can I correctly apply insect repellent?

Follow these simple tips when applying repellent to give you and your family the best protection against mozzie bites:

- ✓ parents and carers should apply repellent to young children - never allow children to apply their own repellent
- ✓ apply repellent evenly to all exposed areas of skin and rub in with your hands
- ✓ if you're using sunscreen, apply the sunscreen first and then apply repellent
- ✓ when putting repellent on your face, rub the repellent into your hands first and then apply to your face – don't spray near your eyes and mouth
- ✓ reapply more frequently during strenuous activity, hot weather, and after swimming
- ✓ always follow the product label instructions.

How long does repellent work for?

Repellent can work for up to a few hours when applied correctly, but it depends on the type and concentration of the active ingredient. The higher the concentration, the longer it will last.

When choosing a repellent, you should choose those with the active ingredients of either DEET, picaridin or oil of lemon eucalyptus. Reapply repellent according to product label instructions.



How else can I protect myself from mozzie bites?

Preventing mozzie bites means avoiding those annoying itchy lumps, as well as the diseases they can carry. Other ways to avoid mozzie bites include:

- wear long, loose fitting and light-coloured clothing when outside, as well as closed shoes with socks
- ensure all windows, doors, vents and other entrances to your home are covered with insect screens
- remove stagnant water and water-holding containers around your home where mozzies can breed
- use insecticide sprays, vapour dispensing units (indoors) and mosquito coils (outdoors) to repel mosquitoes from an area
- avoid spending lots of time outdoors at dawn and dusk when mosquitoes are most active
- ensure sleeping areas, including tents, are properly fitted with mosquito nets or screens.

