

# How can I protect myself from mozzie bites?



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. Ways to avoid mozzie bites include:

- apply and regularly reapply an effective topical insect repellent - the most effective mosquito repellents contain diethyltoluamide (DEET), picaridin, or oil of lemon eucalyptus
- 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 stagnate 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



For more information on how you can protect yourself against mozzie bites and mosquito-borne diseases, visit: [www.health.nsw.gov.au/keepmozziesaway](http://www.health.nsw.gov.au/keepmozziesaway)