

# 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.
- 2** Wear loose, long and light coloured clothing, especially around dusk and dawn when mosquitoes are most active.
- 3** 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.

For more information: [health.nsw.gov.au](https://health.nsw.gov.au)

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