



### CREATING A mosquito free zone

Mosquitoes breed in still or stagnant water. Their breeding sites include swamps, ground pools, gutters and containers. It only takes two to three weeks to produce large numbers of mature mosquitoes.

They can travel as far as 10 kilometres in search of food, resting and breeding along the way.

During the day, most mosquitoes rest and hide in cool shady areas away from direct heat before emerging at dusk to feed. However, some mosquito species, especially along the coast, bite during the day as well.

Your home could be a potential site for mosquitoes, so take steps to reduce mosquito numbers and your exposure to mosquito-borne disease. Keep your yard well-maintained, mow lawns regularly and clear vegetation areas of moist, tangled undergrowth.

Don't grow your own mosquitoes. Clean up your yard and remove all water-holding rubbish, regularly flush out potplant bases, keep house guttering clear and make sure openings of septic tanks and water tanks are covered and screened securely.

### AND FOR THE farmers

If you live on a farm or a large property, mosquitoes can breed in a number of places, so take the following precautions to reduce that likelihood.

- Keep dams and ground pools free of vegetation.
- Check dam walls and irrigation bays for water leaks.
- Be careful not to over-irrigate, to avoid water from collecting in low lying areas for long periods of time.
- Do not let irrigation water flow into and lie undisturbed in roadside table drains.

### FOR further information

Contact details for public health units are found under 'H' for health in the Telstra white pages or on the NSW Health website: [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

Further copies are available from:

Environmental Health Branch  
PO Box 798  
Gladesville NSW 2111  
Tel. (02) 9816 0234  
Fax. (02) 9816 0377

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SHPN (EH) 020057

# WARNING:

## Mosquitoes are a health hazard



NSW HEALTH

## This summer, use a repellent and cover up to guard against mosquito-borne disease



**Mosquitoes** spread human disease, such as Murray Valley Encephalitis, Barmah Forest Virus and Ross River Virus. During summer and warm weather make sure you take special care to protect yourself, your family and your friends from mosquito bites. When outdoors playing sport, fishing, camping or around the barbeque use a repellent.

For further information on mosquito-borne diseases: [www.health.nsw.gov.au](http://www.health.nsw.gov.au) or contact your local public health unit.

### USE A repellent

Many mosquitoes become active around dusk, although some species are also active during the day. The key time to take special care against mosquito bites is just prior to and for two hours after dusk—the time of day when many of us go outside.

Your chances of being bitten by mosquitoes at this time are extremely high, particularly if you are unprotected and exposed.

- Use an effective repellent on exposed skin areas. Reapply every few hours, as protection wears off from perspiration, particularly on hot nights.
- The best mosquito repellents contain Diethyl Toluamide (DEET less than 20%) or Picaridin, so check the label.
- Note, however, that prolonged or excessive use of repellents can be dangerous, particularly on babies and young children. Avoid putting repellent near eyes and mouth and spread sparingly over the skin.



- Cover your clothes with repellent as mosquitoes can bite through material, but be careful, some repellents stain clothes.
- Light mosquito coils or plug in a mosquito mat. Note, however, that devices that use light to attract and electrocute insects have not been proved to be effective in reducing mosquito numbers.

### cover up AND TAKE CARE

It only takes common sense to reduce your chances of picking up a serious mosquito-borne infection.

- Ensure you cover all windows, doors, chimneys, vents and other entrances with insect screens that are in good condition.
- Provide mosquito netting, where necessary—both indoors and outdoors.
- Cover up as much as possible. Wear light coloured, loose fitting clothing and sensible footwear. Avoid tight clothes.

