DON'T WING IT

WITH MOSQUITOES

CAMPING OR HIKING?

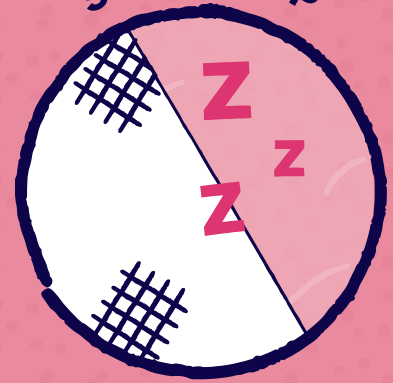Make sure to protect yourself against mosquitoes carrying diseases.

COVER UP

Wear long, loose-fitting, light-coloured clothes to cover your skin, as well as closed shoes with socks.

APPLY

Use mosquito repellent, containing either picaridin or DEET on all exposed skin.

SCREEN UP

Sleep under a mosquito net if you are not protected by insect screens.

For more information: www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease.