

Protect yourself from mosquito bites



Mosquitoes in Queensland can carry serious diseases. You can catch these diseases if you are bitten by an infected mosquito.

Mosquito borne diseases to be aware of in Queensland include:

- ✓ Ross River
- ✓ Barmah Forest
- ✓ Dengue
- ✓ Japanese encephalitis (JE)
- ✓ Murray Valley encephalitis (MVE).

Mosquito borne diseases can cause mild symptoms or very serious symptoms. You may experience symptoms such as:

- ✓ pain in muscles and joints
- ✓ rashes
- ✓ headaches
- ✓ fever.

Sometimes it can take up to 2 weeks for symptoms to appear.

See a doctor if you get symptoms

If you or anyone in your household is experiencing symptoms after being bitten by mosquitoes, contact your doctor.

In an emergency, call Triple Zero (000).

Reduce the risk of mosquito bites

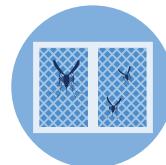
There are simple things you can do to protect yourself and your family from mosquito bites.



Cover up with loose-fitting, light-coloured clothing and covered footwear.



Apply insect repellent containing DEET, picaridin or oil of lemon eucalyptus.



Stop mosquitoes from getting inside. Cover doors and windows with insect screens. Make sure your screens are in good condition.



Clean up around your home. Empty, remove or drain any standing water to prevent mosquito breeding.



Limit outdoor activities when mosquitoes are active.