



Fact Sheet



Mosquitoes: Protect Yourself and Your Household

Cover up

- Wear loose-fitting, light-coloured clothing and covered footwear.

Apply insect repellent

- Use an effective insect repellent on exposed skin, preferably one that contains DEET, Picaridin or Oil of Lemon Eucalyptus.
- When outdoors, use mosquito coils & candles to repel mosquitoes. When indoors, use insecticide sprays or vapour dispensing units. Read and follow all directions and precautions on the product label.

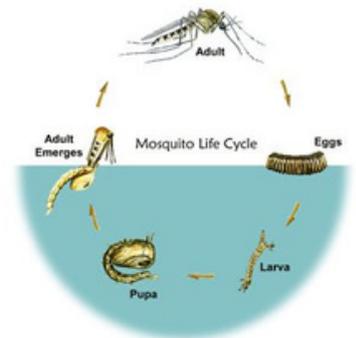
Protect children

- Do not allow children under 5 years to apply repellent to themselves.
- Repellents should be applied to the hands of a carer first, and then applied evenly to the child's exposed skin.
- Repellent is not recommended for infants under the age of 3 months.
- Protect babies under 3 months with light-coloured clothing covering their arms, legs and feet and use mosquito nets to cover prams and cots.

Prevent Mosquito Breeding

Mosquitoes breed in stagnant water. By eliminating potential breeding sites, we can significantly reduce mosquito populations by following these practices:

- **Eliminate Standing Water:** Regularly empty containers like buckets, plant saucers, and old tires that can collect water.
- **Maintain Gutters:** Ensure gutters are clean and free of debris to prevent water accumulation.
- **Cover Water Storage:** Keep rainwater tanks and other water storage containers sealed to block mosquito access.
- **Mindful Irrigation:** Avoid overwatering lawns and gardens to prevent water pooling.
- **Refresh Water Sources:** Change water in bird baths and pet bowls frequently.



Stop mosquitoes from getting inside

- Cover doors and windows with insect screens.
- Make sure insect screens are in good condition with no visible damage.
- Use mosquito nets if doors and windows are not fitted with insect screens

Avoid mosquitoes when they are most active

- Mosquito bites can be experienced at any time of day, but some species are most active at dusk and dawn.

Your Participation Matters:

- By adhering to these guidelines and supporting community efforts, we can collectively reduce the risk of mosquito-borne diseases and irritation.

For more information, visit:

www.health.qld.gov.au/public-health/disaster/public-health-advice/mosquitos-and-black-flies