

## DON'T LET MOSQUITOES BITE ★ INTO YOUR HOLIDAY ★

In summer we love holidaying and being outside but it's also when mosquitoes breed and bite.

### Why cover up, repel and eliminate?

There is currently **NO CURE** and **NO VACCINE** to protect against Ross River or Barmah Forest virus so the only way to protect yourself and your family is to avoid being bitten.

## ★ FIGHT THE BITE, DAY AND NIGHT ★

Many mosquitoes are at their biting best around dusk and dawn, but some can bite day and night.



### COVER UP

Wear long, loose fitting, light coloured clothing, covering as much of the body as you can. Mosquitoes can bite through tight clothes like jeans.



### REPEL

Use insect repellent containing DEET (diethyl toluamide) or picaridin and always follow instructions on the label.



### ELIMINATE

Stop mosquitoes breeding in water pooling around your holiday house, shack, boat, caravan or tent.

## ★ HOLIDAY HOUSES, SHACKS, BOATS, CARAVANS AND TENTS

Mosquitoes breed in still water, fresh or salty, and often in puddles and containers.

- Look for and reduce mosquito breeding sites around your holiday house, shack and caravan or camping ground by emptying or covering anything that holds water.
- Make sure windows and openings are fitted with mosquito-proof mesh. Cover your sleeping areas or beds with mosquito nets if you don't have insect screens, or if you're camping outdoors near a creek, water hole, swamp, river or in long grass.
- Boats, canoes and dinghies should be stored so they don't hold water.

### Other safe guards

Mosquito coils can help protect from mosquitoes when outside but always follow instructions on the label.

### For more information

Contact your local council or call  
SA Health on **(08) 8226 7100** or visit  
[www.sahealth.sa.gov.au/FightTheBite](http://www.sahealth.sa.gov.au/FightTheBite)



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## ★ ★ ON HOLIDAY ★ ★



PROTECT  
YOURSELF



against  
DISEASE-CARRYING  
MOSQUITOES  
★★★★★★

★ FIGHT *the* BITE ★

★ COVER UP. REPEL. ELIMINATE. ★

## ★ COMMON MOSQUITO-BORNE DISEASES IN SOUTH AUSTRALIA ★

The most common disease spread by mosquitoes in South Australia is Ross River virus, followed by Barmah Forest virus.

There is currently **NO CURE** and **NO VACCINE** for either virus. A blood test by a doctor confirms if you're infected and symptoms include:

- rash
- joint and muscle pain, swelling or stiffness
- flu-like symptoms (fever, chills, headache)
- tiredness or weakness
- a feeling of being unwell.

There is no specific treatment for either virus but paracetamol can be used to treat the pain and fever. Remember to always follow your doctor's advice and any medicine labels.

Most people recover in a few weeks but sometimes symptoms can last for a few months, and in some cases for over a year.

### More serious mosquito-borne diseases

Some mosquitoes can spread rare, but more serious and sometimes fatal diseases when they bite. These include Murray Valley encephalitis and Kunjin viruses.

## TRAVELING INTERSTATE OR OVERSEAS

Before you travel always plan, prepare and pack.

### ★ AUSTRALIA ★

Ross River and Barmah Forest viruses can occur in other parts of Australia too. There are also a number of other mosquito-borne diseases that are serious and may be fatal like Murray Valley encephalitis, Kunjin virus and dengue fever.

### ★ OVERSEAS ★

- In some countries, serious and sometimes fatal diseases such as chikungunya, malaria, dengue fever, Japanese encephalitis and yellow fever are common.
- Seek a doctor's advice about how to prevent malaria before you travel. This may include taking specific medicines.
- Seek a doctor's advice about vaccinations for yellow fever and Japanese encephalitis if there is a risk from these diseases.

### Plan. Prepare. Pack.

- Research where you're going and any common health risks.
- At least 8 weeks prior to traveling, speak with your regular doctor or travel medicine doctor about where you're going and how to protect yourself.
- Pack enough loose fitting, light coloured clothes, insect repellent, and if you need it, a mosquito net.

### More Information:

Smart Traveller [www.smartraveller.gov.au](http://www.smartraveller.gov.au)

## ★ PROTECT YOUR BABY OR TODDLER ★

- Dress them in long, light coloured, loose fitting clothing that covers their arms and legs.
- Use mosquito-proof mesh on doors and windows so mosquitoes can't come inside.
- When outdoors use mosquito-proof netting over prams and strollers.

### Mosquito repellents

- Under 2 months of age - repellents are not recommended.
- From 2 months of age onwards - repellents containing 10% DEET can be used.
- From 12 months of age - repellents containing picaradin can be used.
- From 3 years of age - repellents containing PMD (p-Menthane-3, 8-diol, the active ingredient in oil of lemon eucalyptus) can be used.

### Caution

- Do not allow children to apply repellents.
- Avoid applying repellents to hands or near their eyes or mouth.
- If repellent is applied, wash the child's skin and clothes when you go back inside.
- Always read and follow the instructions on the label, especially for babies and pregnant or breastfeeding women.