

MOSQUITOES CAN BE MORE ★ THAN ANNOYING ★

We all know mosquitoes can be a nuisance, but some can spread serious diseases when they bite.

Why cover up, repel and eliminate?

There is currently **NO CURE** and **NO VACCINE** to protect against Ross River virus or Barmah Forest virus.

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.



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 property.

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 picaridin 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.

For more information

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



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★ ★ ★ AT HOME ★ ★ ★



★ 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 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.

- Murray Valley encephalitis, Japanese encephalitis and Kunjin/West Nile viruses can be spread by mosquitoes in South Australia and other parts of Australia.
- Dengue fever can be spread by mosquitoes in North Queensland.
- Chikungunya, Japanese encephalitis, malaria, yellow fever and dengue fever can be spread by mosquitoes in some overseas countries.

★ COVER UP WITH CLOTHING ★



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

★ REPEL WITH REPELLENT ★



- When outdoors, apply insect repellent containing DEET (diethyl toluamide) or picaridin and always follow instructions on the label.
- Mosquito coils can help protect from mosquitoes when outside but always follow instructions on the label.

• ★ ELIMINATE WITH ★ HOUSEHOLD PROTECTION



Simple changes around the home can help to reduce or eliminate mosquitoes.

Stop mosquitoes coming indoors

- Place mosquito-proof mesh on doors and windows.
- Cover your sleeping areas with mosquito nets if you don't have insect screens.
- Aerosol knockdown or surface insect sprays can help control mosquitoes inside the home but always follow instructions on the label.

Stop mosquitoes breeding

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

- Cover rainwater tanks, septic tank openings, wells or other large water containers with mosquito-proof mesh.
- Maintain roof gutters and remove leaves and debris so that pools of water do not form.
- Keep edges of dams clear of vegetation.
- Empty and refill bird baths, stock troughs and drinking water containers of pets at least once a week.
- Maintain and disinfect swimming pools.
- Empty wading pools at the end of each day.
- Ornamental ponds, unused swimming pools or other water bodies should be either emptied or stocked with small Australian native fish to eat any mosquito larvae ('wigglers').

Water conservation, collection or storage

Mosquitoes can also breed in containers or tanks used to store stormwater, greywater and rainwater.

- Containers should be emptied, fitted with a well sealing lid, or openings covered with mosquito-proof mesh.
- If mosquito larvae ('wigglers') are present then screen or close-off the point of entry.
- Do not allow water to pool in containers below the outlets or taps.

As a last resort, rainwater tanks can be treated by adding a small amount of liquid paraffin or domestic kerosene. Do not apply kerosene if water levels are low.

Add 5ml of kerosene or 1 teaspoon for a 1kl tank – up to 15ml or 3 teaspoons for a 10kl tank. When using paraffin, double the dose.

NOTE Consult your rainwater tank manufacturer about whether kerosene can be used. Commercial or industrial kerosenes, such as power kerosene for tractors, should not be used in rainwater tanks.