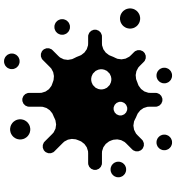


# Mosquitoes

Warm weather in the summer months brings more mosquitoes. Some can carry diseases that can transmit to humans when they bite you.

## Did you know?



The most common disease mosquitoes in the Loddon Mallee region carry is Ross River Virus, which most people recover from completely within three to six months.

There are other serious infections that have been reported in Victoria and other south-eastern Australian states. This includes Murray Valley Encephalitis and Japanese Encephalitis.

## What to do

**1**

### Prepare your home:

- Get rid of water laying around
- Replace water in pet bowls, bird baths and water features weekly
- Cut long grass, shrubs and bushes
- Clean gutters and swimming pools
- Seal water tanks with mosquito proof screens or flap valves
- Maintain fly screens on openings to home.
- Use insect surface sprays both inside and outside

**2**

### Protect yourself from bites:

- Use mosquito repellent containing DEET or picaridin on all exposed skin
- Wear loose-fitting, light-coloured clothes
- Try to limit outdoor activity during the evening when mosquitoes are more active
- If on holiday, make sure your accommodation is fitted with mosquito netting or screens

**3**

### Get the Japanese Encephalitis (JE) vaccine:

If you live or work (including seasonal workers) in the high-risk local government areas and regularly spend time in the outdoors, you are likely eligible for the JE vaccine. In the Loddon Mallee, this includes:

- Bendigo
- Buloke
- Campaspe
- Gannawarra
- Loddon
- Macedon Ranges
- Mildura
- Swan Hill



1800 959 400

[bendigohealth.org.au/mosquitoes/](https://bendigohealth.org.au/mosquitoes/)