

★ FIGHT *the* BITE ★

With the recent heavy rainfalls mosquitoes will become more prevalent, residents are encouraged to “Fight The Bite”, to prevent irritation and mosquito borne illness.

You should consult your doctor if you experience the following otherwise unexplained symptoms:

- fever
- drowsiness
- headache
- stiff neck
- nausea
- dizziness
- skin rashes
- painful or swollen joints
- sore muscles
- flu-like symptoms (fever, chills, headache)
- tiredness or weakness.

More information can be found at:

<http://www.fightthebite.com.au/>

Prevent mosquito bites

Many mosquitoes bite around dusk and dawn, but some can bite day and night. The only way to prevent mosquito-borne disease is to avoid being bitten. Know how to prevent mosquito bites – cover up, repel, clean up.



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. Make sure children are also appropriately covered up.



Repel

Use [insect repellent](#) containing DEET (diethyltoluamide) or picaridin and always follow instructions on the label.



Clean up

Stop mosquitoes breeding in water pooling around your home or holiday accommodation by emptying water from containers and draining areas where water ponds, such as low lying areas or gutters that don't fully drain.