

Living with Mosquitoes

REDUCING MOSQUITO BITES IN THE LOCAL AREA

Mosquitoes are always active during the warmer months with populations greatest during summer and early autumn, particularly following rainfall or high tides.

Personal protection is the best way to reduce biting by mosquitoes and, if you are active outdoors or living close to wetlands, there are some simple measures you can take to protect yourself and your family from mosquito bites:

- § Avoid going outside around dusk and dawn as during these periods mosquitoes are most active, particularly close to wetland or bushland areas.
- § Wear light-coloured loose fitting clothes including long sleeved shirts, pants and covered footwear where possible.
- § Apply an insect repellent (the best repellents contain at least 20% DEET or Picaridin) to exposed skin. Most 'natural' insect repellents (usually containing plant extracts such as citronella and eucalyptus) only offer limited protection and may not provide sufficient protection alone from mosquitoes.
- § Burn insect repellent coils or sticks, or use electronic heat pads. The most suitable products are those that include an insecticide (e.g. bioallethrin) that kills mosquitoes rather than simply repelling them.
- § Avoid sonic buzzers or other gadgets that claim to use sound to repel mosquitoes, as these products have been shown to be ineffective.
- § Ensure flyscreens are properly fitted to doors and windows, and are kept in good condition. Cover chimney tops or ventilation vents during the summer months.
- § Sleep under mosquito nets in unscreened houses or while camping.
- § When mosquitoes are present, spray an environmentally acceptable aerosol underneath beds, behind furniture and other dark places before dusk.

