

# Protect yourself from mosquitoes



**Mosquitoes can spread Japanese encephalitis.  
It is a rare but serious infection.**

- > Wear loose and light-coloured clothing with closed shoes when you are outdoors
- > Avoid staying outdoors at sunrise and sunset
- > Apply insect repellent on skin that contains DEET, picaridin, or oil of lemon eucalyptus
- > Use insecticide sprays and mosquito coils
- > Cover windows and doors with insect screens
- > Remove containers with water outside your house where mosquitoes can breed

**If you have any health concerns and need language support,  
call TIS 131 450 and ask for Health Direct Tel. 1800 022 222**

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