



Health Tip



Mosquito Bite Alert



We mostly think of Mossies and their bites as a nuisance ie. Itchy bites around the BBQ, or noisily buzzing about when resting, **BUT BE WARNED** these little biters are **VERY DANGEROUS** and are responsible for transmitting a number of debilitating viral diseases such as

- **Dengue Fever, and Ross River Fever.**

Both illnesses cause the person to suffer from eg. fever attacks, tiredness, severe headaches, back and joint pains which may continue for weeks, even months.

Infection via biting mosquitos is said to occur primarily in tropical areas, but infections have also been recorded in more temperate areas of Australia, and many other parts of the world.



Because neither illness can be targeted by specific medication, prevention against being bitten remains the best and most effective weapon against these and all other mosquito borne diseases. Simple steps to reduce mosquito populations and minimise mosquito bites are:



- Mosquitos lay their eggs in water - check around your house and garden for stagnant water and eliminate these areas so that Mosquitos cannot breed.
- Protect yourself and your family from mosquitos in late afternoon and dusk by wearing light covered clothing that covers as much of the body as possible.
- Application of mosquito repellent containing DEET on exposed skin and clothing decreases the risk.(remember to keep some in you travel kit and use it)
- Ensure that windows and doors of your house are screened. If you find mosquitos where you are living/sleeping/visiting, (Hotels, Motels) kill them using insecticide before you go to sleep. (again a good item to keep in the travel kit)



Pass this alert around to family, friends and work mates, the above steps will help reduce the risk of being bitten and or becoming seriously ill as a result of being bitten.



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