

DON'T LET MOSQUITOES BITE ★ INTO YOUR HOLIDAY ★

In summer we love holidaying and being outside but it's also when mosquitoes breed and bite.

Why cover up, repel and eliminate?

Mosquitoes can be a nuisance, but some can also spread serious diseases when they bite.

Mosquito-borne diseases spread in South Australia include Ross River virus, Barmah Forest virus, Murray Valley encephalitis and Japanese encephalitis virus, among others.

An important step to protecting yourself and your family is to avoid being bitten.

★ FIGHT THE BITE, DAY AND NIGHT ★

Many mosquitoes are at their biting best around dusk and dawn, but some can bite day and night.



COVER UP

Wear long, loose fitting and light coloured clothing, covering as much of the body as you can. Mosquitoes can bite through tight clothes like jeans.



REPEL

Use insect repellent containing DEET (diethyl toluamide), picaridin or PMD (p-Menthane-3, 8-diol, the active ingredient in oil of lemon eucalyptus) and always follow instructions on the label.



ELIMINATE

Stop mosquitoes breeding in water pooling around your house, shack, boat, caravan or tent.

TRAVELING IN SOUTH AUSTRALIA

Mosquitoes breed in still water, fresh or salty, and often in puddles and containers.

- Look for and reduce mosquito breeding sites around your holiday house, shack and caravan or camping ground by emptying or covering anything that holds water.
- Make sure windows and openings are fitted with mosquito-proof mesh. Cover your sleeping areas or beds with mosquito nets if you don't have insect screens, or if you're camping outdoors near a creek, water hole, swamp, river or in long grass.
- Boats, canoes and dinghies should be stored so they don't hold water.

Other safeguards

Mosquito coils can help protect from mosquitoes when outside but always follow instructions on the label.

For more information

Contact your local council or call SA Health on (08) 8226 7100 or visit www.sahealth.sa.gov.au/FightTheBite



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★ SOUTH AUSTRALIA ★



★ FIGHT *the* BITE ★

★ COVER UP. REPEL. ELIMINATE. ★

★ MOSQUITO-BORNE DISEASES ★ IN SOUTH AUSTRALIA

Ross River virus/Barmah Forest virus

The most common disease spread by mosquitoes in South Australia is Ross River virus, followed by Barmah Forest virus.

Symptoms include:

- rash
- joint and muscle pain, swelling or stiffness
- flu-like symptoms (fever, chills, headache)
- tiredness or weakness
- swollen lymph nodes.

There is no specific treatment or vaccination for either virus but paracetamol can be used to treat the pain and fever. Remember to always follow your doctor's advice and any medicine labels.

Most people recover in a few weeks but sometimes symptoms can last for a few months, and in some cases for over a year.

Murray Valley encephalitis

Murray Valley encephalitis (MVE) is a rare disease in humans caused by the Murray Valley encephalitis virus. This infection can cause acute and severe illness or death.

Symptoms include:

- fever
- drowsiness
- confusion
- nausea and vomiting
- tremors
- seizures

There is no specific treatment or vaccination to prevent infection for Murray Valley encephalitis.

Japanese encephalitis virus

Japanese encephalitis is a rare but serious disease caused by the Japanese encephalitis virus (JEV).

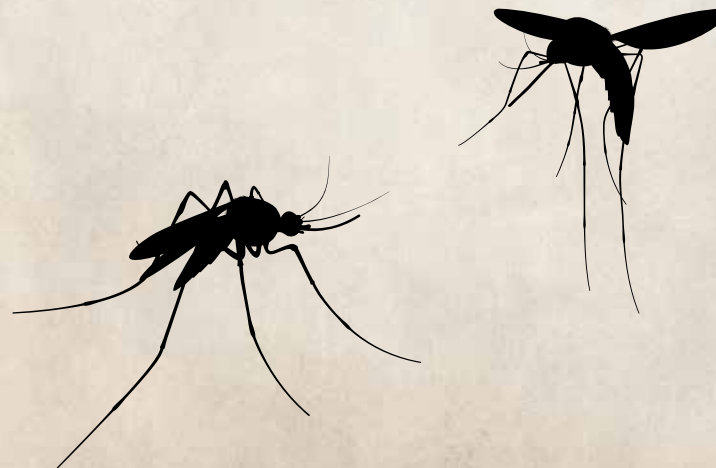
Most people with Japanese encephalitis virus infection do not experience any illness. There may be mild symptoms such as fever and headache.

A small proportion will develop encephalitis (inflammation of the brain) which can cause permanent damage to the nervous system or death. This may begin with symptoms such as tiredness, fever, headache, nausea, vomiting, or diarrhoea. It can develop into confusion, unusual behaviour, sleepiness, seizures, weakness, and abnormal movements.

If you have symptoms consistent with Japanese encephalitis, seek medical attention.

JEV cannot be spread from person to person.

Japanese encephalitis virus vaccination is free for certain eligible people who are most at risk. For information about vaccination visit www.sahealth.sa.gov.au/JEVvaccine



★ PROTECT YOUR BABY OR TODDLER ★

- Dress them in long, light coloured, loose fitting clothing that covers their arms and legs.
- Use mosquito-proof mesh on doors and windows so mosquitoes can't come inside.
- When outdoors use mosquito-proof netting over prams and strollers.



Mosquito repellents

| Repellents containing: | DEET | Picaridin | PMD |
|------------------------|------|-----------|-----|
| ≥ 2 months | ✓ | ✗ | ✗ |
| ≥ 12 months | ✓ | ✓ | ✗ |
| ≥ 3 years | ✓ | ✓ | ✓ |

Repellents should not be used on children under 2 months of age



Caution

- Do not allow children to apply repellents.
- Avoid applying repellents to hands or near their eyes or mouth.
- If repellent is applied, wash the child's skin and clothes when you go back inside.
- Always read and follow the instructions on the label, especially for babies and pregnant or breastfeeding women.