



Preventing Mosquito-Borne disease and protecting children

After a flood or heavy rainfall, mosquitoes grow and spread in the pools of water left behind. Mosquitoes can carry diseases and spread it by biting you.

The best way to prevent mosquito-borne diseases is to avoid mosquito bites!

Mosquito-borne diseases in Victoria include the Ross River virus, Barmah Forest virus, Murray Valley Encephalitis (MVE) and Japanese Encephalitis (JE) virus. JE and MVE viruses can cause severe illness and death in some people.

Some of the most effective protective measures to remember are:

- Mosquitos are attracted to dark colours and are more active at dawn and dusk, so where possible wear light coloured long loose clothing and use insect repellents during these times.
- Use repellents which contain Picaridin or DEET compound (always follow label directions).
- Avoid perfumes and aftershave lotions as mosquitos are attracted to these.
- Ensure that flywire screens on windows and doors are properly maintained to block mosquitoes from entering the home.

Using insect repellents safely with children *(as advised by Royal Children's Hospital Melbourne)*

Using an insect repellent can be helpful in preventing insect bites, and most repellents now use one of two main active ingredients – DEET or Picaridin. Always use repellent as directed by the manufacturer.

- Roll-on preparations are preferable to sprays.
- Apply sparingly to exposed skin.
- Do not use on cuts, wounds or irritated skin.
- Do not apply to areas around the eyes or mouth.
- Do not apply to the hands or fingers of young children.
- When returning indoors, wash repellent off skin with soap and water.
- Store repellents out of the reach of children.
- If you need to apply both sunscreen and repellent, apply the sunscreen first. Products combining sunscreen and insect repellent are not recommended, as sunscreen generally needs to be reapplied more often than insect repellent.

Greater Shepparton Foundation aims for inclusive, interconnected communities where everybody has an equal opportunity to participate.

To support this vision we are providing every family with a child attending kindergarten in Greater Shepparton in 2023 in-language information and an insect repellent to ensure more families in our community are informed and safe from mosquito-borne diseases and their life-long impacts.

For more information visit www.greatershepparton.foundation



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