Summer means more mozzies

Your in-laws might not be the only unexpected guests to your backyard barbecue—summer wet weather means more mozzies!

It’s time to protect yourself against mosquito bites and check your home for evidence of mosquitoes or mosquito larvae.

Sunshine Coast Hospital and Health Service’s Environmental Health Manager, Mr Peter Dyer said that not only were mosquitoes irritating, mozzie bites could also spread disease.

“It is important to cover up and take precautions against mosquito bites, especially when camping, fishing or enjoying other outdoor activities,” Mr Dyer said.

Different types of disease-carrying mosquitoes can bite at different times of the day, so it’s important to be vigilant at all times,” he said.

Protect yourself:

• Use insect repellent containing DEET or Picaridin, particularly during dusk and dawn hours when most mosquitoes are active.
• Wear long, loose clothing to help protect yourself from bites (light coloured clothes are best)
• Use a plug-in insecticide vaporiser (indoors) or mosquito coils
• Use a mosquito net over beds
• Install or repair insect screens on all doors and windows, especially in sleeping areas.

“Under the Public Health Act 2005, you could be fined by your local council if you are breeding mosquitoes around your home, so it’s important to regularly check around your home for evidence of mosquitoes or mosquito larvae,” Mr Dyer said.

Check your home:

• Tip it—tip out any water from items such as plastic containers, tarpaulins or buckets
• Store it—store anything that can hold water undercover and in a dry place, such as work equipment or trailers, and keep bins covered.
• Throw it—throw out any rubbish lying around the house such as empty containers, old tyres and excess household materials.

For more information visit www.health.qld.gov.au/mozziediseases

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