# **Template newsletter content**

## Staying safe from mosquitoes

Recent wet and warm weather has increased mosquito breeding. Mosquitoes can carry diseases that may be passed on to people through mosquito bites. The Department of Health has recently detected mosquitoes carrying Murray Valley encephalitis virus (MVE) and Japanese Encephalitis Virus (JEV) in some parts of Victoria. Mosquitos can infect people with these and other illness, which can lead to serious health problems for some people.

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

In line with community health advice, families can protect against mosquito bites by:

* using insect repellent that contains picaridin or DEET on all exposed skin if outdoors when mosquitoes are observed, from October to March. Families should always follow the instructions on the repellent to ensure it is appropriate for young children
* wearing long, loose-fitting clothing if mosquitoes are around and covering exposed skin as much as possible
* limiting outdoor activity when mosquitoes are active.

## Further information

* A [handy guide](https://www.betterhealth.vic.gov.au/sites/default/files/2022-12/DH%202211311_Protect%20yourself%20from%20mosquitoes_DL%28F%29.pdf) to help protect you and your family from mosquito-borne disease
* Better Health Channel [information about preventing mosquito-borne diseases](https://www.betterhealth.vic.gov.au/health/healthyliving/mosquitoes-can-carry-diseases).