# Template newsletter content

## Staying safe from mosquitoes

After floods and heavy rainfall, mosquitoes can grow and spread in the pools of water left behind.

While the overall risk is low, some mosquitoes carry diseases that are spread through mosquito bites. Mosquitoes are more active at dusk and dawn, but some will also bite during the day.

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

Families can protect against mosquito bites by:

* covering up as much as possible with long, loose-fitting, light-coloured clothing
* applying insect repellent that contains picaridin or DEET on exposed skin when leaving home
* limiting outdoor activity if lots of mosquitoes are active.

**[Include if school is planning to supply insect repellent:**

For the rest of this term, our school will make insect repellent containing DEET or picaridin available for students to apply when they spend time outside. Use of repellent is optional.

Please let your child’s [teacher/coordinator etc.] know as soon as possible if your child has an allergy to DEET or picaridin or you would prefer your child not to access repellent, and we will encourage them to use other mosquito protection measures in line with the Allergies Policy.]

## Further information

* Better Health Channel [information about preventing mosquito-borne diseases](https://www.betterhealth.vic.gov.au/health/healthyliving/mosquitoes-can-carry-diseases)
* A [handy checklist](https://www.betterhealth.vic.gov.au/campaigns/protect-yourself-mosquito-borne-disease) for at home to help reduce mosquito breeding sites
* Department of Health [safety advice for flood-affected areas](https://www.health.vic.gov.au/environmental-health/floods) in a range of languages.