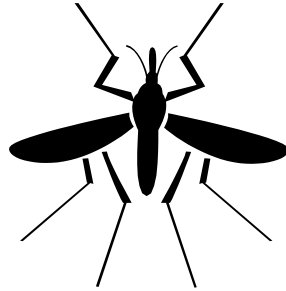


MOSQUITOES



TIPS ON AVOIDING BITES

AT WORK

- Avoid being outside unprotected before dawn and after dusk.
- Ensure that screens on doors and windows are in good order. Log any damage via a Maximo request.
- If you notice building gutters aren't clear of leaves, log a Maximo request.
- Ensure that doors are kept closed as much as possible to avoid mosquitoes from entering the building.
- Dispose of all containers which hold water. Put holes in the base of pot plant containers.
- Empty pot plant drip trays once a week or put sand around pot plant bases to absorb the water.
- Use an insect repellent that contains DEET or Picaridin on exposed skin. **University First Aid kits** hold Aeroguard spray which contains <10% DEET. Please read the manufacturer's instructions and warnings prior to application.
- Wear loose fitting clothes and light coloured clothes that cover arms and legs, particularly when outside.

AT HOME

- Replace bird baths and pets' drinking water at least once a week.
- Boats, canoes and dinghies should be overturned or have the drain plug removed so they do not hold water after rain.
- Ensure that there are no pools of water around the home where mosquitoes can breed.

Further information on **Living with Mosquitoes in the Lower Hunter and Mid-North Coast Regions** and information on a project of the same name can be found at the following link on the Hunter New England Health web site:

<http://www.hnehealth.nsw.gov.au/hneph/mosquitoes>