



CITY OF VINCENT

MOSQUITOES

Why protect against mosquitoes?

In Western Australia, mosquitoes can transmit serious diseases such as:

- Ross River Virus
- Barmah Forest Virus
- Kunjin Virus
- Murray Valley Encephalitis

There is currently no cure and no vaccine for any of these diseases. The only way to prevent infection is to avoid being bitten.

How to protect yourself

Many mosquitoes are at their biting best around dusk and dawn, but some will bite day and night. There are a number of things you can do to help avoid being affected by mosquitoes.

Use repellents

- Apply insect repellents containing DEET (diethyl toluamide) or Picaridin.
- Reapply as per product instructions, especially after swimming or sweating.
- Plan ahead for any outdoor activities. If you are hosting an outdoor BBQ, have repellent available for your guests.

Wear protective clothing

- Cover up with long, loose-fitting, light-coloured clothing.
- Treat clothing with insect repellent for extra protection.



Avoid peak mosquito activity

- Mosquitoes are most active at sunrise and sunset.
- Recognise and avoid areas of mosquito activity e.g. swamps, salt marshes, billabongs and river floodplains particularly around these times.

Protecting your home

You can help reduce mosquitoes by taking some simple steps to remove mosquito breeding habitats around your home.

Eliminate breeding sites

- Empty stagnant water in containers, gutters, and birdbaths.
- Cover or remove items that collect rainwater.
- Maintain swimming pools and rainwater tanks properly.
- Stock ornamental ponds with mosquito larvae eating fish such as goldfish. Keep vegetation away from the water's edge.
- Keep swimming pools well chlorinated, filtered, and free of dead leaves.
- Level or drain depressions in the ground that hold water.
- Fit mosquito-proof covers to vent pipes on septic tank systems. Seal all gaps around the lid and ensure leach drains are completely covered.
- Screen rainwater tanks with insect-proof mesh, including inlet, overflow, and inspection ports. Ensure guttering is not blocked and does not hold water.
- Empty pot plant drip trays once a week or fill with sand.
- Empty and clean animal and pet drinking water bowls once a week.
- Residual chemical sprays can be used to further reduce mosquitoes. This should not, however, replace the removal and prevention of backyard breeding sites which is a more effective control method.

Use physical barriers

- Install fly screens on doors and windows.
- Use mosquito nets when sleeping outdoors or in high-risk areas.
- Screen all doors and windows on your house and make sure there are no holes or tears.

Use insecticides and traps

- Use mosquito coils, plug-in vaporisers, or citronella candles in outdoor areas.
- Consider UV light mosquito traps for additional control.
- Consider using residual surface sprays on structures, particularly in shaded and sheltered areas. Use as per manufacturer's instructions.

Mosquito-borne disease symptoms

If you experience any of the following symptoms after a mosquito bite, seek medical advice:

- Fever and chills
- Joint and muscle pain
- Headache
- Fatigue
- Skin rash
- Severe cases may involve neurological symptoms (e.g., confusion, seizures)

Additional resources

Contact the Department of Health:
healthywa.wa.gov.au/

By following these simple precautions, you can reduce the risk of mosquito-borne diseases and enjoy the outdoors safely.