

FIGHT THE BITE!

Mosquito borne infections



Information for people who live in or are travelling to flood affected areas in south west and western NSW

- 1** Mosquitoes can transmit infections, including Ross River and Barmah Forest virus.
- 2** Stagnant water left behind by the recent floods and heavy rain in NSW provides ideal breeding conditions for mosquitoes.
- 3** Take simple measures to prevent being bitten by mosquitoes and reduce your risk of infection.

Summary

- In the last few months, inland NSW has experienced heavy rains and significant flooding, resulting in water lying around. This water provides ideal conditions for mosquito breeding.
- NSW Health has received reports of a large number of mosquitoes in south western and western NSW; mosquitoes in these areas have been detected carrying the Ross River or Barmah Forest virus.
- With the increased mosquito numbers, there is an increased risk for people to be infected with mosquito borne diseases, including Ross River and Barmah Forest virus. More rarely mosquitoes may carry Murray Valley encephalitis virus and Kunjin virus.
- Apply mosquito repellent regularly to exposed areas (as directed on the container). Repellents containing Diethyl Toluamide (DEET) or Picaridin are best. Repellents containing oil of lemon eucalyptus or p-Menthane-3,8-diol (PMD) also provide adequate protection.
- Devices that use light to attract and electrocute insects are NOT effective.
- When mosquitoes are present inside the room use over the counter insecticide sprays, especially behind furniture and in dark places.
- When camping, make sure your tent is well protected with flyscreens, or sleep under mosquito nets.

Signs you may have a mosquito related disease

Many people will have no symptoms if infected. However a few days after being bitten some will feel generally unwell, and may have sore joints, muscle aches, rash, fever and tiredness.

Protecting yourself from a mosquito disease

Simple steps to avoid mosquito bites include:

- Checking fly screens on all windows and doors are in place and do not have any rips or holes.
- When outside cover up as much as possible with light-coloured, loose-fitting clothing and covered footwear, especially in the early morning and evening.

Further Information

Detailed information on reducing the risk of mosquito bites at home and while travelling can be accessed from the following link:

www.health.nsw.gov.au/Infectious/factsheets/Pages/mosquito.aspx

Detailed information on control of mosquitoes during floods and public events can accessed from the following link:

www.health.nsw.gov.au/environment/factsheets/Pages/mosquito-control-floods-and-public-events.aspx



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