



## Remove items around your home where mosquitoes might breed

Mosquitoes breed in water.

Remove containers, buckets or tyres which can collect rainwater.

Otherwise, turn them upside down!



## Public Health Unit contacts:

Darwin  
1800 008 002  
(08) 8922 8044

Katherine  
(08) 8973 9049

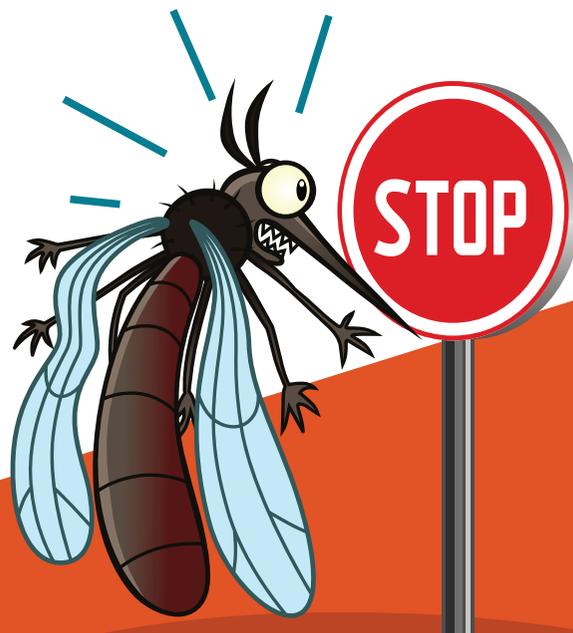
East Arnhem  
(08) 8987 0357

Alice Springs  
(08) 8951 7540

Barkly  
(08) 8962 4259



# Protect your baby from mosquito bites!



**Mosquitoes may carry viruses which can cause very serious disease such as:**

**Murray Valley encephalitis**

**and**

**Japanese encephalitis**

The viruses which cause these diseases are spread to people through mosquito bites. Symptoms of these diseases include fever, headache, nausea, vomiting and muscle aches, sometimes followed by drowsiness, confusion and seizures or fits. Always see your doctor or clinic if your baby or kids are sick.



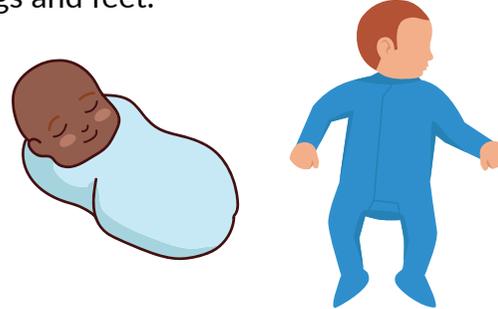
**Babies and little kids are more at risk of getting very sick or dying from these diseases than adults.**

In some areas, a vaccine is available for those older than two months to protect against Japanese encephalitis. Ask your clinic or doctor if you and your family are eligible.

## How to protect babies and kids from mosquito bites

### Cover up baby

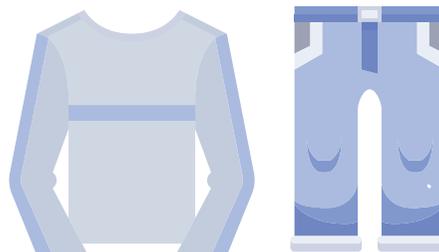
Wrap baby in a light blanket or dress baby in a onesie to cover their arms, legs and feet.



Covering up kids and babies is most important at dawn, dusk and night-time when mosquitoes are most active.

### Dress kids in clothing that covers their arms, legs and feet

Long, light-coloured loose-fitting clothing is best.



### Use mosquito repellent on older babies

Some repellents can be used on babies older than 12 months. Always read the label to make sure it is safe for the age of your baby or child. Do not allow children to apply repellent themselves.



Make sure mosquitoes can't come inside by having flyscreen on all doors and windows.

### If camping out, sleep in a mosquito-proof tent or under a mosquito net

Use mosquito-netting over prams and strollers when outside too.

