

MOSQUITO ADVICE

Residents of and visitors to Lake Clifton, Preston Beach and surrounds are advised that seasonally larger numbers of mosquitoes are once again evident in the coastal areas of Mandurah and the Peel, and care should be taken to avoid being exposed to the bite of these insects.

Mosquitoes found in these areas are known to carry diseases such as Ross River and Barmah Forrest Virus which can cause painful or swollen joints, sore muscles, skin rashes, fever, fatigue and headaches. There are no cures or vaccines for these viruses so it is very important that people take care to prevent being bitten by mosquitoes.

If you live in or are visiting the area, please consider the following avoidance activities where possible or practicable:

- **Avoid areas of high mosquito activity, especially around dawn and dusk.**
- **Wear protective (long, loose-fitting) clothing when outdoors.**
- **Use a personal repellent (preferably a longer lasting lotion or gel) containing diethyl toluamide (DEET) or picaridin. Most natural or organic repellents are not as effective as DEET or picaridin.**
- **Ensure insect screens are installed and completely mosquito-proof: use mosquito nets and mosquito-proof tents.**
- **Ensure that rain or reticulated water is emptied from any containers (tyres, buckets etc to remove potential breeding sites from around the house or farm.**
- **Ensure infants and children are adequately protected against mosquito bites, preferably with suitable clothing, bed nets or other forms of insect screening. Only infant-strength repellents should be used on small children.**

For any further information, please do not hesitate to contact the Shire's Environmental Health staff on 9733 7800.

SHIRE OF WAROONA AUGUST 2014

