小心蚊子咬！

保护你自己和家人不要染上蚊子携带的疾病

- 在户外穿宽松些的衣服，尽量遮严。
- 在暴露的皮肤上用含Picaridin（派卡瑞丁）或DEET（敌避）的驱蚊剂。
- 确保你的居室能够防蚊。
- 确保你家周围没有死水。



详情请访问 www.betterhealth.vic.gov.au

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Beat the bite!

Protect yourself and your family from mosquito-borne diseases

- Wear loose-fitting clothing when outdoors. Cover up as much as possible.
- Use mosquito repellent that contains picaridin or DEET on all exposed skin.
- Make sure your accommodation is mosquito-proof.
- Make sure there is no stagnant water around your home.



For more information visit www.betterhealth.vic.gov.au

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