

## Protecting against mosquito-borne diseases

Warm and wet weather can result in greater numbers of mosquitoes and an increased risk of illness from mosquito bites. While the overall risk is currently low, some mosquitoes may be carrying diseases that make people sick.

The best protection against mosquito-borne illness is to avoid mosquito bites.

Families can protect against mosquito bites by:

- covering up as much as possible with long, loose-fitting, light-coloured clothing
- applying insect repellent that contains picaridin or DEET on exposed skin when outdoors
- limiting outdoor activity if lots of mosquitoes are active
- clean up and remove containers and items around the home that may hold water where mosquitoes may breed.

Families with any health concerns should see their doctor or phone NURSE-ON-CALL: 1300 606 024 (available 24 hours).

## Free Japanese encephalitis vaccines

Japanese encephalitis virus is spread to humans through bites from infected mosquitoes and can cause a rare but potentially serious infection of the brain.

A free vaccine is available to some individuals to protect Victorians at higher risk of the virus.

For more information, including vaccine eligibility, refer to the Department of Health's [Japanese encephalitis webpage](#).

## Find out more

For more information on protecting against mosquito-borne diseases, families can refer to the following Better Health Channel pages:

- [Mosquitoes can carry diseases](#)
- [Protect yourself from mosquito-borne disease](#), including a handy checklist to help reduce mosquito breeding sites at home and resources translated into other languages.
- [Japanese encephalitis virus](#)