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| Floods and mosquito-borne diseases |
| Information on how to prevent mosquito-borne diseases after a flood or heavy rainfall  |
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After a flood or heavy rainfall, mosquitoes grow and spread in the pools of water left behind. Mosquitoes can carry diseases and spread it by biting you.

**The best way to prevent mosquito-borne diseases is to avoid mosquito bites!**

Mosquito-borne diseases in Victoria include the Ross River virus, Barmah Forest Virus, Murray Valley Encephalitis (MVE) and Japanese encephalitis (JE) virus. JE and MVE viruses can cause severe illness and death in some people. JE vaccine is available free-of-charge for specific people, check with your GP if you are eligible. More information about JEV vaccine can be found [[here](https://www.health.vic.gov.au/infectious-diseases/information-for-the-public-japanese-encephalitis-in-victoria)](https://www.health.vic.gov.au/infectious-diseases/information-for-the-public-japanese-encephalitis-in-victoria).

**Protect yourself against mozzie bites!**

* Cover up. Wear long, loose-fitting, light-coloured clothing.
* Use insect repellents that contain picaridin or DEET.
* Don’t forget the kids – always check the insect repellent label. On babies, spray or rub repellent on their clothes instead of their skin. Don’t apply to the hands of babies or young children.
* Don’t go out if you see lots of mosquitoes outside, especially at dusk and dawn, which are peak biting times.
* Sleep under a mosquito net if you are outdoors and not protected by insect screens.
* Use fly spray, mosquito coils, or plug-in repellent where you gather to sit or eat.
* Where there is stagnant water, avoid the area and stay indoors if possible.

# **Around the house**

* Remove water and containers that mosquitoes breed in including buckets, old tyres, fishponds, unsealed water tanks and pot plant holders.
* Water containers around the house should be emptied at least once a week.
* Cover all windows, doors, vents, and other entrances with insect screens.
* Remove waste or plants grown in drains and gutters.
* Reduce pools of water in and around yards.
* Check water tank screen is working properly and replace damaged screens.

# **Where to get help**

If you have health concerns, see your GP, or call Nurse-On-Call on 1300 60 60 24. In an emergency, call 000. For other support, reach out to your local council.

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