



MOSQUITO AWARENESS



Advice which outlines preventative measures to reduce the mosquito numbers and also guard against being bitten.

People contract disease from mosquitoes during summer from many parts of South Australia, however, the common areas are along the Murray River, Murray Lakes and coastal mangrove areas.

This should not stop people from holidaying or visiting these areas as simple protection is possible.

The most common disease passed on by mosquitoes in South Australia is Ross River virus (epidemic polyarthritis). Numbers of the disease reported vary each year.

What are the symptoms of Ross River virus?

It usually presents as severe arthritis with a fever, and may also include cold or flu-like symptoms, swollen joints, rash, chills, sore muscles, headache, weariness, depression and a feeling of being generally unwell. It is not contagious. Many patients recover in three to four weeks, however some can take as long as two years. There is no cure for Ross River virus. Consult your doctor about how to relieve symptoms.

Mosquito Prevention

Mosquito control around your home

Clean up mosquito breeding sites around your house. Mosquitoes breed in still water (fresh and salty). Empty out pot plant bases and fill with sand, clean up rubbish which may hold water, e.g. tyres, bottles, cans, and ensure proper maintenance (screens and or treatments) of rainwater tanks, swimming and wading pools and waste control systems.

Protect yourself from mosquitoes and enjoy the summer

- Wear loose fitting, light coloured clothing covering up as much of the body as possible (mosquitoes can bite through tight fitting clothing, ie jeans)
- Use an insect repellent containing DEET (Diethyl toluamide) or Picaridin to cover areas of exposed skin.
Precaution – read the label instructions for adults and children before use.
- Use insect screens on your house, unit, house boat, caravan or tent. If this is not possible, use a mosquito net.
- Aerosol knockdown or surface insect sprays are also useful for killing mosquitoes. Mosquito coils are also effective in protecting from mosquitoes.



How can I help control mosquitoes around the home?

Checklist

Mosquitoes breed in water mainly during summer.
Remove pools of waste water by following these simple steps.
Tick the box when you have completed the action.

- Inspect your house and yard to see if there is any water lying around.
- Keep fish ponds and ornamental ponds stocked with fish. Goldfish and native Australian fish are recommended.
- Put sand around the bases of pot plants to absorb water in each dish.
- Keep swimming pools chlorinated or salted. If your pool is to be neglected for a period of time for any reason, you could stock the pool with native fish.
- Dispose of all tins, jars, tyres and other rubbish items that may hold water.
- Drill holes in tyres used for swings and garden surrounds to allow water to drain from them.
- Fit screens on all windows and openings of your house.
- Empty bird baths and pets' drinking water at least once a week.
- Screen all openings to tanks, wells or other large water containers with wire gauze no coarser than 1mm mesh.
- Keep roof gutters in good repair and regularly remove leaves and debris so that pools do not form, especially in depressed sections.
- Boats, canoes and dinghies should be overturned or have the drain plug removed so that they do not hold water after rain.
- Cut back and trim trees to prevent leaves and debris from blocking roof gutters.
- Dispose of all waste water in such a way that no ponding occurs.

For more information relating to Mosquitoes, contact our Environmental Health Section on 8229 9999

