



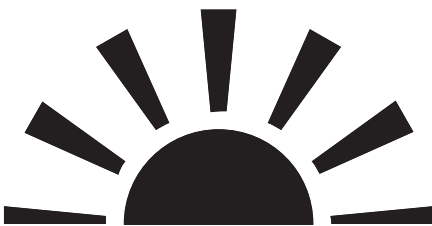
# TIPS TO AVOID MOSQUITO BITES



- Use a protective repellent containing DEET, Picaridin or oil of lemon eucalyptus (PMD)



- Wear light-coloured protective clothing (long sleeves, trousers, socks) when outdoors in mosquito prone areas and ensure that children's arms and legs are covered



- Avoid outdoor exposure around dusk and dawn, and at night near areas of dense vegetation or areas of high mosquito activity



- Use mosquito-proof accommodation and camping facilities at night · use mosquito coils, mosquito lanterns and barrier sprays containing bifenthrin in patio and outdoor areas near houses