Keep your place **mozzie-free**



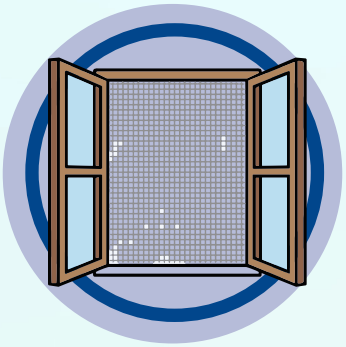
Mosquitoes can breed in very small amounts of water. Stop them by emptying water or preventing it pooling around your house.



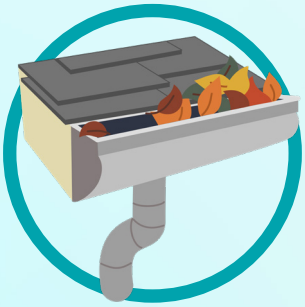
Turn over, cover or store items that hold water



Empty water from tyres, swings, buckets and pot plant trays



Close windows and doors. Use fans, aircon or repellent plug-ins



Clear blocked gutters and drains, cover or screen rain-tanks or sewage vents



Keep tarps flat to stop water pooling



Use DEET based insect repellent and wear long sleeved clothes and long pants to prevent bites

Removing mosquito breeding places:

- **stops disease-carrying mosquitoes establishing here**
- **reduces local mosquitoes that bug your family.**



Health New Zealand
Te Whatu Ora

For more information on mosquitoes and health visit: **healthnz.govt.nz/mosquitoes**

This resource is available from healthed.govt.nz. **HE9018-ENG. OCT 2026**