Keep your place **mozzie-free**



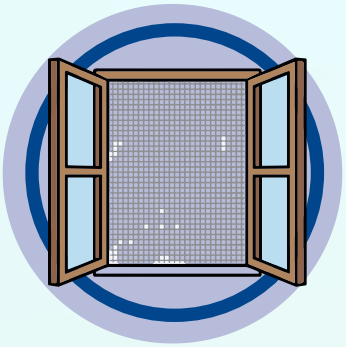
Mosquitoes can breed in very small amounts of water. Stop them by emptying water or preventing it pooling around your house.



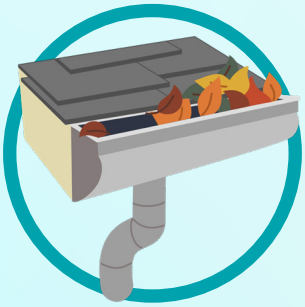
Turn over, cover or store items that hold water.



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**

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Kia **waeroa-kore** tōu nā wāhi



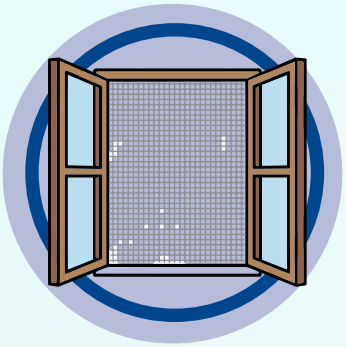
Ka whakatipu tonu te waeroa i a ia anō i te wai iti noa iho nei. Aukatiahia atu mā te riringi atu i ngā wai, mā te whakakore rānei i ngā hōpua wai i te takiwā o tōu whare.



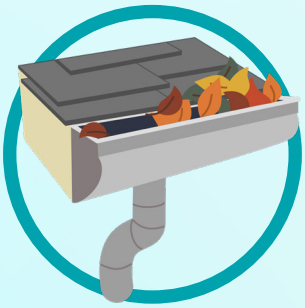
Huripokina, ūhia, pūrangatia rānei ngā hanga e pupuri ana i te wai.



Riringihia atu ngā wai kei ngā taea, ngā tārere, ngā pākete me ngā pae o ngā tipu.



Katia ngā matapihi me ngā kūaha. Whakamahia ngā kōkōhiko, ngā pūrere hau, ngā puru hiko ārai ngārara rānei.



Whakawāteahia ngā kōrere me ngā waikari, ā, ūhia, āraia rānei ngā kurawai ua, ngā kōhao parakaingaki rānei.



Kia tāpapa te takoto o ngā tāpōrena kia kore ai e hōpuapua te wai.



Whakamahia ngā ārai ngārara DEET nei, ā, kuhuna ngā kākahu ringa roa me te tarau roa kia kore ai koe e kakatia.

Mā te whakakore i ngā wāhi whakatipu waerea:

- **e kore ai te waeroa mau mate e noho tonu mai ki konei**
- **e iti ai hoki te kakati a ngā waeroa o konei i tō whānau.**



Health New Zealand
Te Whatu Ora

E kitea ai ētahi atu kōrero mō te waeroa me te hauora, toro mai ki: **healthnz.govt.nz/mosquitoes**

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