

General **Communique**

Communicable Diseases Branch

Queensland Public Health and Scientific Services (QPHaSS)



Advice for schools: Mosquito bite prevention

March 2025

Mosquitoes can transmit several serious diseases to people through their bites. Schools, staff, families, and caregivers are encouraged to be aware of the risk of mosquito bites and the transmission of mosquito-borne diseases, especially when preparing for and participating in outdoor activities.

Key messages for schools

Schools organising outdoor activities and camps can proactively prevent staff and students being bitten by mosquitoes by encouraging personal protection measures. These include:

- **Planning outdoor activities** to avoid peak mosquito activity times at dusk and dawn.
- **Encouraging appropriate clothing** such as light-coloured, loose-fitting clothing with long sleeves, long trousers, socks, and covered footwear, when outside.
- **Regularly applying insect repellent** on exposed skin. The best repellents contain DEET, picaridin or oil of lemon eucalyptus.
 - **Ensure routine application of sunscreen and repellent** before and during outdoor activities.
- **Selecting camp accommodation with air-conditioning or intact flyscreens** to doors and windows.
- **Sleeping under mosquito nets or in mosquito-proof tents** when camping.

Mosquito-borne diseases

Mosquito-borne diseases are diseases transmitted by the bites of infected mosquitoes. In Queensland, some mosquitoes transmit viruses such as Ross River, Barmah Forest, Kunjin,

Japanese encephalitis, and Dengue. Japanese encephalitis is the only mosquito-borne disease in Queensland that is preventable through vaccination.

Mosquito-borne diseases can cause various symptoms, which may include fever, headache, muscle and joint pain, and rash. Some can have very rare but serious complications.

Mosquito bite prevention is the most effective way to reduce the risk of mosquito-borne diseases.

Mosquito bite prevention

The following mosquito bite prevention measures are recommended:

- **Avoid mosquitoes:** Plan indoor activities at dusk and dawn.
- **Dress appropriately:** Wear light-coloured, loose-fitting clothing, covering arms, legs, and feet.
- **Use insect repellent:** Apply a repellent containing DEET, picaridin, or oil of lemon eucalyptus on exposed skin and reapply every few hours, according to the manufacturer's instructions. Consider use of mosquito coils (outdoors) and insecticide vaporisers.
- **Ensure flyscreens are intact:** Keep windows and doors secure to prevent mosquitoes from entering buildings, tents, or caravans.
- **Use mosquito-proof bed nets or tents** when camping or sleeping outdoors.

Schools are encouraged to promote mosquito bite prevention messaging to their school community, and prior to school holidays. Families often plan camping trips and spend more time outdoors during school holidays.

Schools can also consider providing appropriate insect repellent, for use by staff and students.

Further information

- [Prevent mosquito bites | Health and wellbeing | Queensland Government \(www.qld.gov.au\)](http://www.qld.gov.au/Prevent-mosquito-bites-Health-and-wellbeing-Queensland-Government)
- [Prevent mosquito borne diseases | Health and wellbeing | Queensland Government \(www.qld.gov.au\)](http://www.qld.gov.au/Prevent-mosquito-borne-diseases-Health-and-wellbeing-Queensland-Government)
- [Disease specific advice | Health and wellbeing | Queensland Government \(www.qld.gov.au\)](http://www.qld.gov.au/Disease-specific-advice-Health-and-wellbeing-Queensland-Government)
- [Queensland Health Japanese Encephalitis conditions website](http://www.health.qld.gov.au/Queensland-Health-Japanese-Encephalitis-conditions-website) for information about vaccine eligibility
- [Public health units | Queensland Health](http://www.health.qld.gov.au/Public-health-units-Queensland-Health)

To avoid cross posting, please be aware this communique has been sent to the following recipients: Queensland Department of Education, Queensland Independent Schools, Queensland Catholic Education Commission and Public Health Units.

Email CDMU@health.qld.gov.au

