Mosquitoes can carry diseases that Grampians **Health** can make you sick when they bite you **Grampians Public** Health Unit These 3 things can help you to not get bitten **Mosquito spray** Wear long sleeves **Close the windows and doors** If you close your windows and Talk to an adult Wearing long sleeve use a 'flyscreen' door, about using insect tops and pants can mosquitoes won't be able to spray to avoid bites stop mosquitoes from come inside and bite you biting your skin



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