



# Precautionary Measures to Prevent Mosquito-Borne Illnesses

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Due to recent floodwaters, Florida Department of Health (DOH) officials emphasize the importance of Florida's residents and visitors protecting themselves against mosquito-borne diseases. To prevent mosquitoes from living and multiplying around your home or business:

## **DRAIN** standing water:

- Drain water from garbage cans, buckets, pool covers, coolers, toys, flowerpots or any other containers where sprinkler or rainwater has collected.
- Discarded old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.
- Empty and clean birdbaths and pet's water bowls at least once or twice a week.
- Protect boats and vehicles from rain with tarps that don't accumulate water.
- Maintain swimming pools in good condition and appropriately chlorinated. Empty plastic swimming pools when not in use.

## **COVER** your skin with:

- **CLOTHING** - If you must be outside when mosquitoes are active, cover up. Wear shoes, socks, long pants and long sleeves.
- **REPELLENT** - Apply mosquito repellent to bare skin and clothing. Always use repellents according to the label. Repellents with 10-30 percent DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective.
- Use mosquito netting to protect children younger than 2 months old.

## **COVER** doors and windows with screens:

- Keep mosquitoes out of your house. Repair broken screening on windows, doors, porches, and patios.

Symptoms of mosquito-borne illnesses may include headache, fever, fatigue, dizziness, weakness and confusion. Physicians should contact their county health department if they suspect an individual may have a mosquito-borne illness. DOH laboratories provide testing services for physicians treating patients with clinical signs of mosquito-borne disease.

DOH continues to conduct statewide surveillance for mosquito-borne illnesses, including West Nile virus infections, Eastern equine encephalitis, St. Louis encephalitis, Malaria and Dengue.

The Florida Fish and Wildlife Conservation Commission maintains a website for reporting wild bird die-offs related to West Nile virus. To report a dead bird, visit <http://myFWC.com/bird>.

For more information on mosquito-borne illnesses, visit <http://www.floridahealth.gov/diseases-and-conditions/mosquito-borne-diseases/prevention.html> or call your local county health department- <http://www.floridahealth.gov/public-health-in-your-life/county-health-departments/CHDlisting.html>.

The Florida Emergency Information Line is 1-800-342-3557.