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DRAIN AND COVER TO PREVENT MOSQUITO BITES

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Sanford, Fla. – The Florida Department of Health in Seminole County (DOH-Seminole) advises the public to Drain and Cover to protect against mosquitoes. Drain standing water in and around your home to prevent mosquitoes from laying eggs, and cover your body to protect against bites. Mosquitoes are known carriers of West Nile Virus and other disease-causing viruses.

“Mosquitoes are more prevalent during warmer months, particularly after heavy rains,” said DOH-Seminole Health Officer, Dr. Swannie Jett. “Individuals should do all they can to avoid mosquito bites, in order to prevent the spread of infections carried by the insect.”

Adult mosquitoes lay their eggs in standing or slow-moving water. Even one teaspoon of water is adequate for breeding. Mosquitoes are most active during evenings, nighttime, and the dawn hours. Being outdoors at these times increases people’s chances of being bitten unless they cover their skin with clothes and/or an effective mosquito repellent.

To protect against mosquito bites, remember to Drain and Cover.

Drain standing water.

- Drain water from garbage cans, house gutters, buckets, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.
- Discard old tires, bottles, pots, broken appliances and other items not being used.
- Empty and clean birdbaths and pets’ water bowls at least twice a week.
- Protect boats and vehicles from rain with tarps that do not accumulate water.
- Maintain swimming pools in good condition and chlorinated. Empty plastic swimming pools when not in use.

Cover skin with clothing or repellent and cover doors and windows.

- Wear shoes, socks, long pants and long sleeves when mosquitoes are most prevalent.
- Apply mosquito repellent to bare skin and clothing.
- Always use repellents according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective.
- Re-apply mosquito repellent as often as needed to prevent mosquito landings and bites.
- Use mosquito netting to protect children younger than two months old.
- When using repellent on children, apply to your hands first and then rub on their arms and legs.
- Place screens on windows, doors, porches, and patios. Always repair broken screens.

For more information contact the Florida Department of Health in Seminole County at 407-665-3266 or visit seminole.floridahealth.gov. The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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