

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

Celeste Philip, MD, MPH
State Surgeon General

Vision: To be the **Healthiest State** in the Nation

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Contact:

Sarah Hinds
sarah.hinds@flhealth.gov
850-227-1276



MOSQUITO BITE PREVENTION CONTINUES IN THE FALL SEASON

With the cooler temperatures and pleasant Autumn weather outside, this is the time of year when more folks enjoy spending time outdoors. Fall sports, raking leaves, or just enjoying late afternoon walks around the neighborhood. But it is still so important to remember the health risks from mosquitoes and to continue the protective actions that keep our families safe.

Mosquito activity in Florida can be year round. Mosquitoes can be found in many different environments and you may not always notice when you have been bitten. We encourage Florida residents and visitors to protect themselves by draining standing water; covering their skin with repellent and clothing; covering windows with screens; and other basic precautions included in "drain and cover."

DRAIN standing water to stop mosquitoes from multiplying

- 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, 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.

Tips on Repellent Use

- Always **read label directions carefully** for the approved usage before applying a repellent to skin. Some repellents are not suitable for children.
- Products with concentrations of up to 30 percent DEET are generally recommended. Other potential mosquito repellents contain picaridin, oil of lemon eucalyptus, or IR3535. These products are generally available at local pharmacies. Look for active ingredients to be listed on the product label.
- Apply insect repellent to exposed skin, or onto clothing, but **not under clothing**.
- In protecting children, read label instructions to be sure the repellent is **age-appropriate**. According to the CDC, mosquito repellents containing oil of lemon eucalyptus should not be used on children under the age of 3 years. DEET is not recommended on children younger than 2 months old.

- Infants should be kept indoors or mosquito netting should be used over carriers when mosquitoes are present.
- **Avoid applying repellents to the hands of children.** Adults should apply repellent first to their own hands and then transfer it to the child's skin and clothing.
- If additional protection is necessary, apply a permethrin repellent directly to your clothing. Again, always follow the manufacturer's directions.

Florida Health has created SpillTheWater.com to educate young Floridians about preventing mosquito-borne illness with educational resources and games.

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, dengue and Zika. For further information, contact the Florida Department of Health in Gulf County at 850-227-1276.

About the Florida Department of Health

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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