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PREVENTION KEY WITH MOSQUITOES

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OCALA, Fla.—Schools are out, almost daily rains have returned and it is a notch above hot outdoors. It's summer in Florida. As residents incorporate new things into their daily routines to cope with Florida's climate (like wearing sunscreen and drinking extra water), the Florida Department of Health in Marion County would like for residents to add something else into their summer habits: mosquito bite prevention.

"Mosquitoes can live both inside and outside and can bite any time, day or night," said Florida Department of Health in Marion County Health Officer Erin Hess. "In other parts of the country, mosquitoes may seem to be more of a nuisance, but in sub-tropical climates like ours, mosquitoes can also transmit diseases."

Mosquito species that bite during the day can spread chikungunya, dengue and Zika viruses. Other types of mosquitoes bite more frequently at dawn and dusk, including the types that spread West Nile virus. The good news is that there are many simple actions that residents can take to keep mosquitoes at bay. The department recommends people follow the below mosquito prevention tips to keep the bite out of summer:

- **Wear repellent when you are outdoors.** Use products with active ingredients that are safe and effective, such as DEET (brands such as Off!, Cutter, Sawyer and Ultrathon), Picaridin, Bayrepel and icaridan (brands include Skin So Soft Bug and Guard Plus), Oil of lemon eucalyptus or para-menthanediol (brands such as Repel) or IR3535 (brands include Skin So Soft Bug Guard Plus Expedition, Skin Smart).*
- **Cover up with clothing.** Wear long-sleeved shirts and long pants made of thicker material (mosquitoes can bite through thin clothing).
- **Keep mosquitoes outside.** Have screens on all windows, and keep doors and windows shut. Repair holes in screens.
- **Stop mosquitoes from breeding.** As little as a bottle cap of water left standing for a week is enough for mosquitoes to breed and multiply. At least weekly, empty, turn over or cover anything that could hold water around your home or buildings, such as buckets, bird baths, vehicle covers and pet dishes. Check flower pots and saucers to ensure they don't have standing water.
- **Follow special considerations for babies and children.** Make sure to always follow repellent product directions; do not use it on babies younger than 2 months and don't apply it around a child's hands, mouth or cut/irritated skin. Spray the product onto your hands, and then apply it to a child's face. Mosquito netting is helpful for cribs, strollers and baby carriers.
- **Exercise caution if you or your partner are pregnant.** Avoid travel to areas where Zika is spreading if possible. Infection can be spread through bodily fluids; use barrier methods or practice abstinence while pregnant if a partner has traveled to an area with

Zika virus. Both pregnant mothers and partners should continue to use mosquito repellent. Visit www.cdc.gov/zika/geo/index.html for the most up-to-date list of areas with Zika.

For more information on mosquito prevention, visit www.cdc.gov/features/StopMosquitoes. *The use of commercial names is to provide information about products; it does not represent an endorsement of these products by the Florida Department of Health.

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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