

**FOR IMMEDIATE RELEASE**

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## **PREVENT THE SPREAD OF MOSQUITOES AND FIGHT THE BITE**



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**Miami, FL**— The Florida Department of Health in Miami-Dade County urging all residents and visitors to protect against mosquito bites as weather gets hotter and wetter. Preventing bites reduces the risk of a person getting infected with a mosquito-borne disease, known as an arbovirus.

**Fight the Bite** by taking simple steps to mitigate the spread of disease by mosquitoes. Preventative measures such as **Drain and Cover** can make a significant impact on your home environment and prevent mosquitoes from laying and hatching eggs. Reducing the population of mosquitoes helps decrease your likelihood of being bit.

### **Mosquito Bite Prevention**

Using the right insect repellent and other preventive actions can discourage mosquitoes from biting you. Follow these **Drain and Cover** tips to help prevent mosquito bites.

**DRAIN** water from outside areas to reduce the number of places mosquitoes can lay their eggs and breed.

- Drain water from garbage cans, house gutters, buckets, pool covers, coolers, toys, flowerpots or any other containers where sprinkler or rainwater has collected.
- Discard old tires, bottles, pots, broken appliances and other items not being used.
- Empty and clean birdbaths and any pet 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 keep chlorinated. Empty plastic swimming pools when not in use.

**COVER** with protective clothing while outdoors and keep doors and windows closed to prevent mosquitoes from going indoors.

- Wear shoes, socks, long pants and long sleeves while outside when and where mosquitoes are most prevalent to discourage mosquitoes from biting.

- Check and repair screens on doors and windows. Keep them closed and use air conditioning when possible.
- Make sure window screens are in good repair to reduce the chance of mosquitoes indoors.
- Use repellent on bare skin; DEET at 10% to 30% concentration works well for most people when used according to label directions. Do not apply to infants.

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### **About the Florida Department of Health**

The Department, nationally accredited as part of an Integrated Local Public Health Department System 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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