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PINELLAS COUNTY HEALTH DEPARTMENT

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**FOR IMMEDIATE RELEASE**

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## What to Do About Those Pesky Mosquitoes...

Our recent heavy rains are sure to bring an increase in mosquitoes. Mosquitoes aren't just a nuisance – they can carry West Nile Virus and other diseases. Fortunately, you can take steps to protect yourself and your family.

### Follow the **FIVE D's** for prevention:

**D**usk and **D**awn – Many mosquitoes bite between dusk and dawn. Limit time outdoors during these hours.

**D**ress – Wearing long-sleeve shirts, long pants and socks sprayed with repellent while outdoors can help prevent mosquito bites.

**D**EET – Use an insect repellent containing DEET (N, N-diethyl-m-toluamide) on exposed skin when you go outdoors. Look for active ingredients listed on the product label.

**D**rain standing water. Don't give mosquitoes a place to breed. Even a tiny amount of standing water can be enough for a mosquito to lay its eggs. Check around your home for standing water, which is where mosquitoes can lay their eggs.

### Get Rid of Mosquito Breeding Sites:

Mosquitoes breed in standing water, so check your yard at least once a week.

- Clean out eaves and gutters.
- Remove old tires or drill drainage holes in those used in playgrounds.
- Turn over or remove empty pots and buckets.
- Pick up all beverage containers and cups.
- Check tarps on boats or equipment that may collect water.
- Store canoes and small boats upside-down.
- Replace water in birdbaths and animal feeding dishes at least three times a week.
- Change water in outdoor plant trays, including hanging plants, at least once a week.
- Make sure window and door screens are in good condition.

Do you have an older neighbor or family member? See if they need help installing or repairing screens.

Take steps now to prevent mosquitoes from breeding and protect yourself and your family from mosquito bites!

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