



Charlie Crist
Governor

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State Surgeon General

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Health officials encourage protection against mosquito-borne illness

PENSACOLA – As residents spend more time outdoors this summer, the Escambia County Health Department (FL) advises residents and visitors to take precautions to protect themselves from mosquito-borne illness. Increased rain during the summer months can lead to more mosquito breeding areas – combine this with traditional outdoor activities and summer months can lead to an increased risk of exposure. Individuals should use the “**5 D’s**” to protect themselves.

- **Dusk and Dawn:** Avoid being outdoors when mosquitoes are seeking blood. For many species, this is during the dusk and dawn hours.
- **Dress:** Wear clothing that covers most of your skin.
- **DEET:** When the potential exists for exposure to mosquitoes, repellents containing DEET (N,N-diethyl-meta-toluamide, or N,N-diethyl-3-methylbenzamide) are recommended. Picaridin, oil of lemon eucalyptus, and IR3535 are other repellent options.
- **Drainage:** Check around your home to rid the area of standing water, which is where mosquitoes can lay their eggs.
- **Screens:** Cover open windows and doors with screens. Check screens regularly for tears and openings that need to be repaired.

Homeowners can help prevent mosquito-borne disease by clearing potential breeding sites in and around their home:

- Clean out eaves, troughs and gutters.
- Remove old tires or drill holes in those used in playgrounds to drain.
- Turn over or remove empty plastic pots.
- Pick up all beverage containers and cups.
- Check tarps on boats or other equipment that may collect water.
- Pump out bilges on boats.
- Replace water in birdbaths and pet or other animal feeding dishes at least once a week.
- Change water in all plant trays, including hanging plants, at least once a week. Don't forget indoor plants.
- Remove vegetation or obstructions in drainage ditches that prevent the flow of water.

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Escambia County Health Department

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The Florida Department of Health (DOH) continues to conduct statewide surveillance for mosquito-borne illnesses, including West Nile virus infections, Eastern equine encephalitis, St. Louis encephalitis, malaria, and dengue. Residents of Florida are encouraged to report dead birds via the web site <http://myfwc.com/bird/>.

For more information on mosquito-borne illnesses, visit DOH's Environmental Health web site at <http://www.doh.state.fl.us/environment/community/arboviral/index.htm>.

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