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REMEMBER TO DRAIN AND COVER TO PREVENT MOSQUITO-BORNE ILLNESS



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PANAMA CITY, Fla.— With lots of rain in our area recently, the Florida Department of Health in Bay County (DOH-Bay) reminds everyone to do their part in preventing mosquito breeding and mosquito-borne illness. All Florida residents and visitors are asked to Drain and Cover to help keep our families and neighbors safe; it only takes a bottle cap of water for some mosquitoes to breed and multiply.

Using the right insect repellent and other preventive actions can discourage mosquitoes from landing on 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 pets' 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 chlorinated. Empty plastic swimming pools when not in use.

Download these infographics for more information: [Mosquitoes- Keep Them Outside and Stop Them From Breeding](#) and [Protect Your Home From Mosquitoes](#).

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.
- Apply insect repellent that contains DEET (10-30%), picaridin, oil of lemon eucalyptus, para-menthane-diol, 2-undecanone or IR3535.
- Treat clothing and gear with products containing 0.5%. Do not apply permethrin directly to skin. Some sports clothing and gear come pretreated with permethrin.
- Use mosquito netting to protect children younger than 2 months old.
- 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.

Download the [Mosquito Bite Protection in Florida](#) infographic.

For more information on mosquito-borne illness prevention, visit our [website](#).

About 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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