



FDOH Urges Floridians to Drain and Cover to Prevent Mosquito Bites

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Tallahassee, Fla.—In preparation for Hurricane Milton's impact, the Florida Department of Health (Department) emphasizes the importance of protecting yourself and your loved ones from mosquito bites. Following heavy rains and flooding, there is an increased risk of disease transmission from mosquitoes, especially in warm, humid conditions.

Pregnant women are particularly vulnerable to the risks associated with mosquito-borne illnesses. It is crucial for expectant mothers to take extra precautions following the storm. Avoid mosquito bites by following *Drain and Cover* practices and consult your health care provider for additional guidance and preventive measures.

To protect against mosquitoes, the Department urges the public to *Drain and Cover*.

DRAIN standing water:

- Drain water from garbage cans, buckets, pool covers, coolers, toys, flowerpots, or any other containers where sprinkler or rainwater has collected.
- Discard old tires, drums, bottles, cans, pots and pans, broken appliances, and other items that aren't being used.
- Empty and clean birdbaths and pets' water bowls at least twice a week.
- Protect boats and vehicles from rain with tarps that don't accumulate water.
- Maintain swimming pools in good condition and appropriately chlorinated. Empty plastic swimming pools when not in use.

COVER your skin:

- Clothing tips – If you must be outside when mosquitoes are active, cover up. Wear shoes, socks, long pants, and long sleeves.
- Repellent tips – Apply mosquito repellent to bare skin and clothing. Always use repellents according to their labels. Repellents with 10-30% DEET, picaridin, oil of lemon eucalyptus, and IR3535 tend to be most effective.
- Use mosquito netting to protect children younger than 2 months old.

For more information on preventing mosquito bites and mosquito-borne illnesses, please visit [FloridaHealth.gov](https://www.floridahealth.gov).

About the Florida Department of Health

The Florida Department of Health, nationally accredited by the [Public Health Accreditation Board](https://www.nacac.org/), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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