

FOR IMMEDIATE RELEASE

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DOH-Monroe Recommends Residents to Drain and Cover to Prevent Mosquito Bites



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Monroe County, Fla.—The Florida Department of Health in Monroe County (DOH-Monroe) 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. Avoid mosquito bites by following *Drain and Cover* practices and consult your health care provider for additional guidance and preventive measures.

DOH-Monroe works with the Florida Keys Mosquito Control District (FKMCD) to ensure the health and safety of residents and visitors. FKMCD effectively reduces local mosquito populations through a variety of control measures including door to door inspections along with precise aerial and ground treatments.

To protect against mosquitoes, DOH-Monroe and FKMCD urge 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. If using both repellent and sunscreen, put sunscreen on first and insect repellent second and apply at least 15 minutes apart to ensure maximum efficacy of both products.
- Use mosquito netting to protect children younger than 2 months old.

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

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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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About the Florida Keys Mosquito Control District

The mission of the Florida Keys Mosquito Control District is to protect the public from health threats and nuisance issues that impact the local economy by utilizing control methods that are efficient, effective and environmentally sensitive.

Follow FKMCD on Twitter at [@FIKeysMosquito](https://twitter.com/FIKeysMosquito) and on [Facebook](https://www.facebook.com/FIKeysMosquito). For more information about the Florida Keys Mosquito Control District, please visit www.keysmosquito.org.