

# Protect Yourself From Mosquito Bites and Disease

## Eliminate Mosquito Breeding Areas Around Your Home



The Seminole County Mosquito Control Program is asking for your help to prevent the following diseases transmitted by mosquitoes:

**Zika Virus (2016) \* Chikungunya (2013) \* Dengue Fever  
\* West Nile Virus \* Eastern Equine Encephalitis**

You can help by eliminating standing water from any containers, and by protecting yourself and your family from mosquito bites. See below for more information.



*Aedes aegypti* mosquito - responsible for spreading viruses & other diseases

### Help Prevent Mosquito Diseases Drain and Cover

**DRAIN** standing water from any container where sprinkler or rainwater has collected. See the picture below to find places where water may collect around the outside of your home.

**COVER** your bare skin and clothing with repellent if you must be outside when mosquitoes are most active during the hours of dusk and dawn. Several disease-carrying mosquitoes are daytime biters and usually do not fly far from the containers where they spend their immature life stages. Wear shoes, socks, long pants, and long sleeves.

Always use repellents according to the label. Repellents with DEET, Picaridin, Oil of Lemon Eucalyptus, and IR3535 are effective. Use mosquito netting to protect children younger than 2 months. Using repellents that are combined with sunscreen is not recommended. Apply sunscreen first, then apply repellent to make sure that each product works as intended.

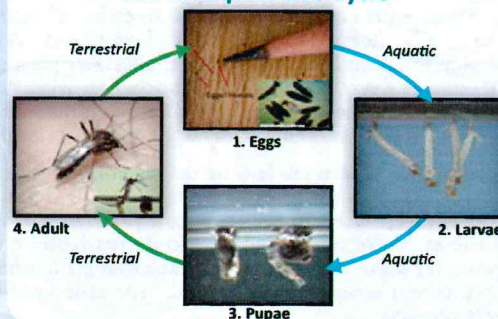


### Mosquito Facts & Biology

Did you know that mosquitoes must have water to develop, that only female mosquitoes bite (take a blood meal), and can live for several weeks and lay hundreds of eggs? Check out the mosquito life cycle below to learn more about these insects.

1. Eggs are laid on water, on the side of containers, or on moist soil that may flood.
2. Larvae hatch from the eggs and live, feed, and grow in the water.
3. Larvae become pupae, then after 2 or 3 days adult mosquitoes emerge from the pupae.
4. Adult female mosquitoes fly off in search of a blood meal, lay eggs a few days later, and then the cycle begins again.

#### The Mosquito Life Cycle



## MOSQUITO BREEDING AREAS FOUND ON YOUR PROPERTY



#### OTHER TIPS TO PREVENT MOSQUITOES

- Repair screening on windows, doors, porches & patios.
- Keep gutters clear so they will drain properly.
- Check & empty:
  - Children's toys
  - Trash cans & lids
  - Untreated swimming pools
  - Uncovered boats/watercrafts that are not draining water
- Change water in birdbaths & flush bromeliads once or twice a week.
- Do not allow water to accumulate in flower pots or dishes for more than 2 days.
- Check around faucets & air conditioner units, repair leaks & eliminate puddles that remain for several days.
- Fill tree holes & rotten tree stumps with spray foam insulation.
- Irrigate lawns & gardens carefully to prevent water from standing for several days.