







# Protect Yourself and Your Family by Preventing Exposure to Mosquito Bites

Pinellas County Mosquito Control is constantly working to reduce the mosquito population, but we need your help.

It takes from 2 to 15 days after the bite of an infected mosquito for an individual to develop symptoms of the West Nile Virus. Symptoms may include fever, headache, tiredness and body aches, swollen lymph glands and occasionally a skin rash on the trunk of the body.

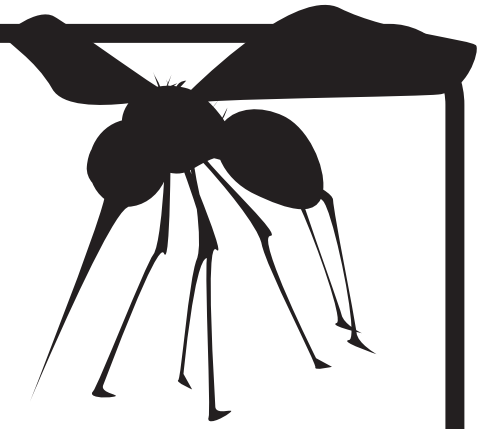
To reduce the risk of being bitten by mosquitoes, the Pinellas County Health Department recommends that individuals remain diligent in their personal prevention efforts. These should include the “5 Ds” for prevention:

-  **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 and oil of lemon eucalyptus are other repellent options.
-  **Drainage** – Check around your home to rid the area of standing water, which is where mosquitoes will lay their eggs.

For more information about mosquito-borne illnesses, call Pinellas County Health Department at 727-824-6900 or visit [Myflorida.com](http://Myflorida.com) and search for mosquito.

For more information about mosquito prevention or if you are experiencing a mosquito biting problem in your area, call Pinellas County Mosquito Control at (727) 464-7503 or visit [www.pinellascounty.org](http://www.pinellascounty.org)





## Tips on Repellent Use

- ▶ Always read label directions carefully for the approved usage before you apply a repellent.
- ▶ The Center for Disease Control recommends products containing DEET, oil of lemon eucalyptus and picaridin.
- ▶ Apply insect repellent to exposed skin or onto clothing, but *not under clothing*.
- ▶ In protecting children, read label instructions to *be sure the repellent is age-appropriate*.
- ▶ Infants should be kept indoors, or mosquito netting should be used over carriers when mosquitoes are present.
- ▶ *Avoid applying repellents to the hands of children*. Adults should apply repellent first to their own hands and then transfer it to the child's skin and clothing.
- ▶ If additional protection is necessary, apply a permethrin repellent directly to your clothing.

## Tips on Eliminating Mosquito Breeding Sites

**Getting rid of breeding sites is one of the keys to prevention.**

**Mosquitoes breed in standing water, so check your yard at least once a week.**

- ▶ Clean out eaves and gutters.
- ▶ Remove old tires or drill drainage holes in those used in playgrounds.
- ▶ Turn over or remove empty pots.
- ▶ Pick up beverage containers and cups.
- ▶ Check tarps on boats or equipment that may collect water.
- ▶ Store canoes and small boats upside-down.
- ▶ Replace water in birdbaths regularly and pet feeding dishes daily.
- ▶ Change water in plant trays, including hanging plants.
- ▶ Make sure window and door screens are in good condition.

**Join the fight against mosquitoes!**