

PRESS RELEASE



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Headline: *Help prevent mosquitos in Texas*

Example Subhead: *Get rid of standing water to prevent mosquito breeding areas*

With spring upon us we can all take a few simple steps to help prevent mosquitos. The steps outlined below are intended to prevent or delay local mosquito populations in Texas. These measures are effective when sustained throughout the regular mosquito season. Eliminating potential mosquito breeding areas, especially near homes and communities, is an effective way to protect against all mosquito-borne diseases, including Zika.

Everyone can take action to help protect their communities from mosquito borne diseases. The following actions are recommended to help prevent or delay local transmission of mosquito borne diseases in our state and reduce the potential spread of Zika among Texans.

Measures that individuals can take in and around their own homes to help protect themselves and their communities and to help reduce potential mosquito breeding habitats.

- Pick up and eliminate trash around your property.
- Report illegal dumpsites and standing water.
- Keep drains and ditches clear of weeds and trash so water will not collect.
- Treat standing water with larvicide (such as mosquito "dunks") when it cannot be drained and the water will be present for more than seven days.
- At least weekly empty or get rid of cans, buckets, old tires, pots, plant saucers and other containers that hold water.
- Keep gutters clear of debris and standing water.
- Remove standing water around structures and from flat roofs.
- Change water in pet dishes daily.
- Rinse and scrub vases and other indoor water containers weekly.

- Change water in wading pools and bird baths several times a week.
- Maintain backyard pools or hot tubs.
- Cover trash containers.
- Water lawns and gardens carefully so water does not stand for several days.
- Screen rain barrels and openings to water tanks or cisterns.
- Treat front and back door areas of homes with residual insecticides if mosquitoes are abundant nearby.
- If mosquito problems persist, consider pesticide applications for vegetation around the home.

In addition to mosquito-control strategies, the best way to avoid infection is to prevent mosquito bites by taking a few simple steps. Please encourage your family members to take these precautions to protect themselves.

- Wear insect repellent.
- Cover up with long-sleeved shirts and long pants.
- Keep mosquitoes out with air conditioning or intact window screens.
- Limit outdoor activities during peak mosquito times.

By taking these simple steps we can all still enjoy the outdoors while preventing ourselves from being bitten by those pesky mosquitos.

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