



## NEWS RELEASE

### ALABAMA DEPARTMENT OF PUBLIC HEALTH

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## Reduce your exposure to mosquitoes after Hurricane Isaac

### FOR IMMEDIATE RELEASE

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The Alabama Department of Public Health advises caution to protect against mosquito-borne illnesses during the recovery phase after Hurricane Isaac. Mosquitoes can transmit viruses such as West Nile and Eastern Equine Encephalitis that can infect people.

Massive amounts of rainfall from a tropical storm system may create an environment for mosquito populations to flourish; thereby posing a risk to those who are working outdoors during the recovery phase.

The following recommendations are urged for people to minimize mosquito exposure.

- Stay indoors if possible, especially during the dusk and dawn hours, when mosquitoes are most active.
- If you go out during the dusk and dawn hours, wear light-colored, tightly woven, loose clothing, and insect repellent.
- Wear enough insect repellent to cover skin and clothes that contain one of the following EPA registered ingredients: DEET, Picaridin, Oil of Lemon Eucalyptus/PMD or IR3535:
  - o Contact your health care provider with concerns about repellents.
  - o Do not use repellents under clothing.
  - o Never use repellents over cuts, wounds or irritated skin.
  - o Spray repellent on hands first and then apply it on children and faces. Do not apply to eyes, mouth, and apply sparingly around ears.
  - o After returning indoors, wash treated skin and clothes with soap and water.
- Keep window and door screens shut and in good condition. Repair holes.
- Inspect your yard for places a mosquito could use to breed. Eliminate breeding sites.
  - o Dispose of containers that collect water, like buckets, cans, bottles and jars.
  - o Repair leaky pipes and outside faucets, unclog drains and gutters.
  - o Empty and scrub birdbaths, pet bowls and animal troughs to get rid of mosquito eggs.
  - o Dispose of unused tires. Overturn or store under cover wheelbarrows, tubs, wading pools when not in use.
  - o Keep weeds, vines and grass trimmed.
  - o Fill tree holes with sand or mortar.
  - o Change water in flower vases and pots twice weekly.

More information is available at [adph.org](http://adph.org) and at [cdc.gov](http://cdc.gov) and typing Arboviral in the SEARCH box.

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