



# MOSQUITOES CAN SPREAD DISEASES



## MOSQUITO PREVENTION CHECKLIST

- Keep house plants in damp soil instead of water
- Keep flower pot saucers dry and avoid over-watering potted plants
- Empty and scrub flower vases twice weekly
- Empty and wash pet's water container twice per week
- Keep refrigerator troughs dry
- Punch holes in bottom of tins before placing them in the garbage
- Get rid of all old tyres, tins, bottles, plastic containers, coconut shells and anything in which rain water can settle
- Cover trash containers to keep out rain water
- Cover all drums, barrels, tanks, buckets and any other container that is used to store water
- Repair leaky pipes and outdoor taps
- Keep grass cut short and shrubbery well trimmed so adult mosquitoes will not hide there
- Keep drains and ditches clear of weeds and trash so water will drain properly
- Fill in or drain any low places (puddles, ruts) in yard
- Clear roof gutters and eaves often to prevent water from settling
- Use commercially available insecticide
- Protect yourself from mosquito bites by:
  - Using a mosquito repellent that contains DEET
  - Sleeping under a mosquito net
  - Closing windows before dark
  - Opening windows and doors during fogging
  - Wearing light coloured clothing and covering your body as much as possible.

**REMEMBER**  
**Mosquitoes can spread diseases.**  
**Get rid of them.**

For further information call toll-free 1-888-663-5683.

A Message from the **Ministry of Health**

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