

Mosquitoes and Disease: Protecting Your Family

- Remove any water from outdoor containers to prevent mosquito breeding.⁴
- Consider protecting beds with mosquito netting treated with insecticide.
- Mend any gaps in windows, screens, walls & doors so mosquitoes cannot enter.

Resources:

1. Physicians for Social Responsibility

https://www.psr.org/blog/resource/vector-borne-and-water-borne-diseases/?sf_action=get_data&sf_data=all&sf_paged=11

2. Lancet Countdown

<http://www.lancetcountdown.org/media/1426/2018-lancet-countdown-policy-brief-usa.pdf>

3. World Health

<https://www.who.int/en/news-room/fact-sheets/detail/climate-change-and-health>

4. Environmental Protection

<https://www.epa.gov/insect-repellents/tips-prevent-mosquito-bites>



Www.MyGreenDoctor.org helps health professionals and healthcare offices to become environmentally sustainable and to share these ideas for living with their patients and communities. My Green Doctor is a service of the Florida Medical Association and the following partnering or participating organizations:



AAD: The American Academy of Dermatol-



Brochure created by:



Jacqueline Williams
MPH Candidate
Brooks College of Health
Jacksonville, Florida
USA



Get Ready for Climate Change: Mosquitoes and Disease

Ideas for living from your
health professional and
from My Green Doctor



Climate Change: What is it and What Problems Does It Cause?

- Climate change is the increase of Earth's temperature caused by human activity such as burning fossil fuels.³
- Burning fossil fuels creates carbon dioxide and other greenhouse gases that stay in the atmosphere and increase Earth's temperature.³
- Increased temperature changes the climate and creates extreme weather events such as floods, rising sea levels, more rainfalls and droughts.^{1,2}
- Extreme weather events cause population displacement, death and infrastructure damages.²
- Extreme heat increases heart, respiratory and kidney disease.²

Climate change leads to more mosquitoes and more diseases caused by mosquitoes.

- More rainfall and floods give mosquitoes more standing water in which to breed.¹
- Mosquitoes can carry infectious diseases like West Nile Virus, Dengue Fever and Malaria.¹
- Increasing temperatures causes mosquitoes to breed for a longer season and bite more often.¹
- Mosquitoes can spread and infect more people in new regions due to a warmer climate.²

How To Protect Your Family and You:

- Use insect repellent such as DEET on skin & clothes.
- Wear protective clothes such as hats with head nets, long sleeves, socks, and long pants to cover skin. Avoid bright colors.
- Place fish that eat mosquito larvae in ponds to decrease the mosquito population.
- Minimize time outdoors near sunrise & sunset when mosquitoes bite.
- Consider using larvicidal or insecticidal chemicals outdoors.⁴

