Mosquitoes and Disease: Protecting Your Family

- Remove any water from outdoor containers to prevent mosquito breeding.  
- 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

3. World 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:

Get Ready for Climate Change: Mosquitoes and Disease

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

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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

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

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