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## How to protect yourself from mosquitoes

Panama City Beach - With warmer weather arriving, more people are starting to enjoy the outdoors. Unfortunately, people aren't the only ones who enjoy the summer. So do mosquitos, which can carry diseases like Malaria, West Nile Virus and Eastern Equine Encephalitis.

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 Mosquito Season Is Underway

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Panama City Beach - With warmer weather arriving, more people are starting to enjoy the outdoors. Unfortunately, people aren't the only ones who enjoy the summer. So do mosquitos, which can carry diseases like Malaria, West Nile Virus and Eastern Equine Encephalitis.

Experts say your best defense against the flying pests is to take away their ability to reproduce by eliminating standing pools of water. Officials say a simple children's toy can become a breeding ground for mosquitoes if it captures water and isn't frequently emptied.

"The water temperature, if it's 80 degree's or warmer, after the mosquito lays their eggs it's usually within 15 minutes the egg's will hatch. In seven days we will have a full fledge flying adult mosquito," said Cindy Mulla, PR < for Beach Mosquito Control District.

Beach Mosquito Control District officials do use pesticides, but they have other methods of destroying nesting places. For instance, in an abandoned pool they may use "mosquito fish," which will eat the mosquito eggs and larve in the water.

"They're very hardy you can put them in polluted water and they'll do very good and they produced a brood every 30 days, so they replicate quite often," said James Clausen, director.

Mosquito control district officials also monitor 13 mosquito traps from the Hathaway Bridge to Lake Powell. If the traps contain more than 25 mosquitoes, the area is sprayed by helicopter. Pilot Brad Gunn says there are many misconceptions when it comes to spraying from the sky.

"The reality is we only put about 2/3 of a ounce per acre when I'm flying and spraying, which works out just under 2 tablespoons per acre because it doesn't need the volume," said Gunn.

Officials say there are other ways to protect yourself from the pests: 1) Don't go outside between dusk and dawn; 2) Wear clothes that cover your skin; and 3) apply mosquito repellent.

To reach the Beach Mosquito Control District for a free mosquito inspection log onto their website at [www.pcbeachmosquito.org](http://www.pcbeachmosquito.org).

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