



At least once a week, anything that could hold water should be emptied, turned over, covered or thrown away.



# Let's stand up to standing water around buildings & homes.



As little as one teaspoon or bottle cap of water standing for more than one week is enough for mosquitoes to breed and multiply.

You can help prevent the spread of Zika and other diseases that mosquitoes spread by taking action in your community. Florida needs volunteers to find and clean up standing water where mosquitoes breed. Getting rid of standing water is one of the best ways to stop diseases that mosquitoes spread.



Learn more at [SpillTheWater.com](http://SpillTheWater.com).

