

Mission:
To protect, promote & improve the health
of all people in Florida through integrated
state, county & community efforts.



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Vision: To be the Healthiest State in the Nation

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FLORIDA DEPARTMENT OF HEALTH NASSAU COUNTY REMINDS THE PUBLIC OF PRECAUTIONARY MEASURES TO HELP PREVENT MOSQUITO- BORNE ILLNESSES

NASSAU – The Florida Department of Health Nassau County emphasizes precaution against mosquito-borne diseases. Throughout the year, the Florida Department of Health Nassau County works with partners to monitor for the presence of illnesses carried by mosquitoes. From the beginning of May through early fall the Florida Department of Health Nassau County conducts county-wide surveillance in coordination with the arbovirus sentinel chicken flock program for mosquito-borne illnesses, including West Nile virus (WNV), Eastern Equine Encephalitis virus (EEEV), and St. Louis encephalitis virus (SLEV), Highlands J virus (HJV) at six locations sites across Nassau County.

Mosquito-borne infections in people such as WNV, EEEV, and SLEV can cause mild or severe symptoms, such as headache, fever, dizziness, confusion, movement disorders and coma. EEEV is rare in humans, but can be fatal for horses. Horse owners are reminded that there is a vaccine for horses to protect against EEEV. There is no vaccine for WNV or EEEV for humans.

We encourage everyone to take basic precautions to help limit exposure by following these recommendations.

To protect yourself from mosquitoes, you should remember “**Drain and Cover**”:

DRAIN standing water to stop mosquitoes from multiplying

- Drain water from garbage cans, house gutters, buckets, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.
- Discard old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.
- Empty and clean birdbaths and pet's water bowls at least once or twice a week.
- Protect boats and vehicles from rain with tarps that don't accumulate water.
- Maintain swimming pools in good condition and appropriately chlorinated. Empty plastic swimming pools when not in use.

COVER skin with clothing or repellent

- CLOTHING - Wear shoes, socks, and long pants and long-sleeves. This type of protection may be necessary for people who must work in areas where mosquitoes are present.

- **REPELLENT** - Apply mosquito repellent to bare skin and clothing.
 - Always use repellents according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective.
 - Use mosquito netting to protect children younger than 2 months old.

COVER doors and windows with screens to keep mosquitoes out of your house

- Repair broken screening on windows, doors, porches, and patios.

Tips on Repellent Use

- Always read label directions carefully for the approved usage before you apply a repellent. Some repellents are not suitable for children.
- Products with concentrations of up to 30 percent DEET are generally recommended. Other EPA-approved repellents contain picaridin, oil of lemon eucalyptus, or IR3535. These products are generally available at local pharmacies. Look for active ingredients to be listed on the product label.
- Apply insect repellent to exposed skin, or onto clothing, but not under clothing.
- In protecting children, read label instructions to be sure the repellent is age-appropriate. According to the CDC, mosquito repellents containing oil of lemon eucalyptus should not be used on children under the age of 3 years. DEET is not recommended on children younger than 2 months old.
- Avoid applying repellents to the hands of children. Adults should apply repellent first to their own hands and then transfer it to the child's skin and clothing.
- If additional protection is necessary, apply a permethrin repellent directly to your clothing. Again, always follow the manufacturer's directions.

Residents of Florida are encouraged to report dead birds via the web site <http://www.myfwc.com/bird/>.

For more information, visit DOH's Mosquito-borne Diseases web site at: <http://www.floridahealth.gov/diseases-and-conditions/mosquito-borne-diseases/index.html> or contact the Nassau County Health Department Epidemiology staff at 904-548-1830, ext. 5204, 5209, or 5300.