



Charlie Crist
Governor

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State Surgeon General

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**ST. JOHNS COUNTY HEALTH DEPARTMENT URGES
PRECAUTIONARY MEASURES TO PREVENT MOSQUITO-BORNE ILLNESSES**

ST. AUGUSTINE — As we move into the rainy season and peak mosquito activity months, St. Johns County Health Department officials emphasize to Florida's residents and visitors the importance of protecting themselves against mosquito-borne diseases. The Florida Department of Health (DOH) works with partner agencies, including the Florida Department of Agriculture and Consumer Services, Florida Fish and Wildlife Conservation Commission, mosquito control agencies, and state universities throughout the year, to monitor for the presence of illnesses carried by mosquitoes.

The St. Johns County Health Department advises the public to remain diligent in protecting themselves from mosquito bites by following the "5 D's," which include:

- **Dusk and Dawn** – Avoid being outdoors when mosquitoes are biting.
- **Dress** – Wear clothing that covers most of your skin.
- **DEET** – Use repellents containing DEET (N,N-diethyl-meta-polyamide, or N, N-diethyl-3-methylbenzamide). Picaridin, oil of lemon eucalyptus, IR3535 and permethrin are other repellent options.
- **Drainage** – Check around your home to rid the area of standing water, which is where mosquitoes can lay their eggs.

Tips on Repellent Use:

- Always **read label directions carefully** for the approved usage before applying a repellent to skin. Some repellents are not suitable for children.
- Products with concentrations of up to 30 percent DEET are generally recommended. Mosquito repellents containing picaridin, oil of lemon eucalyptus, or IR3535 can also be applied directly on skin. Permethrin can be used on clothing. Repellents 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 Centers for Disease Control and Prevention (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.
- Infants should be kept indoors or mosquito netting should be used over carriers when mosquitoes are present.
- **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.

Our Mission: Promote, protect and improve the health of all people in Florida.

Our Vision: A healthier future for the people of Florida.

Our Values: - Integrity; Commitment to Service; Respect; Excellence; Accountability; Teamwork; Empowerment –



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Public Health
Prevent. Promote. Protect.



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Tips on Eliminating Mosquito Breeding Sites:

Elimination of breeding sites is one of the keys to prevention.

- Clean out eaves, troughs and gutters.
- Remove old tires or drill holes in those used in playgrounds to drain.
- Turn over or remove empty plastic pots.
- Pick up all beverage containers and cups.
- Check tarps on boats or other equipment that may collect water.
- Pump out bilges on boats.
- Replace water in birdbaths and pet or other animal feeding dishes at least once a week.
- Change water in plant trays, including hanging plants, at least once a week.
- Remove vegetation or obstructions in drainage ditches that prevent the flow of water.

Symptoms of mosquito-borne illness may include headache, fever, fatigue, dizziness, weakness, body aches, and confusion. Physicians should contact their county health department if they suspect an individual may have a mosquito-borne illness. DOH laboratories provide testing services for physicians treating patients with clinical signs of mosquito-borne disease.

DOH continues to conduct statewide surveillance for mosquito borne illnesses, including West Nile virus infections, Eastern Equine Encephalitis, St. Louis encephalitis, malaria, and dengue. For more information on mosquito-borne illnesses, visit DOH's Environmental Health Web site at <http://www.doh.state.fl.us/Environment/medicine/arboviral/index.html> or call the St. Johns County Health Department at 904-823-2514.

Monitoring wild bird deaths can help officials track the spread of some mosquito-borne diseases. Anyone who discovers a dead bird is encouraged to report it on the Florida Fish and Wildlife Conservation Commission's website at www.MyFWC.com/bird/.

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