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HEALTH OFFICIALS ISSUE MOSQUITO-BORNE ILLNESSES ADVISORY

Contact:

Megan McCarthy
Megan.McCarthy@flhealth.gov
352-569-3134



Bushnell, Fla.—The Florida Department of Health in Sumter County (Sumter CHD) advises residents that there is an increase in mosquito-borne disease activity in areas of Sumter County. A human case of West Nile illness, transmitted by mosquitoes, has been confirmed.

Most people infected with West Nile virus do not feel sick. About 1 in 5 people who are infected develop a fever and other symptoms such as headache, pain, and fatigue. People with mild illness typically recover within about a week. Less than one-percent of infected people develop a serious illness. Rarely, this illness can be fatal. Symptoms typically appear between 2 and 14 days after the bite of an infected mosquito. People over the age of 60 and individuals with weakened immune systems are at an increased risk for severe illness.

Sumter County Mosquito Control and Sumter CHD are continuing surveillance and prevention efforts. Sumter CHD reminds residents and visitors to avoid being bitten by mosquitoes and to take basic precautions to help limit exposure.

To protect yourself from mosquitoes, you should remember to “**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, para-menthane-diol, and IR3535 are effective.
 - Use mosquito netting to protect children younger than 2 months old.

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 (N, N-diethyl-m-toluamide) are generally recommended. Other U.S. Environmental Protection Agency-approved repellents contain picaridin, oil of lemon eucalyptus, para-menthane-diol, 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 Centers for Disease Control and Prevention (CDC), mosquito repellents containing oil of lemon eucalyptus should not be used on children under the age of three years. DEET is not recommended on children younger than two 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.

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

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

For more information on what repellent is right for you, consider using the Environmental Protection Agency's search tool to help you choose skin-applied repellent products: <http://cfpub.epa.gov/oppref/insect/#searchform>.

The Florida Department of Health conducts statewide surveillance for mosquito-borne illnesses, including West Nile virus infections, Eastern equine encephalitis, St. Louis encephalitis, malaria, chikungunya and dengue. Residents of Florida are encouraged to report dead birds via the Florida Fish and Wildlife Conservation Commission's site - <http://legacy.myfwc.com/bird/default.asp>. For more information, visit DOH's website at www.floridahealth.gov/%5C/diseases-and-conditions/mosquito-borne-diseases/index.html or contact your county health department.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.

About Sumter County Mosquito Control

Mosquito Control's mission is to achieve and maintain levels of arthropod control as well as protect human health and safety and foster the quality of life of the people, promote the economic development of the County, and facilitate the enjoyment of its natural attractions by reducing the number of pestiferous and disease carrying arthropods.

For more information about the Mosquito Control Division, please visit www.sumtercountyfl.gov/193/Mosquito-Control.