



Charlie Crist  
Governor

Ana M. Viamonte Ros, M.D., M.P.H.  
Secretary of Health

**FOR IMMEDIATE RELEASE**

Thursday, August 12, 2010

Contact: Camille Bissainthe  
(407) 343-2001  
Bret Smith, Environmental Health  
(407) 742-8608

**OSCEOLA COUNTY HEALTH DEPARTMENT URGES THE PUBLIC  
TO PROTECT AGAINST MOSQUITOES AND MOSQUITO-BORNE DISEASES**

**KISSIMMEE** — The Osceola County Health Department (OsCHD) is advising residents that there has been increased mosquito-borne disease activity in Osceola County. Residents are urged to take precautions against mosquito bites. Since the beginning of the year, there have been seven cases of Eastern Equine Encephalitis (EEE) and five cases of West Nile Virus (WNV) in horses. Additionally, there has been one human case of WNV.

Please be aware that mosquito-borne illnesses are possible in late summer and beyond. Symptoms of mosquito-borne illnesses such as WNV and EEE may include headache, fever, fatigue, dizziness, weakness, and confusion. Throughout the year OsCHD works with local agencies, including Osceola County Mosquito Control, which monitors mosquito counts and sprays in affected areas as well as surrounding communities to prevent the spread of mosquito-borne viruses.

Osceola County residents and visitors should remain diligent in protecting themselves from mosquito bites by following the "5 D's," which include:

- **D**rainage – Check around your home to rid the area of standing water, which is where mosquitoes can lay their eggs.
- **D**EET – When the potential exists for exposure to mosquitoes, repellents containing DEET (N,N-diethyl-meta-toluamide, or N,N-diethyl-3-methylbenzamide) are recommended. Picaridin and oil of lemon eucalyptus are other repellent options. Always read the manufacturer's directions carefully before using a repellent, and make sure the repellent is age-appropriate.
- **D**ress – Wear clothing that covers most of your skin.
- **D**usk and **D**awn – Avoid being outdoors when mosquitoes are most active.

Elimination of breeding sites is one of the keys to prevention. Tips on eliminating mosquito breeding sites include:

- Clean out leaves, troughs, and gutters.
- Remove old tires or drill drainage holes in those used in playgrounds.
- 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.



Charlie Crist  
Governor

Ana M. Viamonte Ros, M.D., M.P.H.  
Secretary of Health

---

**Please visit the Osceola County Health Department website at <http://www.osceolahealth.org> for locations that offer free mosquito repellent.**

For more information on mosquito-borne diseases, please visit the following websites:

DOH Environmental Health website at <http://www.doh.state.fl.us/environment/community/arboviral/index.html>

Centers for Disease and Control and Prevention (CDC) website at [www.cdc.gov](http://www.cdc.gov)

Osceola County Mosquito Control website at <http://www.osceola.org/index.cfm?lsFuses=department/MosquitoControl>

Florida Department of Agriculture and Consumer Services (FDACS) website at <http://www.doacs.state.fl.us/ai/>

###