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## HEALTH OFFICIALS IN HILLSBOROUGH COUNTY ISSUE MOSQUITO-BORNE ILLNESS ADVISORY



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**Hillsborough County, Fla.** – The Florida Department of Health in Hillsborough County (DOH-Hillsborough) is advising residents there has been an increase in mosquito-borne disease activity in Hillsborough County. A human case of locally-acquired dengue fever has been confirmed and there is a heightened concern additional residents will become ill.

About one in four people infected with dengue fever will get sick. Symptoms typically appear between two and 14 days after the bite of an infected mosquito. Dengue fever can cause a fever and other symptoms such as headache, eye, muscle or joint pain, rash, nausea and vomiting. People with mild illness typically recover within about a week with symptomatic treatment. A small number of infected people can develop a severe illness resulting in shock and internal bleeding requiring prompt medical care. People previously infected with dengue virus, pregnant women, and infants are at an increased risk for severe disease.

The risk of transmission to humans has increased. Hillsborough County Mosquito Control and DOH-Hillsborough continue surveillance and prevention efforts.

DOH-Hillsborough 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.

The Department continues to conduct 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](#). For more information, visit [DOH's website](#) at or contact your county health department.