SUWANNEE COUNTY HEALTH DEPARTMENT
P. O. Box 6030, Live Oak, FL 32064
Jeb Bush — (386) 362-2708 / SunCom 821-5200 / FAX (386) 362-6301 — John O. Agwunobi, M.D., M.B.A.
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MOSQUITO-BORNE DISEASE ALERT ISSUED FOR SUWANNEE COUNTY

--Human Case of EEE Confirmed--

Today, Suwannee County Health Department Administrator Nancy McCullers, Ph.D., announced that Florida Department of Health (DOH) Secretary John O. Agwunobi, M.D., M.B.A. M.P.H., has issued a medical alert for Suwannee County after a human case of Eastern Equine Encephalitis (EEE) was confirmed in a resident.

It takes from 4-10 days after the bite of an infected mosquito for an individual to develop symptoms of EEE. These symptoms begin with a sudden onset of fever, general muscle pains, and a headache of increasing severity. Many individuals will progress to more severe symptoms such as seizures and coma. Approximately one-third of all people with clinical encephalitis caused by EEE will die from the disease; of those who recover, many will suffer permanent brain damage requiring long-term medical care.

Physicians should contact their county health department if they suspect an individual has acquired a mosquito-borne illness. DOH laboratories provide testing services for physicians treating patients with clinical signs of mosquito-borne disease.
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DOH continues to advise the public to remain diligent in their personal mosquito protection efforts. These should include the "5 D's" for prevention:

- **D**usk and **D**awn -- Avoid being outdoors when mosquitoes are seeking blood. For many species, this is during the dusk and dawn hours.
- **D**ress -- Wear clothing that covers most of your skin.
- **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.
- **D**rainage -- 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 you apply a repellent. Some repellants are not suitable for children.
- Products with concentrations of up to 30 percent DEET are generally recommended. Other effective mosquito repellents, as reported by the CDC in April 2005, contain Picaridin or oil of lemon eucalyptus. These products are generally available at local pharmacies. Look for active ingredients to be listed on the product label.

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- 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.
- 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.

Tips on Eliminating Mosquito Breeding Sites

- 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.

DOH continues to conduct statewide surveillance for mosquito borne illnesses, including West Nile (WN) virus, Eastern Equine Encephalomyelitis (EEE), St. Louis Encephalitis (SLE), malaria, and dengue. Residents of Florida are encouraged to report dead birds via the web site http://myfwc.com/bird/. For more information on mosquito-borne illnesses, visit DOH's Environmental Health web site at http://www.doh.state.fl.us/environment/community/arboviral/index.htm , call the West Nile Virus Hotline at 1-888-880-5782, or call your local county health department. The Suwannee County Health Department can be reached at 386-362-2708, extension 238.

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