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The Baker County Health Department Urges Residents to Protect Themselves from Mosquito-borne Illness

The Baker County Health Department has received notification that three horses in Baker County have tested positive for mosquito-borne disease. While no human cases of mosquito-borne disease have been reported in Baker County this year, we ask that everyone be aware that mosquito-borne illness is still possible. Personal mosquito protection efforts should include the “5 D’s” for prevention:

- **Dusk and Dawn** (avoid being outdoors when mosquitoes are seeking a blood meal, for many species this is during the dusk and dawn hours)
- **Dress** – when possible, wear clothing that covers skin
- **DEET** – 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, oil of lemon eucalyptus, and IR3535 are other repellent options. (It is not recommended to use DEET on children less than 2 months old. Instead, infants should be kept indoors or mosquito netting used over carriers when mosquitoes are present). In protecting children, read label instructions to be sure the repellent is age-appropriate.
- **Drainage** (check your home to rid it of standing water in which mosquitoes can lay their eggs)

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

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.

Symptoms of mosquito-borne illness may include headache, fever, fatigue, dizziness, weakness, and confusion. Physicians should contact a local county health department if they suspect an individual may have a mosquito-borne illness.

For additional information, please contact the Baker County Health Department at 904-259-3569, the Department of Health website at www.myfloridaEH.com, or the CDC web site at www.cdc.gov.