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**Dr. Heidar Heshmati, Director of Brevard County Health Department
Issues Mosquito-Borne Disease Alert for Brevard County**

BREVARD COUNTY HEALTH DEPARTMENT ISSUES ALERT FOR MOSQUITO-BORNE ILLNESS -- Brevard County has one blood and CSF confirmed human case of West Nile Virus in a 48 year old female. The female displayed West Nile Virus symptoms. Symptoms of West Nile infection may include headache, fever, fatigue, dizziness, weakness and confusion. The patient has shown some improvement, however remains in ICU. She has been in the hospital since October 11, 2010. **The risk of transmission to humans has increased.** We continue to have an increase in mosquito-borne disease activity in Brevard County. Our sentinel chicken flocks continue to test positive for West Nile virus.

Although temperatures have been cooler, the potential for West Nile virus transmission remains. While mosquito activity slows with cool temperatures, it does not stop the risk of disease transmission to humans. Physicians should contact their county health department if they suspect an individual may meet the case definition for a mosquito-borne illness. Department of Health Laboratories provides testing services for physicians treating patients with clinical signs of mosquito-borne disease.

Brevard County Health Department reminds residents and visitors to avoid being bitten by mosquitoes that may cause encephalitis disease. Brevard County Mosquito Control is continuing to step up its mosquito control and prevention efforts. Everyone is encouraged to take basic precautions to limit exposure by following the recommendations of the Department of Health.

To protect yourself from mosquitoes, you should remember the "5Ds":

- **Dusk and Dawn** -- Avoid being outdoors when mosquitoes are seeking blood. For many species, this is during the dusk and dawn hours.
- **Dress** -- Wear clothing that covers most of your 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. Always **read label directions carefully** for the approved usage before you apply a repellent. Some repellents are not suitable for children.
- **Drainage** -- Check around your home to rid the area of standing water, which is where 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.