



Miami-Dade County Health Department

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MEDIA RELEASE

Miami-Dade County Health Department Mosquito-borne Illness Advisory

Miami, FL. (July 2, 2010) The Miami-Dade County Health Department (MDCHD) and Florida Department of Health report two (2) horses in the county that have tested positive for Eastern Equine Encephalitis (EEE). This could pose a risk of transmission to humans. EEE in humans is a rare disease that is caused by a virus spread by infected mosquitoes. EEE virus (EEEV) is one of a group of mosquito-transmitted viruses that can cause inflammation of the brain (encephalitis).

This virus is transmitted through the bite of an infected mosquito. Disease transmission does not occur directly from person to person. Those at highest risk are people who live in or visit woodland areas, people who work or participate in outdoor recreational activities where there is greater exposure to potentially infected mosquitoes.

The MDCHD reminds residents and visitors to avoid being bitten by mosquitoes. Everyone is encouraged to take the basic steps to limit exposure by following these recommendations:

To protect yourself from mosquitoes, you should practice the "5 D's":

- **D**usk and **D**awn – avoid being outdoors when mosquitoes are very active
- **D**ress – wear clothing that covers most of your skin
- **D**EET – repellents containing up to 30 percent DEET (N, N-diethyl-meta-toluamide) are recommended. Other effective mosquito repellents include picaridin, oil of lemon eucalyptus, and IR 3535. Always read label directions for approved usage before you apply a repellent. Some repellents are not suitable for children.
- **D**rainage – check around your home to remove standing water, where mosquitoes may lay eggs.

Getting rid of mosquito breeding sites is one of the keys to prevention.

- Clean out eaves, troughs and gutters
- Remove old tires or drill holes to drain 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

For more information on mosquito-borne illnesses, visit DOH's Environmental Health web site at <http://www.doh.state.fl.us/Environment/medicine/arboviral/index.html> or call the Miami-Dade County Health Department at 305-324-2400.

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