

August 6, 2019

# HEALTH OFFICIALS ISSUE MOSQUITO-BORNE ILLNESSES ADVISORY



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Communications Office  
786-336-1276

**Miami, Fla.**—The Florida Department of Health in Miami-Dade County (DOH-Miami-Dade) today confirmed a locally-acquired case of Dengue in the Miami-Dade County community. There is a heightened concern of additional residents becoming ill. DOH-Miami-Dade, Miami-Dade County Mosquito Control and Habitat Management Division will continue surveillance and prevention efforts.

DOH-Miami-Dade 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: <http://cfpub.epa.gov/oppref/insect/#searchform>.

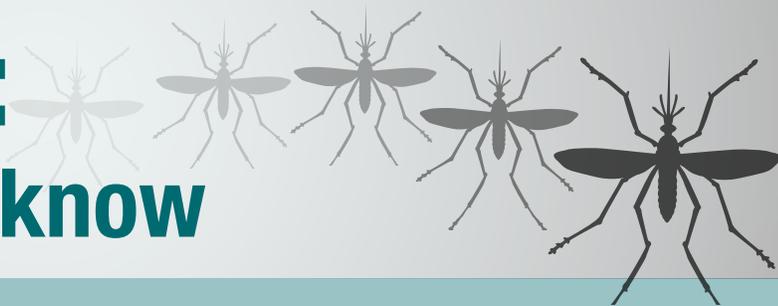
The Department continues to conduct statewide surveillance for mosquito-borne illnesses, including West Nile virus infections, Eastern equine encephalitis, St. Louis encephalitis, malaria, chikungunya and dengue. Residents of Florida are encouraged to report dead birds via the Florida Fish and Wildlife Conservation Commission's site - <http://legacy.myfwc.com/bird/default.asp>. For more information, visit DOH's website at <http://www.floridahealth.gov/%5C/diseases-and-conditions/mosquito-borne-diseases/index.html> or contact DOH-Miami-Dade County.

**About the Florida Department of Health**

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).

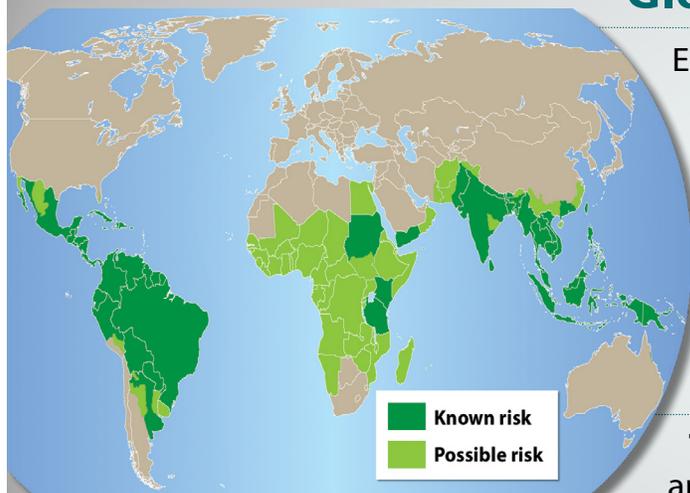
# Dengue Virus: What you need to know



## Dengue is:

- ◆ A virus spread through mosquito bites. *Aedes* mosquitoes also spread chikungunya and Zika viruses.
- ◆ A risk to anyone traveling to a tropical or subtropical region of the world where dengue virus is found.

## Global risk



Each year, an estimated 390 million people are infected. Outbreaks have occurred in parts of Southeast Asia, the Western Pacific, the Eastern Mediterranean, the Americas, the Caribbean, and Africa.

Forty percent of the world's population lives in areas at risk for dengue.

Dengue outbreaks have occurred in the United States where *Aedes* mosquitoes are found.

**Traveling?** For country-specific travel information and recommendations, visit [www.cdc.gov/travel](http://www.cdc.gov/travel).

## Signs and symptoms of dengue

- ◆ **Most people infected have mild or no symptoms.** About 1 in 4 people infected with dengue will get sick. Mild symptoms of dengue may be confused with other illnesses that cause fever and flu-like illness. Most people will recover after about one week.
- ◆ The most **common symptoms** of dengue are **fever** and **one or more of the following symptoms:** headache; eye pain (typically behind the eyes); muscle, joint, or bone pain; rash; nausea and vomiting; or unusual bleeding (nose or gum bleed, small red spots under the skin, or unusual bruising).
- ◆ **Severe dengue can result in shock, internal bleeding, and even death.**
  - » **Warning signs:** Watch for signs and symptoms of severe dengue to develop 24–48 hours after fever goes away.
  - » **If you or a family member develops any of these warning signs, go to a local clinic or emergency room immediately:** Severe stomach pain or vomiting (at least 3 vomiting episodes within 24 hours); bleeding from the nose or gums; vomiting blood or blood in the stool; drowsiness or irritability; pale, cold, or clammy skin; difficulty breathing.



## Sick? Could it be dengue?

- ◆ See your healthcare provider.
- ◆ Your healthcare provider may order tests to look for dengue or similar diseases, like chikungunya or Zika.



## Dengue is preventable, but not treatable

- ◆ No vaccine to prevent, or medicine to treat, infection is available.
- ◆ Mosquitoes that spread dengue bite during the day. Avoid infection by preventing mosquito bites.
- ◆ Use insect repellents. Repellents containing DEET, picaridin, IR3535, and some oil of lemon eucalyptus or para-menthane-diol products provide long-lasting protection.
- ◆ Use air conditioning or window/door screens.
- ◆ Wear long-sleeved shirts and long pants or permethrin-treated clothing.
- ◆ Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, or trash containers. Check inside and outside your home.



## If you are sick with dengue:

- ◆ **Take acetaminophen or paracetamol** to control fever and relieve pain. Do not take aspirin or ibuprofen!
- ◆ Get plenty of rest and drink fluids to prevent dehydration.
- ◆ During the first week of infection, dengue virus can be found in your blood. If a mosquito bites you, it can become infected and spread the virus to other people through bites.
- ◆ To help prevent others from getting sick, protect yourself from mosquito bites during the first week of illness.
- ◆ Rest in a screened or air-conditioned room or under a bed net while you have a fever.





P R E V E N T



# DENGUE

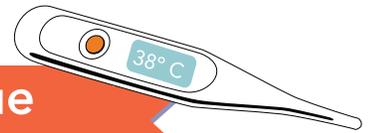
## *during pregnancy*

### What is dengue?



Dengue is an illness spread through mosquito bites to people who live in or travel to areas with dengue. If you get dengue while pregnant, especially during the last three months near delivery, you can spread the infection to your baby. Dengue can have harmful effects that include death of the unborn baby, low birth weight, and premature birth.

### How to know if you have dengue



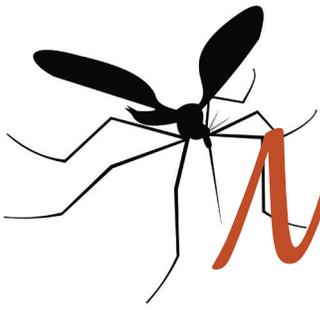
- Fever (38° C / 100.4° F or higher) lasting up to 7 days and two or more of the following symptoms: headache, eye pain, severe joint and muscle pain, skin rash, minor bleeding, nausea and vomiting.
- If you develop symptoms of dengue, see your doctor immediately.



### Traveling while pregnant?

#### Protect yourself and your baby.

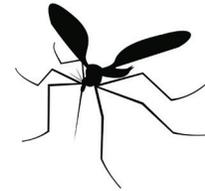
- **Know your risk:** To find out if the country you are visiting has dengue, visit [www.cdc.gov/travel](http://www.cdc.gov/travel).
- **Avoid travel or take precautions:** If possible, avoid travel to areas with dengue. If you do travel to an area where dengue is common, protect yourself from mosquito bites and talk to your doctor before traveling.
- **See your doctor if you develop symptoms of dengue** while traveling or within two weeks of returning from travel. Tell the doctor where you traveled and that you may have been exposed to dengue.



# Mosquitoes

S P R E A D

DENGUE



Avoid mosquito bites during pregnancy

● Use insect repellent with any of the following active ingredients:

- **DEET** (for example, Off!, Cutter, and Sawyer.)
- **Picaridin** (for example, Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan.)
- **Oil of lemon eucalyptus** (OLE) or PMD (for example, Repel.)
- **IR3535** (for example, Skin So Soft Bug Guard Plus Expedition and SkinSmart.) \*



- Wear long sleeved shirts and long pants.
- Empty standing water from containers such as flowerpots, vases or buckets.
- Fix or install window and door screens to keep mosquitoes outside.
- Avoid being bitten by mosquitoes while you have a fever to prevent transmission of dengue within your household.

\*Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.

**If you develop symptoms of dengue,  
see your doctor immediately.**

For more information visit: [www.cdc.gov/dengue](http://www.cdc.gov/dengue)





# P R E V E N G A

## EL DENGUE

### *durante el embarazo*

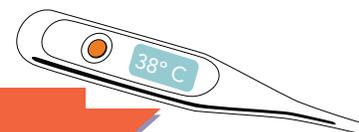


#### ¿Qué es el dengue?



El dengue es una enfermedad que se transmite a través de las picaduras de mosquitos a personas que viven en áreas con dengue o que viajan a esas zonas. Si usted contrae dengue mientras esté embarazada, especialmente durante los últimos tres meses del embarazo, podría transmitirle la infección a su bebé. El dengue puede tener efectos dañinos que incluyen la muerte del bebé en gestación, bajo peso al nacer y nacimiento prematuro.

#### Cómo saber si tiene dengue



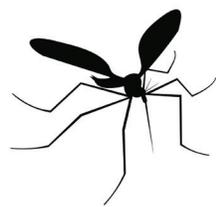
- Fiebre (de 38° C / 100.4° F o más alta) que dura hasta 7 días y dos o más de los siguientes síntomas: dolor de cabeza, dolor de ojos, intenso dolor en los músculos y en las articulaciones, sarpullido, sangrado leve, náuseas y vómitos.
- Si presenta síntomas del dengue, vaya al médico de inmediato.



#### ¿Va a viajar embarazada?

#### Protéjase y proteja a su bebé.

- **Conozca su riesgo:** Para saber si hay dengue en el país al que va a viajar, visite [www.cdc.gov/travel](http://www.cdc.gov/travel).
- **Evite viajar o tome precauciones:** Si es posible, evite viajar a áreas con dengue. Si viaja a una zona donde el dengue es común, evite las picaduras de mosquitos y hable con su médico antes de partir.
- **Vaya al médico si presenta síntomas del dengue** mientras esté de viaje o en las dos semanas después de su regreso. Dígale al médico a dónde viajó y que es posible que haya estado expuesta al dengue.



# Los mosquitos



P R O P A G A N

EL DENGUE



## Evite las picaduras de mosquitos durante el embarazo

- **Use un repelente de insectos con cualquiera de los siguientes ingredientes activos:**



- **DEET** (por ejemplo, Off!, Cutter y Sawyer).
- **Picaridina** (por ejemplo, Cutter Advanced, Skin So Soft Bug Guard Plus y Autan).
- **Aceite de eucalipto de limón (OLE)** o PMD (por ejemplo, Repel).
- **IR3535** (por ejemplo, Skin So Soft Bug Guard Plus Expedition y SkinSmart).\*

- Vístase con blusas de manga larga y pantalones largos.
- Vacíe el agua acumulada en recipientes como macetas, floreros o baldes.
- Repare o instale mallas o telas metálicas en las ventanas y puertas para mantener los mosquitos afuera.
- Evite que la piquen los mosquitos mientras tenga fiebre para prevenir la transmisión del dengue a otras personas en su casa.

\*El uso de marcas comerciales de repelentes de insectos es con propósitos informativos solamente. Los Centros para el Control y la Prevención de Enfermedades y el Departamento de Salud y Servicios Humanos de los Estados Unidos no pueden recomendar ni respaldar ningún producto de marca comercial.

**Si presenta síntomas del dengue, vaya al médico de inmediato.**

Para obtener más información, visite: <http://www.cdc.gov/spanish/enfermedades/dengue/>

