



# Mosquito-borne Illness Prevention

## Prevent Mosquito-borne Diseases

- Dengue and Chikungunya Fever are transmitted by mosquitoes (*Aedes aegypti* & *Aedes albopictus*).
- Cases of Dengue and Chikungunya Fever are currently being reported in Florida.
- People of all ages can be infected with mosquito-borne diseases such as Dengue and Chikungunya.
- It is everyone’s responsibility to take steps to reduce the risk of infection.
- People may start to experience symptoms 4–10 days after the bite from an infected mosquito.
- Symptoms may last 3–7 days.
- Infected humans can transmit the virus that carries dengue or chikungunya to uninfected mosquitoes for 4-5 days (maximum 12) after their first symptoms appear.
- Mosquito-borne diseases cannot be spread directly from person to person.

### Most Common Symptoms

#### \*Dengue\*

- Flu-like symptoms
- High Fever
- Severe Headache
- Severe pain behind the eyes
- Muscle, bone and joint pain

### Most Common Symptoms

#### \*Chikungunya\*

- High Fever
- Severe joint pain
- Headache
- Muscle pain

### What To Do If You Think You Have Dengue or Chikungunya

- Consult a medical provider
- Rest and drink plenty of fluids
- Avoid mosquito bites to minimize transmission

### How To Prevent The Bite



- **PROTECT YOURSELF**
- **CLOTHING:** Cover up. Wear shoes, socks, long pants, and long sleeves.
- **REPELLENT:** Apply mosquito repellent to bare skin and clothing. Repellents with DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective. Use mosquito netting to protect children younger than 2 months.
- **COVER DOORS AND WINDOWS WITH SCREENS:** Keep mosquitoes out of your house. Repair broken screens on windows, doors, porches, and patios.
- **DRAIN STANDING WATER**
- **DRAIN:** Garbage cans, house gutters, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.
- **DISCARD:** Old tires, bottles, cans, pots and pans, broken appliances and other items that aren't being used.
- **EMPTY AND CLEAN:** Birdbaths and pets’ water bowls at least once or twice a week.
- **PROTECT:** Boats and vehicles from rain with tarps that don’t accumulate water.
- **MAINTAIN:** The water balance (pool chemistry) of swimming pools. Empty plastic pools when not in use.

For more information please call :

Florida Department of Health, Martin County at **772-221-4000**, press **7**  
FOR MOSQUITO CONTROL CONCERNS, PLEASE CONTACT  
MARTIN COUNTY MOSQUITO CONTROL AT **772-288-5657**

For additional resources please visit:

- <http://www.floridahealth.gov/diseases-and-conditions/dengue/index.html>
- <http://www.floridahealth.gov/diseases-and-conditions/chikungunya/index.html>