



Charlie Crist
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State Surgeon General

MARTIN COUNTY HEALTH DEPARTMENT

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STAYING HEALTHY THIS SUMMER

RESIDENTS URGED TO TAKE PRECAUTIONS AGAINST MOSQUITOES AND WHILE SWIMMING IN FRESH WATER PONDS & LAKES

As many residents continue to enjoy their summertime activities, the Martin County Health Department is urging residents to take a few precautions to ensure they remain healthy throughout the summer season.

Naeqleria fowleri:

As temperatures rise in bodies of fresh water such as lakes and ponds, so does the threat of the parasite, *Naeqleria fowleri*. The amoeba is found in the sand and silt of fresh water and can cause a potentially fatal infection in humans. The parasite usually enters the nose and makes its way to the brain. Symptoms include headache, fever, nausea, vomiting and stiff neck.

The safest way to prevent an infection is to avoid swimming in warm, standing water such as lakes and ponds. Closing your nostril or wearing nose clips may reduce your chances of becoming infected. More information is available at www.cdc.gov.

Mosquitoes:

Summer is here and so are the mosquitoes!

The Department of Health works with partner agencies, including the Florida Department of Agriculture and Consumer Services, Florida Fish and Wildlife Conservation Commission, Martin County Mosquito Control and state universities throughout the year, to monitor for the presence of illnesses carried by mosquitoes, including West Nile virus (WNV) infection and St. Louis Encephalitis (SLE).

Most people that become ill will have mild symptoms including headache, fever, dizziness, and fatigue, but severe neurological symptoms are also possible. Although mosquito diseases can cause serious illnesses and even death in people of any age, children and those over 50 are at greatest risk for severe disease

Avoiding mosquito bites is the best way to prevent disease. DOH recommends remembering the 5 D's:

- **Dusk and Dawn** – Avoid being outdoors when mosquitoes are seeking blood.
- **Dress** – Wear clothing that covers most of your skin.



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- **DEET** – When the potential exists for exposure to mosquitoes, 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 IR3535.
- **Drainage** – Check around your home to rid the area of standing water, where mosquitoes lay eggs.

Tips on Repellent Use

- Always read label directions carefully for the approved usage before applying a repellent.
- In protecting children, read label instructions to be sure the repellent is appropriate. DEET is not recommended on children younger than 2 months old. Oil of lemon eucalyptus should not be used on children less than 3 years old.
- Infants should be kept indoors or mosquito netting should be used over carriers when outside.
- 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.
- Apply insect repellent to exposed skin or onto clothing, but not under clothing. Do not apply repellent to the eyes or mouth, cuts, wounds, or irritated skin.
- If additional protection is necessary, apply a permethrin repellent directly to clothing or gear.

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