



**STATE OF FLORIDA
DEPARTMENT OF JUVENILE JUSTICE**

**INTEROFFICE MEMORANDUM
Medical Advisory**

TO: Designated Health Authorities
Designated Mental Health Authorities
Residential Providers
State Medical and Mental Health and Substance Abuse Staff
Detention Directors
Probation Regional Directors
Residential/Correctional Facilities-Directors
Executive Leadership Team
Naomi Screen

DATE: July 19, 2010

FROM: Lisa M. Johnson, MD, Chief Medical Director

SUBJECT: **Mosquito-Borne Illness Prevention Guidelines – Medical Advisory**

STATE-WIDE COUNTY HEALTH DEPARTMENTS URGE PRECAUTIONARY MEASURES TO PREVENT MOSQUITO-BORNE ILLNESSES

This is the time of year that our youth are exposed to mosquito-borne illness. The Monroe County Health Department is awaiting test results on at least three individuals who presented with dengue-like symptoms during May 2010. These are the first cases of dengue-like symptoms that we've heard of since dengue was confirmed in Old Town man in mid-April. It is possible that more people will present to health care providers with dengue-like symptoms. **It is important that the staff monitor and observe youth for common symptoms of dengue.**

The symptoms may include one or more of the following: high fever and at least two of the following: severe headache, severe pain behind the eyes, joint pain, muscle and/or bone pain, rash, mild bleeding of the nose or gums, easy bruising, low white cell count and low platelets.

Symptoms can be treated with bed rest, acetaminophen, and oral fluids.

Physicians who see patients reporting dengue-like symptoms should find out how recent those symptoms appeared. If symptoms appeared within 5 days of the physician visit, the physician should draw a tube of blood and spin it down in a tiger top then contact their County Health Department as soon as possible to determine whether a PCT should be conducted. They will contact Jean Barber at the Health Department who will contact the physician to arrange transport of the blood to the Department of Health for relay to state labs. If symptoms appeared greater than 5 days of the physician visit, the physician should draw a tube of blood and send it to a private lab for a dengue IgM.

In any case of suspected dengue, the Florida Keys Mosquito Control District asks that physicians contact Michael Spoto at 305.292.7190 so that they have an idea of where they might need to increase their mosquito control efforts.

It is important to protect against mosquito-borne diseases during the summer rainy season, which includes peak mosquito activity months.

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Charlie Crist, Governor

Frank Peterman, Jr., Secretary

The mission of the Department of Juvenile Justice is to increase public safety by reducing juvenile delinquency through effective prevention, intervention, and treatment services that strengthen families and turn around the lives of troubled youth.

Medical Advisory: Mosquito-Borne Illness Guidelines

To prevent mosquito-borne diseases, the Department of Health recommends practicing the "5 D's":

- ☑ Don't go outdoors at **DUSK** and **DAWN** when mosquitoes are most active.
- ☑ **DRESS** so your skin is covered with clothing.
- ☑ Apply mosquito repellent containing **DEET** to bare skin and clothing. Other effective repellents include picaridin, oil of lemon eucalyptus, and IR3535.
- ☑ Empty containers and **DRAIN** standing water around your home where mosquitoes can lay their eggs.

Using repellent can help protect against being bitten by a mosquito. Follow these tips for correct repellent use:

- Read label directions carefully for the approved usage before applying a repellent to skin. Some repellents are not suitable for children. 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 3 years. DEET is not recommended on children younger than 2 months old.
- Products with concentrations of up to 30% DEET are generally recommended. Mosquito repellents containing picaridin, oil of lemon eucalyptus, or IR3535 can also be applied directly on skin. Permethrin can be used on clothing.
- Apply insect repellent to exposed skin, or onto clothing, but not under clothing.
- Infants should be kept indoors or mosquito netting should be used over carriers when mosquitoes are present.

DOH also offers these tips for eliminating mosquito breeding sites around your home:

- Clean out eaves, troughs and gutters.
- Remove old tires or drill holes in those used in playgrounds so water can drain.
- Turn over or remove empty pots.
- Pick up all beverage containers and cups after use.
- 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.
- Check tarps on boats or other equipment that may collect water.
- Pump out bilges on boats.
- Remove vegetation or obstructions in drainage ditches that prevent the flow of water.

Most people who become sick from mosquitoes have mild symptoms like headache, fever, dizziness and fatigue, but more severe symptoms are possible. The Health Departments urge anyone with severe symptoms to consult their primary care physician or seek immediate medical care. Physicians should contact their county health department if they suspect an individual may have a mosquito-borne illness. Florida Department of Health laboratories provide testing services for physicians treating patients with clinical signs of mosquito-borne disease.

County health departments and the Florida Department of Health work with partner agencies, including the Florida Department of Agriculture and Consumer Services, Florida Fish and Wildlife Conservation Commission, mosquito control agencies, and state universities year-round to monitor for the presence of illnesses carried by mosquitoes including West Nile virus infections, Eastern Equine Encephalitis, St. Louis encephalitis, malaria and dengue.

If there are any questions please contact Dr. Lisa Johnson in the Office of Health Services. Please forward this memo and post as appropriate.

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> and www.cdc.gov/dengue.

