

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



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Vision: To be the **Healthiest State** in the Nation

FOR IMMEDIATE RELEASE:

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HEALTH OFFICIALS CONFIRM CASE OF TRAVEL-ASSOCIATED DENGUE, CHIKUNGUNYA

~Take precautions against mosquito-borne illnesses~

PENSACOLA, FL – The Florida Department of Health in Escambia County (DOH-Escambia) has confirmed that a county resident contracted both chikungunya (chik-en-gun-ye) fever and dengue fever. The resident was most likely exposed to both viruses while recently traveling in the Caribbean islands.

These diseases are spread by bites from infected mosquitoes. If a person is infected and bitten by a mosquito, that mosquito may later spread the infection by biting another person. "Avoiding mosquito bites is the key to preventing infection with chikungunya fever, dengue fever, West Nile virus, and other mosquito-borne diseases," said DOH-Escambia Director, Dr. John Lanza. "We encourage everyone to take precautionary measures to help reduce the chance of being bitten. 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 are not 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.

- Wear shoes, socks, long pants, and long-sleeves.
- Apply mosquito repellent to bare skin and clothing.
- Always use repellents as directed by the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective.

COVER doors and windows with screens to keep mosquitoes out.

- Keep mosquitoes out of your house. Repair broken screens on windows, doors, porches, and patios.

People at increased risk for severe disease include newborns exposed during delivery, older adults (≥65 years), and people with chronic conditions such as diabetes, hypertension, and cardiovascular disease.

Florida Department of Health

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Symptoms of chikungunya include sudden onset of high fever (>102°F), severe joint pain mainly in the arms and legs, headache, muscle pain, back pain and rash. Symptoms appear on average three to seven days after being bitten by an infected mosquito.

The principal symptoms of dengue begin four to seven days after a mosquito bite and include high fever, severe headache, severe pain behind the eyes, joint pain, muscle and bone pain, rash, easy bruising, and mild bleeding (e.g., nose or gums bleed). Generally, younger children and those with their first dengue infection have a milder illness than older children and adults.

Most people experiencing symptoms of chikungunya or dengue infection feel better after a few days or weeks, however, some people may develop long-term effects. Complications are more common in infants younger than a year old, those older than 65, and people with chronic conditions such as diabetes and hypertension.

If you experience symptoms of chikungunya or dengue, consult with your health care provider immediately and protect yourself against further mosquito bites. Avoiding mosquito bites while you are sick will help protect others from getting infected.

For more information on chikungunya, dengue, or other mosquito-borne diseases visit the Florida Department of Health at <http://www.floridahealth.gov/diseases-and-conditions/mosquito-borne-diseases.html> or the Centers for Disease Control and Prevention at <http://www.cdc.gov/chikungunya/> and <http://www.cdc.gov/dengue>.

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