

## NEWSLETTER

July 2023

Dear Parents,

You may have heard that there have been four cases of Malaria documented in the Tampa area over the last several weeks. The Department of Health has issued an advisory regarding the prevention of mosquito-borne illnesses. You may find a link to this advisory below and helpful information from the CDC and the American Academy of Pediatrics.

Here are a few helpful tips to decrease the risk of exposure to mosquito-borne illnesses over these summer months:

- Eliminate any standing water around your home if possible. Remove empty pots and containers or turn them upside down so they do not collect water.
- Avoid spending time outdoors at dusk when mosquitos are most active.
- Wear light long-sleeved shirts and long pants outdoors to limit exposed skin.
- Use insect repellent on exposed skin and spray on top of clothing.
  - Sprays that contain DEET may be used on patients over 2 months of age.
  - Skin-So-Soft insect repellent (or other sprays that use Picaridin) may be used as an alternative to sprays that contain DEET.
  - Natural repellents including Eucalyptus oil can be used for children over 3 years of age.
- For infants, use a mosquito net covering with elastic that fits snugly over a stroller or car seat.

Malaria presents with symptoms comparable to flu-like illness, and symptoms usually begin 7-30 days after exposure via mosquito bite. Common symptoms are as follows:

- Fever (temperature over 100.4° F)
- Chills/Sweats
- Malaise
- Headache
- Nausea/Vomiting
- Body Aches

If you are concerned that your child may be infected, please call us to schedule an appointment for evaluation.

### FDOH Mosquito-Borne Illness Warning



<https://www.floridahealth.gov/newsroom/2023/06/20230626-mosquito-borne-illnesses.pr.html>

### CDC Information on Malaria



<https://www.cdc.gov/malaria/about/disease.html>

### AAP information on Insect Repellents



<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Insect-Repellents.aspx>