



Eastern Equine Encephalitis

Keep outdoor activities safe!

Easy ways to protect yourself against mosquito bites:

- Minimize time spent outdoors at dawn and dusk when mosquitoes are most active.
- Consider the use of mosquito repellents containing an EPA-registered active ingredient, including DEET, Picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol (PMD), or 2-undecanone.
- Wear shoes, socks, long pants, and a long-sleeved shirt when outdoors for long periods of time, or when mosquitoes are most active. Clothing should be light-colored, loose-fitting, and made of tightly woven materials that keep mosquitoes away from the skin.



Residents are also encouraged to take steps at home to protect against mosquitoes, such as making sure door and window screens are tight-fitting and in good repair. In addition, mosquitoes breed in stagnant water, so avoid letting water collect in old tires, wheelbarrows, wading pools, etc. More information on mosquito control around the home can be found on the Connecticut Mosquito Management Program website. <https://portal.ct.gov/mosquito>

EEE is a rare but serious viral illness transmitted by mosquitoes. CAES maintains a network of 108 mosquito-trapping stations in 88 municipalities across Connecticut and routinely tests mosquitoes for EEE. According to CAES, the majority of EEE detections this year have come from mosquito species that exclusively bite birds, but there have been detections from species that bite mammals which increases the risk for human EEE infection. CAES regularly reports mosquito testing results to local health departments and on the CAES website. Given the detections of EEE in eastern Connecticut, DEEP and DPH are advising those who head outdoors for recreation this summer to take the above steps to minimize the likelihood of being bitten by mosquitoes.

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