

Protect Yourself Against

Eastern Equine Encephalitis (EEE) and West Nile virus (WNV)

How Do EEE & WNV Spread?

- Spread by the bite of an infected mosquito.
- Mosquitoes become infected when they feed on infected birds.
- Infected mosquitoes can then spread WNV & EEE to humans and other animals when they bite.
- Not spread through casual contact such as touching or kissing a person with the virus.

What Are the Symptoms of EEE & WNV?

After being bitten by an infected mosquito:

Most people will not become sick

Some people have a mild illness with fever, headache, muscle aches/pain, nausea

Very few people have a serious illness with high fever, severe headache, neck stiffness, mental confusion, seizures, coma

How Soon do People Get Sick?

After being bitten by an infected mosquito:

EEE - 4 to 10 days

WNV - 3 to 14 days

When Are People Most Likely to Get EEE & WNV?

In New Hampshire, human cases have occurred between the end of July and the end of September

How are EEE & WNV Infections Treated?

- There is NO specific treatment.
- Antibiotics are not effective against viruses.
- Care of patients centers around supportive treatment.
- There is NO human vaccine available for EEE or WNV.

Have There Been Human Cases of EEE or WNV in New Hampshire?

In 2003, 3 human cases of WNV were reported (all 3 survived)

Since 2005, 11 human cases of EEE were reported resulting in two deaths

What Can You do to Prevent EEE & WNV?





Avoid Mosquito Bites!

- Wear protective clothing such as long pants, long-sleeved shirts, and socks.
- Limit outside activity between evening and dawn when mosquitoes are most active.
- Use insect repellent on exposed skin.
- Repellents containing DEET, Picaridin, Oil of Lemon Eucalyptus, or IR3535 have been proven effective.



Mosquito-Proof Your Home!

 Empty water from buckets, cans, pool covers, flower pots and other items and eliminate standing water around buildings and driveways when possible.



Clean out clogged rain gutters.

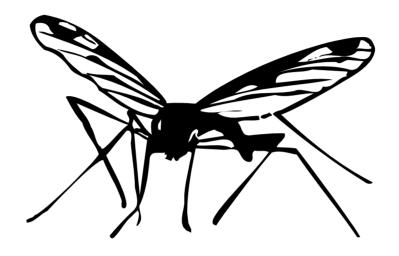
 Fix or install window and door screens.



Where Can You Learn More About EEE & WNV?

NH Department of Health & Human Services www.dhhs.nh.gov

US Centers for Disease Control and
Prevention
www.cdc.gov



THE END