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?

1. AVOID MOSQUITO BITES!

2. MOSQUITO-PROOF YOUR HOME!
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