

## News Update from Massachusetts Department of Public Health:

### Eastern Equine Encephalitis (EEE) and West Nile Virus (WNV)

#### Risk Level:

Norfolk County is at moderate risk for acquiring WNV infection and at low risk for acquiring EEE infection.

The risk of human infection with WNV is moderate in the Greater Boston area (Middlesex, Norfolk, and Suffolk counties), and in parts of Bristol, Essex, Hampden, Plymouth, and Worcester counties.

August and September are the months when most people are exposed to West Nile virus in Massachusetts.

#### Source of Infection:

EEE and WNV is usually transmitted to humans through the bite of an infected mosquito. EEE is a rare but serious and potentially fatal disease that can affect people of all ages.

#### What can you do to prevent EEE and WNV infection:

1. Repair window screens
2. Wear long sleeves and long pants from dusk to dawn
3. Use mosquito netting on baby carriages and playpens
4. Wear mosquito repellent when outdoors, especially between dusk and dawn
5. Avoid outside areas with obvious mosquito activity

#### For more information please visit:

<https://www.mass.gov/news/state-health-officials-announce-seasons-first-human-case-of-west-nile-virus-and-first-animal-case-of-eee-in-massachusetts>

**MOSQUITO BITES CAN MAKE YOU SICK**  
Mosquitoes spread germs

**Mosquitoes bite day and night.**  
Mosquitoes that spread viruses bite during the day and night and live indoors and outdoors.

**Use insect repellent. It works!**  
Look for the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone.

**Wear long-sleeved shirts and long pants.**  
For extra protection, treat clothing with permethrin.

**Mosquito-proof your home.**  
Use screens on windows and doors. Use air conditioning if available. Keep mosquitoes from laying eggs in or near standing water.

U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

For more information: [www.cdc.gov/mosquitoes](http://www.cdc.gov/mosquitoes)

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