

Eastern Equine Encephalitis (EEE) Information and Prevention by Jackie Aguilar RN BSN PHN

8/27/19

- Residents Urged to Use Caution and Limit Outdoor Activities after Sunset
- What is EEE? A viral infection spread through the bite of an infected mosquito. In MA the virus is identified in mosquitoes found in and around fresh water, swamps For more information, please go to MDPH website at www.mass.gov/dph/mosquito
- What are the Signs and Symptoms of EEE?
 1. High Fever (Temp 103 F - T106 F)
 2. Stiff Neck, sore throat
 3. Headache which usually appear from 3-10 days after mosquito bite
 4. Most serious complication is swelling of the brain
Unfortunately, 1/3 of those infected by the virus end up dying and those who survive have a long term recovery and some end up being disabled
- What is the treatment for EEE?

There is no treatment for EEE but you can seek help from your medical provider for supportive treatment focused on reducing the severity of the disease
- What can you do to protect yourself from EEE?

AVOID:

 - a. **Dusk** (avoid outdoor activities between the hours between dusk and dawn)
Limit sports practices up to 7:00 pm until September 30th or the first frost
 - b. **Dawn**
 - c. **Dress** (long sleeves, long pants and socks)
 - d. **DEET** (insect repellent must have DEET, or permethrin, or oil of lemon eucalyptus) *DEET products should not be used on infants under 2 months of age and Oil of lemon should not be used on children under 3 years of age. Permethrin products should only be applied to items such as clothing, shoes, bed nets, and camping gear and not to skin.
 - e. **DRAIN** (drain water that attracts mosquitoes-remove standing water in pots, change birdbaths water often, keep pools properly chlorinated)
- Is there a vaccine against EEE Virus?

Yes, there is a vaccine that is approved for horses only but has been very successfully used in some other species such as llamas and alpacas
- Where can I get more information?
 - a. Your, doctor, nurse, or healthcare clinic, or your local board of health
 - b. The Mass Department of Public Health Division of Epidemiology and Immunization at (617) 983-6800
 - c. Health Effects of Pesticides, MDPH, Bureau of Environmental Health 617-624-5757
 - d. www.mass.gov/dph/mosquito