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

NH Department of Health and Human Services
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)

In 2005, 7 human cases of EEE were reported (2 patients died)
What Can You do to Prevent EEE & WNV?

1. AVOID MOSQUITO BITES!
2. MOSQUITO-PROOF YOUR HOME!
3. REPORT DEAD BIRDS!

NH Department of Health and Human Services
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, or Oil of Lemon Eucalyptus 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.
Report Dead Birds!

- The NH Public Health Laboratory will test dead birds, primarily Crows & Bluejays, for WNV & EEE.
- Testing birds helps to identify when the risk to humans and other mammals is increased.
- Report dead birds to your local health officer
- For more information on EEE/WNV call the DHHS Information Line at: 1-866-273-NILE (6453)
Where Can You Learn More About EEE & WNV?

NH Department of Health & Human Services
www.dhhs.state.nh.us

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