



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!



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