



# Falmouth Health Department

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## Eastern Equine Encephalitis Confirmed in Mosquitoes from Falmouth, MA

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**TOWN: Falmouth**

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**The Massachusetts Department of Public Health (MDPH) announced today that Eastern Equine Encephalitis (EEE) has been detected in mosquitoes collected from Falmouth Massachusetts. To date, there have been no human cases resulting from this occurrence.**

EEE is a virus spread through the bite of an infected mosquito. In Massachusetts, the virus is most often identified in mosquitoes found in and around freshwater, hardwood swamps. EEE is a very rare disease and since the virus was first identified in Massachusetts in 1938, fewer than 100 cases have occurred. The first symptoms of EEE are fever (often 103° to 106°F), stiff neck, headache, and lack of energy. These symptoms show up three to ten days after a bite from an infected mosquito. Inflammation and swelling of the brain, called encephalitis, is the most dangerous and frequent serious complication.

**By taking a few, common-sense precautions, people can help to protect themselves and their loved ones:**

### **Avoid Mosquito Bites**

- **Be Aware of Peak Mosquito Hours** - The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning. If you are outdoors at any time and notice mosquitoes around you, take steps to avoid being bitten by moving indoors, covering up and/or wearing repellent.
- **Clothing Can Help** reduce mosquito bites. Although it may be difficult to do when it's hot, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.
- **Apply Insect Repellent** when you go outdoors. Use a repellent with **DEET** (N, N-diethyl-m-toluamide), **permethrin**, **picaridin** (KBR 3023), **IR3535** or **oil of lemon eucalyptus** [p-methane 3, 8-diol (PMD)] according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

### **Mosquito-Proof Your Home**

- **Drain Standing Water** – Many mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or getting rid of items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, and change water in birdbaths frequently.
- **Install or Repair Screens** - Some mosquitoes like to come indoors. Keep them outside by having tightly-fitting screens on all of your windows and doors.

While the Falmouth Health Department continues to work closely with the MDPH and other agencies. Locally, we are working closely with the Cape Cod Mosquito Control Board on effort to control mosquitos.

Information about EEE and reports of current and historical EEE activity in Massachusetts can be found on the MDPH website at: <https://www.mass.gov/mosquito-borne-diseases>