PROTECT YOURSELF AGAINST WEST NILE VIRUS (WNV) AND EASTERN EQUINE ENCEPHALITIS (EEE)



How to Protect Yourself & Your Family

- WNV and EEE can be spread by the bite of an infected mosquito, which contracts the virus from an infected bird.
- Most people who get infected with WNV or EEE do not have any symptoms; some people develop a mild illness, and others develop severe neurological disease that can lead to death.
- Symptoms of severe WNV or EEE illness include headache, neck stiffness, fever, muscle weakness, paralysis, convulsions, confusion, and loss of consciousness. Contact your health care provider if you develop these symptoms.
- Use effective mosquito repellants when outdoors and mosquitoes are biting.
- Repellants containing DEET, Picaridin, or Oil of Lemon Eucalyptus are proven effective. FOLLOW LABEL DIRECTIONS CAREFULLY.
- Products with 30% or less DEET are recommended for children and adults.
- Wear long sleeves and pants in light colors to minimize the opportunities for mosquitoes to bite.
- Consider the application of DEET or permethrin to your clothing as an additional protective measure.
- Limit outside activity between evening and dawn when mosquitoes are most likely to bite.

Mosquito Proof Your Home

- Mosquitoes can breed in any puddle that lasts more than 4 days.
- Check around your home for standing water and drain it.
- Empty water-holding containers (including pool covers, flower pots, and bird baths) at least every three days or screen them to prevent female mosquitoes from laying eggs in the water.
- Drilling holes in the bottom of containers is another way to prevent water from collecting.
- Ensure window and door screens fit properly so that mosquitoes cannot enter your home.
- Repair or replace any torn or damaged screens.
- Keep rain gutters clean so that rain water cannot collect in them.
- Keep weeds, tall grass, and bushes trimmed because they provide an outdoor home for the mosquito most commonly associated with WNV and EEE.
- Remind and help neighbors to eliminate breeding sites on their property.

For More Information

NH Department of Health & Human Services 1-866-273-NILE (6453) www.dhhs.nh.gov