

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
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