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FOR IMMEDIATE RELEASE

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On Friday, 9/20/2019, Connecticut Department of Public Health confirmed a second case of Eastern Equine Encephalitis Virus (EEE) in a resident of eastern Connecticut. Though mosquito populations are in decline, on Monday, 9/23/2019, the Connecticut Mosquito Program released data that shows the distribution of Eastern Equine Encephalitis Virus activity has grown over the last several weeks, and has now been documented in 19 municipalities, mostly in eastern Connecticut.

Though very rare in humans, EEE can be a serious and often fatal disease. These cases serves to highlight the continued risk to humans from the disease in eastern Connecticut.

The Eastern Highlands Health District is recommending that residents take the following steps to prevent diseases transmitted by mosquitos:

- ✓ **Minimize outdoor activities during peak mosquito biting times.** The hours from dusk to dawn are when many mosquitoes are active. If outdoor activities are unavoidable, all personal precautions to prevent mosquito bites should be taken. These include:
 - ✓ **Apply Insect Repellent when Outdoors.** When used as directed, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective. Use an EPA-registered insect repellent with one of the following active ingredients: DEET, Picaridin, IR3535, Oil of lemon eucalyptus (OLE), Para-menthane-diol (PMD), 2-undecanone.
 - ✓ **Cover up.** Wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.
- ✓ **Drain standing water around your property.** Mosquitoes lay their eggs in standing water. Draining or discarding items that hold water, unclogging rain gutters and drains, emptying unused flowerpots and wading pools, and changing the water in birdbaths frequently is recommended.
- ✓ **Install or Repair Screens.** Keep mosquitoes outside by having tightly-fitting screens on all of your windows and doors.

For additional information please go to: www.ehhd.org or <https://portal.ct.gov/Mosquito>

EHHD telephone contact: 860-429-3325