

Protecting your family

Information for residents of communities
at HIGH risk for Eastern equine encephalitis (EEE)



Take action to prevent mosquito bites. People of all ages are at risk for EEE. Risk for mosquito-borne illness will continue until the first hard frost in your area. A hard frost is when temperatures fall below 28° F for several hours.

Stay inside from dusk to dawn. The Health Department strongly advises you to stay inside from dusk (early evening) to dawn (early morning). These are the hours when mosquitoes are the most active and biting. If you must go outside during these hours, take extra care to use repellent and wear protective clothing (long sleeves, long pants, socks and shoes and a hat).

Use mosquito repellent labeled as being effective against mosquitoes every time you are outdoors – even waiting for the bus, walking to school, or during outdoor sports practices. Being outside and unprotected for a short time can be long enough to get a mosquito bite. Effective ingredients include DEET, picaridin and oil of lemon eucalyptus. Carefully follow directions on the label:

- > Do not use DEET products on infants younger than 2 months.
- > Use DEET only in concentrations of 30% or less.
- > Do not use oil of lemon eucalyptus on children younger than 3.
- > Permethrin, a product that is applied to clothing or gear, is also very effective.

Be aware of mosquitoes around you. If they are biting, re-apply repellent or go inside. Cover your skin: wear long sleeves, long pants, socks and shoes, hat and head net when possible, especially if you must be outside in the hours from dusk to dawn.

Use mosquito netting on carriages or outdoor play spaces when your baby is outdoors.
Repair screens and make sure they are tightly attached to doors and windows.

Remove standing water from ditches, gutters, old tires, trash barrels, wheel barrows and wading pools. Mosquitoes can begin to grow in any puddle or standing water that lasts for more than four days, so don't let water collect around your home. Dump any standing water twice a week.

Do not camp overnight near freshwater swamps or wetlands. If you do go camping, use a tent with mosquito netting, wear protective clothing, and use mosquito repellents.

Consider re-scheduling or cancelling outdoor evening events for the rest of the season.

Questions about mosquito control? Contact the Vermont Agency of Agriculture, Food & Markets
802-828-1319 • vermontagriculture.com

For more information – healthvermont.gov

EEE Information Line: 800-913-1139

