

PUBLIC HEALTH NOTICE

2014



This community is at MODERATE risk for Eastern equine encephalitis (EEE), a mosquito-borne disease.

Take action to prevent mosquito bites.

Limit time outside. The Vermont Department of Health strongly advises you to limit the time you spend outside during the early evening to early morning hours (**dusk to dawn**), when mosquitoes are most active and biting.

Protect yourself.

- Use insect repellents labeled effective against mosquitoes (DEET, picaridin or oil of lemon eucalyptus on your skin, permethrin on your clothing).
- Whenever possible, wear long-sleeved shirts/long pants/socks/shoes/hat/headnet if you're outside when mosquitoes are biting.
- Cover baby carriages and outdoor play spaces with mosquito netting.
- Fix holes in door and window screens.
- Dump any standing water in your yard twice a week.

For more information and other precautions to take:

EEE Information Line

800-913-1139

Web healthvermont.gov

