

What Can I Do to Protect Myself from Mosquito-borne Diseases?

- ◆ Use insect repellent on your skin and clothes.
- ◆ When possible, wear long-sleeved shirts, long pants and socks when you are outdoors.
- ◆ Place mosquito netting over infants in carriers when they are outdoors.
- ◆ When temperatures are above 55°F or whenever mosquitoes are active, consider staying indoors at dawn, dusk, and in the early evening, which are peak mosquito biting times.
- ◆ Install or repair window and door screens so that mosquitoes cannot get indoors.
- ◆ Help reduce the number of mosquitoes outdoors where you live, work, or play by draining sources of standing water. This will help reduce the number of places mosquitoes can lay their eggs and breed.



Resources

For more information about repellents and mosquito-borne diseases in Maine, visit www.MainePublicHealth.gov or call the Maine Center for Disease Control and Prevention (formerly Bureau of Health), Maine Department of Health and Human Services at **207-287-6582 or 1-800-821-5821.**

To report a dead bird, call **1-888-697-5846.**

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State of Maine
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John Elias Baldacci
Governor

Mosquitoes, Diseases, and YOU!



YOU CAN PROTECT YOURSELF.





Everyone exposed to mosquitoes is at risk of mosquito-borne disease, BUT people younger than 15 and older than 50 years of age are at the highest risk.

What are Arboviruses?

Arboviruses are viruses spread by mosquitoes or ticks. They can cause diseases such as West Nile virus infection (WNV) and Eastern Equine Encephalitis (EEE).

WNV was discovered in the United States in 1999 and has since spread to other states, including Maine. EEE has been present in the United States since 1964 and is mostly found in the eastern half of the country.

WNV and EEE infected birds and mosquitoes were first detected in Maine in 2001 and again in 2005. In 2005, the virus that causes EEE was found in two horses and 12 dead birds in Maine. In the same year, WNV was detected in 22 dead birds found across the State.

How Do People Get Infected with Arboviruses?

WNV and EEE are primarily spread by the bite of infected mosquitoes. You cannot get an arbovirus by touching or being near an infected person.

How Serious are Arboviral Infections?

Not everyone infected with an arbovirus becomes ill. However, arboviruses can cause severe illness and even death. EEE can be the most devastating. People younger than 15 or older than 50 years of age have the greatest risk of serious illness.

What Are the Symptoms of Arboviral Infection?

Mild cases may include a slight fever and/or headache, or may even go unnoticed. More severe infections can cause disorientation, tremors, muscle weakness, convulsions, paralysis, encephalitis, coma, and death.

What Insect Repellent Should I Use to Avoid Mosquito Bites?

The most effective repellents contain DEET. Other products have also proven effective. See www.MainePublicHealth.gov for more information.

Repellents with 23.8% DEET provide an average of 5 hours of protection from mosquito bites. Products with more than 50% DEET are usually NOT necessary.

For children aged 2-12 years, use repellents with 10% or less DEET. It is important to use DEET properly. Be sure to follow the instructions on the repellent label.

How Do I Know if Mosquitoes in My Area Are Infected with Arboviruses?

WNV and EEE have been found in Maine. It is important to protect yourself from frequent mosquito bites.

In many situations, the first sign of arboviral activity in an area has been the discovery of dead birds or ill horses that have been infected by mosquitoes. To help the Department of Health and Human Services track arboviruses in Maine, please report dead crows, blue jays and ravens by calling 1-888-697-5846.