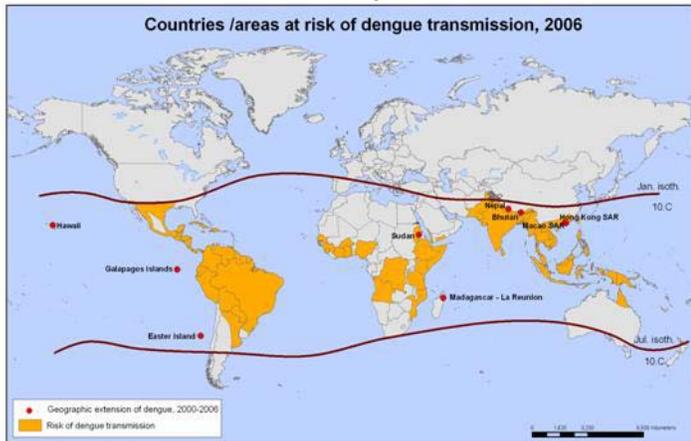


Mosquito Borne Illnesses – Maine, 2011

Dengue Fever:

In 2011, there were no cases of Dengue fever reported in Maine.

Countries/Areas at Risk of Dengue Transmission - 2006

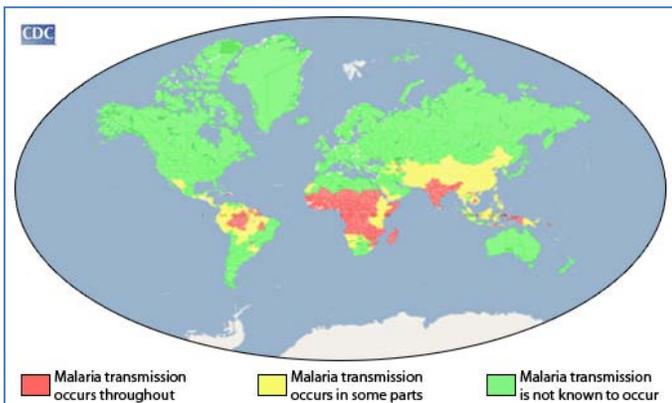


Map: World Health Organization

Malaria:

In 2011, there were six cases of malaria reported in individuals who had a history of travel outside of the United States in Afghanistan, Iraq, Uganda, and India.

Where Malaria Transmission Occurs



Map: Federal CDC

Discussion

Because all of these diseases are transmitted by mosquitoes, preventing mosquito bites is essential. Repellent should be used while at home and abroad to prevent disease.

Prevention

To lower the chances of contracting a mosquito-borne disease, measures should be taken to prevent

mosquito bites both at home and while traveling:

- Use an EPA-approved repellent. Products containing DEET, picaridin, IR3535, or oil of lemon eucalyptus can be applied to exposed skin, and permethrin containing products can be applied to clothing. Always follow the instructions on the product's label when using repellents or other pesticides.
- Wear long sleeved shirts and long pants when possible or when mosquitoes are abundant.
- Protect babies with mosquito netting.
- When mosquitoes are especially abundant, stay indoors.
- Mosquito-proof your home by fixing or installing window screens or screen doors.
- Control mosquito populations around your home by cleaning gutters and removing or emptying objects that contain still water where mosquitoes can lay eggs such as old tires, old cans, and plastic tarps.
- Empty water from flower pots, pet dishes, birdbaths, rain barrels, and buckets at least once a week.
- Prophylaxis is recommended when traveling to areas with a threat of malaria

Health care providers are encouraged to consider arboviral diseases in appropriate clinical settings. EEE and WNV are both found in Maine, and should be considered for patients who have spent time outside and have a febrile illness with neurological manifestations such as aseptic meningitis, encephalitis, and focal weakness. Dengue should be considered for patients with international travel history or travel to areas of the United States where local transmission has been known to occur. Malaria should be considered in patients with international travel history.

Additional information about mosquito-borne illnesses can be found at:

- Maine CDC
<http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/index.shtml>
- Federal CDC
<http://www.cdc.gov/ncezid/dvbd/index.html>