

EEE: The Facts

Is there EEE in Maine?

The mosquitoes that carry EEE virus are present in Maine. In 2009, more than a dozen horses have died from EEE in Maine. These horse cases show that people are also at risk. In 2008, a visitor to Maine died from EEE.

How are people infected?

EEE virus is spread through the bite of an infected mosquito. You cannot get EEE from another person or a horse.

Who is at risk?

Anyone bitten by an infected mosquito can get EEE. The virus is usually spread between birds and mosquitoes in freshwater wetlands or boggy areas. People who live, work, or play near these areas are at greatest risk. Children and adults over 50 years old are also at higher risk for EEE.

What are the symptoms?

EEE begins with sudden fever, headache, chills, and vomiting. It may progress to confusion, seizures, and coma. One third of patients with EEE die. Many survivors have brain damage.

For more information:

Maine Center for Disease Control
and Prevention

<http://www.maine.gov/dhhs/boh/ddc/epi/vector-borne/index.shtml>

1-800-821-5821



September 2009

Eastern Equine Encephalitis (EEE)



EEE is a rare but serious viral disease that is spread by mosquitoes. EEE virus causes inflammation of the brain (encephalitis) in horses and humans.

You can protect yourself!

The only way to prevent EEE is to protect yourself and your family from mosquito bites.



The best insect repellents contain DEET, picaridin, oil of lemon eucalyptus, or IR3535.

What can I do to protect myself from EEE?

- There is no vaccine or drug to prevent EEE in humans.
- The only way to prevent EEE is to protect you and your family from mosquito bites.

How can I prevent mosquito bites?

- Use insect repellent.
- Wear long-sleeved shirts, long pants, and socks.
- Place mosquito netting over infant carriers.
- Consider staying indoors at peak mosquito biting times (dawn and dusk).
- Install or repair screens on windows and doors.
- Empty water from flower pots, buckets, barrels, pools, and containers.

What should I know about using repellent?

- Always follow the directions on the label.
- Reapply as needed.
- Do not apply to the eyes or mouth.
- Apply repellent to your hands and rub them on your child.
- Do not apply repellent to children's hands. They will end up in their mouth.

The American Academy of Pediatrics says that insect repellents with up to 30% DEET can be used on children 2 months and older.

What insect repellents should I use?

Use on exposed skin or clothing

- **DEET** products such as Off!®, Cutter®, Sawyer®, and Ultrathon™.
- **Picaridin** products such as Cutter Advanced™ and Skin So Soft Bug Guard Plus®.
- **Oil of lemon eucalyptus** products such as Repel® (Not approved for use on children under 3 years old).
- **IR3535** products include Skin So Soft Bug Guard Plus Expedition™.

Use only on clothing or gear

- **Permethrin** products such as Repel Permanone, Sawyer Permethrin for Clothing.