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FOR IMMEDIATE RELEASE

On Monday, 9/16/2019, the Connecticut Department of Public Health confirmed that the first case of Eastern Equine Encephalitis Virus (EEE) has been found in a Connecticut resident from East Lyme. Though mosquito populations are in decline, the distribution of Eastern Equine Encephalitis Virus activity has grown considerably over the last several weeks, and has now been documented in 15 municipalities, mostly in eastern Connecticut.

Though very rare in humans, EEE can be a serious and often fatal disease. 30% of those infected die from the disease, and those who recover often suffer from severe, lifelong neurological problems. This case serves to highlight the continued risk to humans from the disease in eastern Connecticut.

Chatham Health District is recommending that residents take the following steps to prevent diseases transmitted by mosquitos:

- **Avoid outdoor activities during peak mosquito biting times.** The hours from dusk to dawn are when many mosquitoes are active. Consider rescheduling outdoor activities that occur during evening or early morning.
- **Apply Insect Repellent when Outdoors.** When used as directed, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective. Use an EPA-registered insect repellent with one of the following active ingredients: DEET, Picaridin, IR3535, Oil of lemon eucalyptus (OLE), Para-menthane-diol (PMD), 2-undecanone.
- **Cover up.** Wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.
- **Drain standing water around your property.** Mosquitoes lay their eggs in standing water. Draining or discarding items that hold water, unclogging rain gutters and drains, emptying unused flowerpots and wading pools, and changing the water in birdbaths frequently is recommended.
- **Install or Repair Screens.** Keep mosquitoes outside by having tightly-fitting screens on all of your windows and doors.