

September 18, 2019

As of this week, there has been one case of Eastern Equine Encephalitis (EEE) diagnosed in Connecticut. This is still considered an extremely rare occurrence. EEE is caused by a virus transmitted by a mosquito bite usually in the late summer and early fall. Once the first frost occurs, the incidence of this essentially becomes zero. Symptoms start 4-10 days after the infected bite and include fever, headache, nausea and vomiting, loss of appetite, and fatigue. As you can see these symptoms are the same symptoms of most viruses at this time of year. A small percentage of exposed people will progress to stiff neck and mental status changes. There is no vaccine nor medication to treat this condition.

Prevention is the key:

- 1) Avoid being outside in the dusk and dawn hours when mosquito activity is the highest.
- 2) Insect repellent: Apply a mosquito repellent that contains 30-50% DEET.
- 3) Wear long pants, long sleeved shirts to protect against bites
- 4) Remove any free standing water. Mosquitos breed in these areas.

If you have any concerns, please call DHC at 860-685-2470

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