

## Who's At Risk?

### If you are outside, you are at risk.

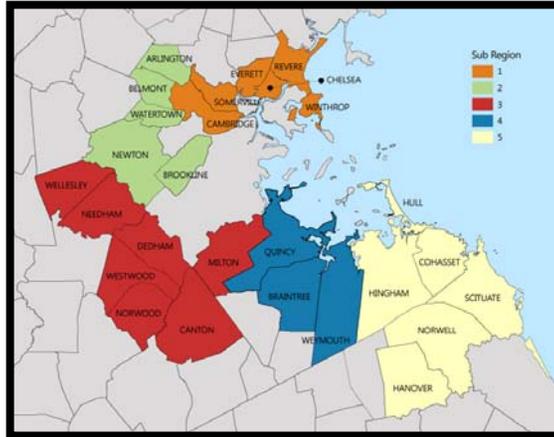
Regardless of your age, the more time you spend outside the higher your risk for mosquito-borne illnesses. If you spend a lot of time outdoors, pay particular attention to personal protection.

**People over the age of 50 are at a high risk for severe illness.** Individuals over 50 are more likely to develop severe symptoms of mosquito-borne illnesses if they do get sick. Take special care to avoid mosquito bites.

### What Should I Do If I Think I Have A Mosquito-borne Illness?

Milder infections will improve on their own, and these individuals may not need treatment, but may choose to seek medical attention.

If you develop severe symptoms like high fever, severe headaches, stiff neck, confusion, partial paralysis, or convulsions seek medical attention immediately. Severe illness usually results in hospitalization.



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**Public Health**  
Prevent. Promote. Protect.

# Mosquitoes

## How to protect yourself and your family!



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## Reduce Your Risk

### Protect Yourself & Your Family

- Avoid going outdoors between dusk and dawn, peak mosquito time.
- Wear long pants and sleeves when outdoors.
- Wear an insect repellent containing DEET, permethrin, picardin, or oil of lemon eucalyptus.
- Eliminate standing water from your yard.
- Install screens in windows and doors, and repair any holes in existing screens.
- Encourage your neighbors to do the same.



Standing water can act as a mosquito breeding ground, dump out any standing water in your yard.

## Know the Facts

### Mosquito – Borne Illnesses

#### West Nile Virus (WNV)

West Nile Virus is a mosquito-borne illness that is contracted through the bite of a mosquito. People of all ages can become ill from WNV. However, people over 50 are at most risk for the disease.

Most people infected with WNV develop no symptoms of illness. About 20% of people will have mild symptoms that can last for several days (headache, aches, tiredness, possible rash). Less than 1% of people develop serious illness that requires hospitalization and may cause death. Symptoms can include high fever, severe headache, stiff neck, disorientation, partial paralysis, convulsions and coma.

#### Eastern Equine Encephalitis (EEE)

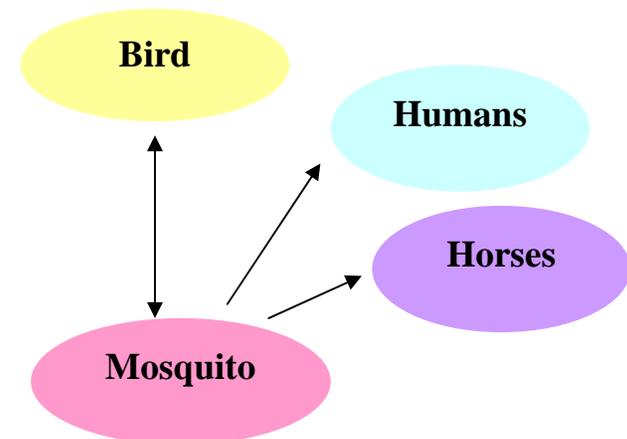
EEE is a very rare disease transmitted through the bite of a mosquito. Only a few cases of EEE are reported each year in the United States. It takes 3-10 days after a bite from an infected mosquito to show (*cont. on next pg*) symptoms. Symptoms include fever, headache, stiff neck, and lack of energy. Inflammation and swelling of the brain, called encephalitis, is the most severe and complicated symptom.

## Fight the Bite

Once patients display this symptom they often go into a coma within a week. In Massachusetts, half the people with EEE died from their infection. Those who survive will likely have permanent brain damage.



Water in bird baths and outdoor pet bowls should be changed frequently.



The transmission cycle for EEE