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HEALTH DEPARTMENT

## Human Case of Eastern Equine Encephalitis Confirmed in the Town of Grafton

DATE: August 16, 2019

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The Massachusetts Department of Public Health (MDPH) announced today the first confirmed human case of eastern equine encephalitis (EEE) in the Town of Grafton.

EEE virus has caused 26 human infections in Massachusetts with at least ten deaths since 2004. There were seven human cases identified in 2012, one in 2013 and none from 2014 - 2018. In addition to the case just identified in Grafton, there has been 1 other human EEE case identified in Massachusetts this year from Southeastern Massachusetts.

EEE is a rare but serious illness spread by the bite of an infected mosquito. While EEE can infect people of all ages, people under 15 years of age or over 50 years of age are at greatest risk for serious illness.

By taking a few, common-sense precautions, people can help to protect themselves and their loved ones:

### Avoid Mosquito Bites

- **Be Aware of Peak Mosquito Hours** - The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning. If you are outdoors at any time and notice mosquitoes around you, take steps to avoid being bitten by moving indoors, covering up and/or wearing repellent. **We are recommending to either cancel or reschedule all outdoor activities. The first hard frost is when it is safe to resume outdoor activities at peak mosquito times (dusk to dawn when mosquitoes are most active) see MDPH recommended cancellation times (attached).**
- **Clothing Can Help** reduce mosquito bites. Although it may be difficult to do when it's hot, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.
- **Apply Insect Repellent** when you go outdoors. Use a repellent with DEET (N, N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), IR3535 or oil of lemon eucalyptus [p-methane 3, 8-diol (PMD)] according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

## **Mosquito-Proof Your Home**

- **Drain Standing Water** – Many mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or getting rid of items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, and change water in birdbaths frequently.
- **Install or Repair Screens** - Some mosquitoes like to come indoors. Keep them outside by having tightly-fitting screens on all of your windows and doors.

While Grafton continues to work closely with the MDPH and other agencies, locally we actively take efforts to reduce and eliminate mosquito larvae.

Information about EEE and reports of current and historical EEE virus activity in Massachusetts can be found on the MDPH website at [www.mass.gov/dph/mosquito](http://www.mass.gov/dph/mosquito).

Practice the 5 D's  
of mosquito  
protection!

# DRESS

in long sleeves and pants when possible. Cover up during periods of mosquito activity.

# DEET

is an effective repellent.  
Always follow the  
label instructions!

DAWN & DUSK  
are mosquitoes  
most active  
periods.

DRAIN water  
from containers  
weekly. Don't  
grow your own  
mosquitoes!

## #FIGHTtheBITE

For more information, visit  
[www.worcesterma.gov/summerpests](http://www.worcesterma.gov/summerpests)



**REDUCE EXPOSURE TO MOSQUITOES AND DISEASES THEY CARRY WHEN WORKING OUTDOORS**

# **PRACTICE THE 5 D'S**

**D**RESS IN LONG SLEEVES AND PANTS WHEN POSSIBLE. COVER UP DURING PERIODS OF MOSQUITO ACTIVITY.

**D**AWN & **D**USK ARE MOSQUITOES MOST ACTIVE PERIODS.

**D**EET IS AN EFFECTIVE REPELLENT. FOLLOW LABEL INSTRUCTIONS.

**D**RAIN WATER FROM CONTAINERS.



The City of  
**WORCESTER**



Public Health  
Prevent. Promote. Protect.



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**APPENDIX 2: RECOMMENDED CANCELLATION TIMES FOR OUTDOOR ACTIVITIES IN AREAS OF HIGH RISK FOR EASTERN EQUINE ENCEPHALITIS (EEE)**

The types of mosquitoes most likely to transmit EEE infection are likely to be out searching for food (an animal to bite) at dusk, the time period between when the sun sets and it gets completely dark. **The exact timing of this increased activity is influenced by many factors including temperature, cloud cover, wind and precipitation and cannot be predicted precisely for any given day.** Here, the approximate time of sunset was used to establish standardized recommendations for cancellation times of outdoor activities during periods of high EEE risk.

**This does not eliminate risk nor does it alleviate the need for the use of repellants or clothing for protection from mosquitoes.**

## July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
←			8:30 PM	→		
7	8	9	10	11	12	13
←			8:30 PM	→		
14	15	16	17	18	19	20
←			8:30 PM	→		
21	22	23	24	25	26	27
←			8:15 PM	→		
28	29	30	31			
←			8:15 PM	→		

## August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
←			8:00 PM	→		
4	5	6	7	8	9	10
←			8:00 PM	→		
11	12	13	14	15	16	17
←			8:00 PM	→		
18	19	20	21	22	23	24
←			7:45 PM	→		
25	26	27	28	29	30	31
←			7:30 PM	→		

## September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
←			7:30 PM	→		
8	9	10	11	12	13	14
←			7:15 PM	→		
15	16	17	18	19	20	21
←			7:00 PM	→		
22	23	24	25	26	27	28
←			6:45 PM	→		
29	30					

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## October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 6:50 PM	3	4	5
6	7	8	9 6:50 PM	10	11	12
13	14	15	16 6:15 PM	17	18	19
20	21	22	23 6:00 PM	24	25	26
27	28	29	30 6:00 PM	31		