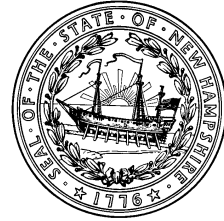


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**PRESS RELEASE**  
**FOR IMMEDIATE RELEASE**  
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## **DHHS Identifies First Positive Test Results of the Year for Eastern Equine Encephalitis**

**Concord, NH** – The New Hampshire Department of Health and Human Services (DHHS) is announcing that one batch of mosquitoes from Londonderry tested positive for Eastern Equine Encephalitis Virus (EEE). This is the first finding of EEE in the State this year. There have not been any positives identified for West Nile Virus so far this season in New Hampshire. In 2013, there were 27 positives for EEE, including 24 mosquito batches and 3 animals.

EEE and WNV are transmitted by the bite of infected mosquitos. This finding does not change the current low arboviral risk level for Londonderry. It is important that people continue to take precautions against mosquito bites including wearing an effective repellent, long pants and sleeves, ensuring screens are in good repair and removing standing water from your property to prevent mosquitoes from breeding.

“This is approximately the same time we identified the first positive for Eastern Equine Encephalitis as last year,” said Public Health Director Dr. José Montero. “Since we know that the agents that cause these diseases are here in New England, everyone should make it part of their routine to take precautions every time they go outside.”

Symptoms of WNV disease often appear 4 to 10 days after being bitten. If you or someone you know is experiencing flu-like symptoms, including fever and headache, contact your local medical provider. EEE is a more serious disease that carries a high mortality rate for those who contract the serious encephalitis form of the illness. Symptoms may include high fever, severe headache, stiff neck, and sore throat. There is no treatment for the disease, which can lead to seizures and coma. Symptoms usually occur 4 to 10 days after being bitten.

For more information about EEE and West Nile Virus visit the DHHS website at <http://www.dhhs.nh.gov/dphs/cdcs/arboviral/index.htm> and the Centers for Disease Control and Prevention website at [www.cdc.gov](http://www.cdc.gov). For questions contact the DHHS Bureau of Infectious Disease Control at 603-271-4496.

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Attachment: Prevention Guidelines for West Nile Virus and Eastern Equine Encephalitis

# Prevention Guidelines for West Nile Virus and Eastern Equine Encephalitis Virus

*NH Department of Health and Human Services, Division of Public Health Services*

## **1. Eliminate standing water and other mosquito breeding locations.**

***In warm weather, mosquitoes can breed in any puddle that lasts more than 4 days!***

- Remove old tires from your property.
- Dispose of tin cans, plastic containers, ceramic pots, or other containers. Don't overlook containers that have become overgrown by aquatic vegetation.
- Drill holes in the bottom of recycling containers that are left outside.
- Make sure roof gutters are clean and draining properly.
- Clean and chlorinate swimming pools and hot tubs. If not in use, keep empty and covered and keep covers free of standing water.
- Aerate garden ponds or stock them with fish.
- Turn over wheelbarrows and change water in birdbaths at least twice weekly.
- Turn over plastic wading pools when not in use.
- Remind or help neighbors to eliminate breeding sites on their properties.

## **2. Be aware of where mosquitoes live and breed and keep them from entering your home.**

- Mosquitoes lay their eggs in standing water. Weeds, tall grass, and bushes provide an outdoor home for adult mosquitoes, including several species commonly associated with West Nile Virus and Eastern Equine Encephalitis Virus.
- Mosquitoes can enter homes through unscreened windows or doors, or broken screens. Make sure that doors and windows have tight-fitting screens. Repair or replace all screens in your home that have tears or holes.
- Resting mosquitoes can often be flushed from indoor resting sites by using sweeping motions under beds, behind bedside tables etc. and once in flight, exterminated prior to sleeping at night.

## **3. Protect yourself from mosquito bites.**

- If outside during evening, nighttime, and dawn hours when mosquitoes are most active and likely to bite, children and adults should wear protective clothing such as long pants, long-sleeved shirts, and socks.
- Consider the use of an effective insect repellent, such as one containing DEET. A repellent containing 30% or less DEET (N,N-diethyl-methyl-meta-toluamide) for children and adults. Use DEET according to the manufacturer's directions. Children should not apply DEET to themselves. Repellents that contain Picaridin or oil of lemon eucalyptus have also been determined to be effective.
- Vitamin B, ultrasonic devices, incense, and bug zappers have not been shown to be effective in preventing mosquito bites.

*For more information on West Nile Virus or Eastern Equine Encephalitis Virus, call the NH Department of Health and Human Services toll-free West Nile Virus Information Line at 866-273-NILE (6543), or visit the West Nile Virus Website at [www.dhhs.nh.gov](http://www.dhhs.nh.gov).*