

## EEE and WNV

**Eastern equine encephalitis (EEE) and West Nile virus (WNV) can make you and your family sick.**

You get EEE or WNV from the bite of an infected mosquito, although, not all mosquitoes are infected.

You may feel sick 3-14 days after an infected mosquito bites you.

People who get sick may feel like they have the flu with fever, headache, and body aches that can last for days to weeks.

A small number of people who get EEE or WNV get very sick and sometimes die. If you feel sick, you should talk to your doctor.

There is no specific treatment for EEE or WNV.

Since 2003, several New Hampshire residents have been infected with EEE and WNV and some have died. These people got sick between late July and early October.



## PRACTICE THE 8 “Ds”

***Avoid mosquito and tick bites!***

Use bug sprays with **DEET** in them to keep mosquitoes and ticks from biting you. For mosquitoes only, sprays with picaridin, oil of lemon eucalyptus, or IR3535 can also be used. The last 2 ingredients are as effective as lower concentrations of DEET. Not all products are safe for children. Always follow label instructions.

**DRESS** in long pants and a long-sleeved shirt.

Wear light colors to make ticks easier to see.

Limit time outdoors between **DUSK** and **DAWN** when mosquitoes are most active.

Check your clothes and skin frequently for ticks while outdoors. Do a final full-body tick check at the end of the **DAY**. Remove any attached ticks.

***Keep your home safe!***

Mosquitoes grow in water. **DRAIN** standing water from gutters, wheelbarrows, and wading pools.

**DISPOSE** of old tires, tin cans, glass bottles, and other water-holding containers left outside.

**DO** away with ticks around your home by removing leaf litter and tall grass at the edges of lawns, gardens, and stone walls.



## Lyme Disease

Lyme disease is spread through the bite of an infected black-legged (deer) tick.

Most people are bitten and infected by young ticks called nymphs. Nymphs are most active in May, June, and July. Adult ticks can also transmit Lyme disease and are active during the other months.

***Ticks are very small!***



Actual Size of Ticks

You can start to feel sick 3-32 days after an infected tick bites you.

Often, but not always, people develop a large round rash. They also may have:

- Chills
- Fever
- Headache
- Muscle/joint pain

If you get sick after a tick bite, you should go to the doctor as soon as possible so that serious symptoms (heart problems, arthritis) don't develop. Early treatment with antibiotics is important.



**Each year hundreds of New Hampshire residents get infected with Lyme disease.**

# TICK REMOVAL TECHNIQUE

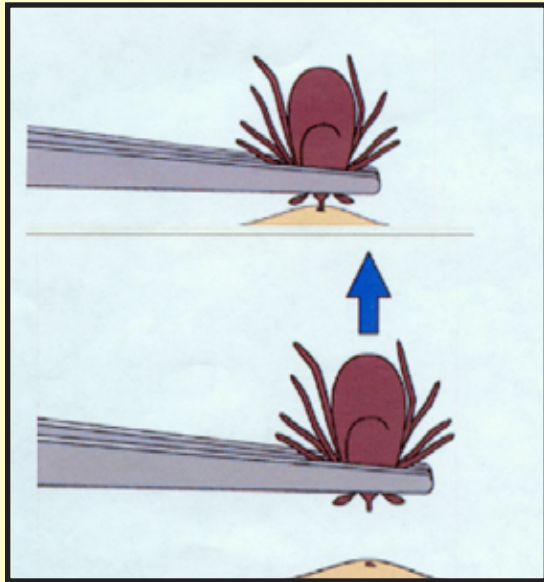


Image courtesy of CDC,  
Division of Viral and Rickettsial Diseases.

- 1** Use tweezers to firmly grasp the tick very close to your skin.
- 2** With a steady motion, pull the tick's body away from your skin.
- 3** Clean your skin with soap and warm water.

**DON'T USE**  
petroleum jelly, a hot match,  
nail polish, or other products  
to remove a tick.

## Resources

For detailed information about EEE,  
WNV, and Lyme disease visit the  
New Hampshire Department of Health  
and Human Services at  
[www.dhhs.nh.gov](http://www.dhhs.nh.gov)  
or call  
603-271-4496

For additional information go to the  
Centers for Disease Control and  
Prevention's website at  
[www.cdc.gov/ncidod/dvbid/](http://www.cdc.gov/ncidod/dvbid/)

For information on repellent safety,  
visit the National Pesticide Information  
Center website at  
<http://npic.orst.edu/wnv/>



New Hampshire Department of  
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You can  
**PREVENT DISEASES**  
spread by

**MOSQUITOES  
&  
TICKS!**