

# Eastern Equine Encephalitis (EEE)

## Get The Facts About EEE - Protect Yourself From Mosquito Bites

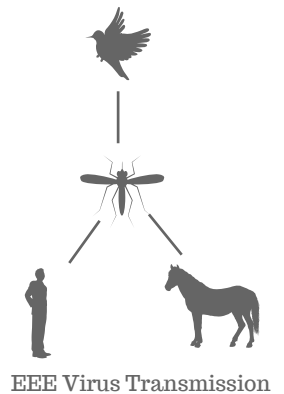
Eastern Equine Encephalitis (EEE) is a very rare, but serious disease caused by a virus. The virus is transmitted through the bite of an infected mosquito.

Mosquitoes become infected when they bite infected birds. Mosquitoes spread the virus to humans or other mammals, like horses or deer. EEE is only spread by mosquitoes; it cannot be spread to you by other humans or animals.

EEE is very rare. Symptoms usually occur within 4-10 days after the infected mosquito bite. Symptoms can be severe, including sudden onset of high fever, headache, stiff neck, and can cause swelling of the brain, leading to seizures, coma, or death.

The mosquitoes that can carry the EEE virus are most often found in and around hardwood forests or freshwater swamps/bogs, usually at night between dusk and dawn. Not all mosquitoes can carry the EEE virus, and only about 4-5% of human infections result in EEE illness.

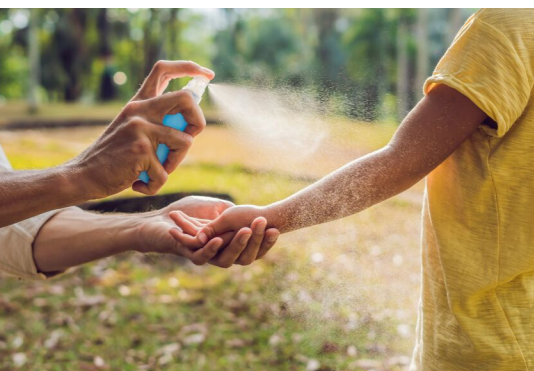
Individuals who are over the age of 50, under the age of 15, or have compromised immune systems due to underlying medical conditions or treatments are at elevated risk for contracting the virus.



## How Can I Prevent Mosquito Bites?

- Use an EPA-approved insect repellent containing an active ingredient like **DEET**, **picaridin**, **IR3535** or **oil of lemon eucalyptus** on exposed skin and/or clothing. Always follow the directions on the package.
- Wear long sleeves and pants when outdoors as the weather permits.
- Consider limiting time outdoors from dusk to dawn when mosquitoes are most active.
- Maintain window and door screening to keep mosquitoes outside.
- Eliminate mosquito breeding sites by emptying standing water from flower pots, buckets, children's toys, or other containers around your home.

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BERRIEN COUNTY  
HEALTH DEPARTMENT