



Town of Sudbury

Board of Health

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FOR IMMEDIATE RELEASE

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Eastern Equine Encephalitis (EEE) Increased Risk to Moderate in Sudbury

The Massachusetts Department of Public Health (MDPH) has increased the Eastern Equine Encephalitis (EEE) risk level to Moderate. The virus has been detected in mosquitoes collected from our surveillance program in Sudbury. There has been an increase in positive EEE mosquitos as we are heading into peak mosquito season. There are currently no human cases.

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.

Avoid Mosquito Bites

- **Apply Insect Repellent** when you go outdoors. Use EPA-registered repellent with **DEET**, **permethrin**, or **picaridin** 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. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.
- **Clothing Can Help** reduce mosquito bites. Weather permitting, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.
- **Be Aware of Peak Mosquito Hours** - The hours from dusk to dawn are peak biting times for many mosquitoes. When risk is increased, 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.

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** - Keep mosquitos outside by having tightly-fitting screens on all your windows and doors.

The Sudbury Health Department continues to work closely with the State East Middlesex Mosquito Control Project to conduct additional mosquito surveillance and additional truck mounted spraying, as needed in targeted areas.

To sign up for Mosquito Spraying Notifications, please visit sudbury.ma.us/email-lists/mosquito-spraying-alert-email-list/

Information about EEE and reports of current and historical EEE virus activity in Massachusetts can be found on the MDPH website at mass.gov/info-details/massachusetts-arbovirus-update.