



# Town of Sudbury

## Board of Health

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### Youth Activities and Mosquito Control Prevention

August 22, 2024

Dear Parents and Guardians:

The Massachusetts Department of Public Health (MDPH) has increased Sudbury's risk Eastern Equine Encephalitis (EEE) risk level to Moderate.

There are currently no human cases. The increase in risk is associated with an increase in positive EEE mosquito samples observed in our surveillance program.

As we embrace outdoor activities planned for our youth, it's important to stay vigilant about mosquito control to ensure a safe and enjoyable experience for everyone. Mosquitoes can be more than just a nuisance; they can carry diseases, but proactive steps can be taken to protect our children. Here are key tips to keep in mind to avoid mosquito bites:

#### **1. Peak Mosquito Times:**

Mosquitoes are most active during dawn and dusk. Whenever possible, try to schedule outdoor activities outside of these peak hours to minimize exposure.

#### **2. Apply insect repellent**

Apply Insect Repellent when Outdoors. Use a repellent with an EPA-registered ingredient, such as DEET, permethrin, or picaridin. Follow the instructions on the label for safe and effective use.

#### **3. Clothing Can Help Reduce Mosquito Bites**

Weather permitting, dress children with long sleeves, long pants and socks when outdoors to reduce skin exposure.

By following these preventive measures, we can help ensure a safe and enjoyable time for our youth during all outdoor activities.

More information, including all WNV and EEE risk map data, can be found on the State Arbovirus Surveillance Information web page at [mass.gov/info-details/massachusetts-arbovirus-update](https://mass.gov/info-details/massachusetts-arbovirus-update)

Additional information on mosquito-borne prevention can be found [mass.gov/mosquito-borne-diseases](https://mass.gov/mosquito-borne-diseases)