

Prevention Guidelines for Eastern Equine Encephalitis (EEE) and West Nile virus (WNV)

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 mosquitoes.
- 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.

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 (N,N-diethyl-methyl-meta-toluamide). No more than 30% DEET should be used on adults and children. Repellents that contain Picaridin or oil of lemon eucalyptus have also been determined to be effective. Use all repellents according to manufacturer's directions. Children should not apply repellents to themselves. Store repellents out of reach of children.



For more information, contact the New Hampshire Department of Health and Human Services WNV & EEE information line at 1-866-273-6453 or visit our website at www.dhhs.nh.gov

