

## PROTECT YOUR FAMILY

### From Mosquitoes

- Use insect repellent containing DEET– follow application directions
- Wear long sleeves and long pants – cover children as well when playing outdoors near swampy areas
- Protect playpens and carriages with mosquito netting
- Avoid activities at dawn and dusk
- Don't camp overnight in mosquito areas

### From Ticks

- Tuck pants in socks when walking in potential tick areas
- Check yourself/your children for ticks every day
- Use insect repellent containing DEET– follow application directions
- Avoid sitting directly on grass or stone walls
- Shower and shampoo after spending time in woods and fields
- Call your doctor if you have any symptoms of Lyme disease, especially if you have recently been bitten by a tick



## PROTECT YOUR PROPERTY

### From Mosquitoes

- Don't let standing water collect around your house – drain clogged gutters, bird baths, buckets, old tires, plastic toys which collect water
- Empty water from pool covers or boat covers
- Treat standing water in ditches or ponds with larvicide "Dunks"
- Fix holes in screens; make sure all doors and windows are screened

### From Ticks

- Clear brush, leaf litter and tall grass around houses and at edges of gardens
- Keep lawns mowed and edges trimmed
- Clear leaf litter from gardens in fall
- Stack woodpiles neatly and off the ground if possible
- Check with a licensed professional about spraying for ticks

### FOR MORE INFORMATION

#### Telephone Numbers

Essex Health Dept	860-767-4340 x118
DEEP Info Line	860-424-3000
CT Health Dept	860-509-8000

#### Websites

CT DEEP	<a href="http://www.ct.gov/deep">www.ct.gov/deep</a>
CT Ag Station	<a href="http://www.ct.gov/caes">www.ct.gov/caes</a>
CT Health Dept	<a href="http://www.ct.gov/dph">www.ct.gov/dph</a>

American Lyme  
Disease Foundation

[www.aldf.com](http://www.aldf.com)

## WEST NILE VIRUS

## EASTERN EQUINE ENCEPHALITIS

## LYME DISEASE

## INFORMATION FOR ESSEX RESIDENTS

The Essex Health Department has prepared this flier to inform residents about the risks of several insect-borne diseases and to suggest protective measures each homeowner can take to avoid exposure.

If you have further questions please call us at 767-4340 x 118.

## WEST NILE VIRUS

### About the Disease

West Nile fever is a mosquito-born viral infection that can cause inflammation of the brain. An outbreak in Queens, New York in 1999 was the first reported occurrence of the disease in the U.S. There have been no human cases documented in Connecticut, but the virus has been found in some Connecticut mosquitoes and birds. Most healthy adults who contract the disease have mild or no symptoms. All deaths in New York were among residents over 75 years of age.

### How Does One Contract WNV?

West Nile virus is spread to humans only by the bite of an infected mosquito. You cannot become infected through contact with an infected person or animal. Even in areas where WNV occurs, fewer than 1 in 500 mosquitoes carries the disease. Chances of developing illness from a bite are very low.

### What Is Being Done to Control Mosquito Populations?

The State of Connecticut is aggressively trapping and testing mosquitoes as well as monitoring bird die-offs for possible WNV influence. The Town of Essex and other local communities are applying granular larvicide to potential mosquito breeding areas near schools, elderly housing, parks and populated areas. The reverse side of this flier lists simple things homeowners can do to eliminate mosquito breeding areas on their property and to protect themselves and their families from insect bites.

## EASTERN EQUINE ENCEPHALITIS

### About the Disease

Eastern Equine Encephalitis (EEE) is a rare but serious disease caused by a virus. There have been occurrences among horses in Connecticut as far back as 1928 and as recently as 1990. There has never been a documented human case of EEE in Connecticut, although a few cases are reported each year from other states, mostly in the southeast. Humans who contract the disease may become seriously ill with high fever and swelling of the brain. There is no effective treatment for this rare disease, and as many as 50% of those infected die from it.

### How Does One Contract EEE?

EEE is spread to humans only by the bite of an infected mosquito. The virus grows in birds that live in freshwater swamps and is generally found only in these birds and in mosquitoes that do not bite people. In some years many birds are infected and other types of mosquitoes pick up the virus that also bite humans and horses. The risk is greatest in late summer, and the adult mosquitoes that carry the disease are killed by frost.

### Will Spraying of Adult Mosquitoes Be Done In Essex?

Mosquitoes are trapped and tested by the State of Connecticut throughout the warm weather months. Only when EEE or WNV is confirmed in several areas, animals or humans will the DEEP consider ground or aerial spraying to control adult mosquitoes. Town officials will have a minimum of 24 hours notice prior to any action, and residents will be immediately notified. The product used for such spraying has been a low-toxicity, mosquito-specific compound which breaks down with four hours of exposure to sunlight.

## LYME DISEASE

### About the Disease

Lyme disease is an infection caused by *Borrelia burgdorferi*, a type of bacterium called a spirochete that is carried by deer ticks. Deer ticks are common in nearby woods and on lawns and playgrounds. An infected tick can transmit the spirochete to humans and animals it bites. Lyme disease is common in the Essex area and if not diagnosed and treated, may produce serious disabling symptoms. If identified and treated in the early stages with antibiotics, however, it is readily curable.

### How Does One Contract Lyme Disease?

Lyme disease is contracted only from the bite of an infected tick that has normally been attached to the host for 24 to 48 hours. It is therefore important to examine yourself and your children every day and remove any ticks before they become engorged with blood.

### What Are The Symptoms of Lyme Disease?

The early symptoms of Lyme disease can be mild and easily overlooked. Be alert to a rash, flu-like symptoms, headache or joint pains, especially if you have discovered a tick attached to your skin. Later stages of the disease produce symptoms of facial palsy, additional rashes, sore throat, low-grade fever, severe fatigue and even serious arthritis or neurological disorders.

### Prevention and Control of Lyme Disease

Oral antibiotics are almost always effective if treatment begins within the first weeks after infection. Treatment in later stages is more complex and symptoms may persist for many months. A vaccine is now available for those in high-risk occupations; see your doctor for more information. The best prevention for Lyme disease is to use insect repellent and check each day for ticks.