

ALERT: Increased health risk from mosquito bites in this area.



Avoid spending time outdoors as much as possible between dusk and dawn.

This area has an increased health risk for Eastern equine encephalitis (EEE)—a disease caused by a virus that spreads through bites from infected mosquitoes. In rare cases, EEE can be serious and life-threatening.

Health officials strongly recommend that people in the area **avoid spending time outdoors as much as possible** between dusk and dawn – just before the sun sets, through the night until the sun rises – when mosquitoes are most likely to bite.

Follow simple steps to protect yourself and your family:

- Use EPA-approved insect repellent.
- Wear long-sleeved shirts and pants when outdoors.
- Get rid of standing water.
- Cover strollers and outdoor playpens with mosquito netting.
- Fix holes in screens or other gaps in windows and doors.

HealthVermont.gov/EEE

