

Eastern Equine Encephalitis (EEE): Communication Resources for Town Health Officers

Mosquitoes collected in your town have tested positive for Eastern equine encephalitis (EEE). EEE is a rare but serious disease caused by a virus that spreads through the bite of an infected mosquito. The best way to prevent getting sick is to avoid mosquito bites.

Help spread the word in your town about how to prevent mosquito bites. In this document, we provide print materials, videos, and a sample message to share with your constituents and community members in newspapers, social media, websites, and more. We also encourage you to share related posts from our [Facebook](#) and [Instagram](#) pages.

Print Materials & Videos (Translations Available)

- “EEE Alert” Poster: [English](#) | [Español \(Spanish\)](#)
- “Protect Yourself from Mosquito Bites” flyer: [English](#) | [Arabic](#) | [Bosnian](#) | [Burmese](#) | [Dari](#) | [French](#) | [Kirundi](#) | [Nepali](#) | [Pashto](#) | [Somali](#) | [Spanish](#) | [Swahili](#) | [Vietnamese](#)
- **Mosquito bite prevention videos** are available in multiple languages from the [Vermont Language Justice Project](#).
- [“Don’t let them bug you” flyer](#)
- [Mosquito Bite Prevention handout](#) (CDC)

Message Template

Mosquitoes collected in **city/town** have tested positive for Eastern equine encephalitis (EEE). EEE is a rare but serious disease caused by a virus that spreads through the bite of an infected mosquito.

The Health Department strongly urges people in **city/town** take precautions to prevent mosquito bites:

- Limit the amount of time you spend outdoors at dawn and dusk.
- Use EPA-registered insect repellent labeled as effective against mosquitoes. Apply repellent when you are going to be outdoors, especially at dawn or dusk.
- Treat clothing and gear with permethrin.
- Wear long-sleeved shirts and long pants when outdoors.
- Get rid of standing water (i.e., clogged roof gutters, bird baths). Mosquitoes breed in standing water that lasts more than four days.
- Cover baby carriages or outdoor playpens with mosquito netting.
- Fix any holes in your screens and make sure they are tightly attached to doors and windows.

Most people infected with EEE do not develop symptoms. For those who do get sick, most experience a flu-like illness with fever, chills, body aches, and joint pain. Most people with a febrile (fever) illness recover completely.

In rare cases, EEE results in more severe, neurologic disease. This can include meningitis (inflammation of the membranes that surround the brain and spinal cord) or encephalitis (inflammation of the brain). Signs and symptoms of neurologic disease include fever, headache, vomiting, diarrhea, seizures, behavioral changes, drowsiness, and coma. About one-third of people who develop severe EEE will die. Among those who survive, many are left with mild to severe disabilities.

Anyone with symptoms of EEE should contact their health care provider as soon as they start to feel sick. Symptoms typically occur four to 10 days after a bite from an infected mosquito.

Learn more at HealthVermont.gov/EEE

Images

Optional: Download an image below to include with the message.

- [Mosquito 1](#)
- [Mosquito 2](#)
- [Bug spray](#)

Additional Resources

- [Mosquito Bite Prevention](#)
- [West Nile Virus](#)
- [Eastern Equine Encephalitis](#)
- [Mosquito-borne Diseases](#)
- [Weekly Testing Results](#)
- [Vermont Arbovirus Surveillance and Response Plan](#)
- [Vector Surveillance Program](#) (Agency of Agriculture, Food and Markets)
- [Mosquito Control Around Your Home](#) (CDC)