

DPH Announces Second Human Case of Eastern Equine Encephalitis (EEE) this year
AND Death of the First Person Diagnosed with EEE this year

Residents Are Advised To Protect Themselves and Their Children by Avoiding Outdoor Activity from Dusk to Dawn, When Mosquitoes Are Most Active First Human Case of West Nile Virus Identified In Connecticut This Year

Department of Public Health (DPH) Commissioner Renée D. Coleman-Mitchell today is announcing a second Connecticut resident has tested positive for Eastern Equine Encephalitis (EEE) infection. The patient is an adult resident of Old Lyme who became ill during the second week of September with encephalitis and remains hospitalized. Laboratory tests, which were completed today at the Centers for Disease Control and Prevention (CDC) Laboratory in Ft. Collins, Colorado, confirmed the presence of antibodies to the virus that causes EEE.

This afternoon, DPH learned that the first person diagnosed with EEE this year in Connecticut passed away earlier this week. The patient, an adult resident from the Town of East Lyme, was hospitalized with encephalitis in late August. This is Connecticut's first fatal human EEE case since 2013.

“The identification of two Connecticut residents with EEE, one of whom has passed away, emphasizes the seriousness of this infection,” cautioned DPH Commissioner Renée Coleman Mitchell. “Using insect repellent, covering bare skin and avoiding being outdoors from dusk to dawn are effective ways to help keep you from being bitten by mosquitoes. Mosquitoes continue to be active until the first heavy frost.”

States throughout the Northeast are also experiencing an active season for EEE. In addition to the virus being found in mosquitoes, there have been a total of 10 human cases of EEE infection in Massachusetts, including two fatalities, and three human cases in Rhode Island, including 1 fatality. Although EEE-infected mosquitoes continue to be detected in the southeastern corner of Connecticut, the numbers are declining and we are not experiencing the excessively high levels of activity seen in Massachusetts.

It takes 4 to 10 days after the bite of an infected mosquito to develop symptoms of EEE. Severe cases of EEE virus infection result in encephalitis, an inflammation of the brain. Approximately a third of patients who develop EEE die and there is no specific treatment for EEE.

The DPH continues to advise against unnecessary trips into mosquito breeding grounds and marshes as the mosquitoes that transmit EEE virus are associated with freshwater swamps and are most active at dusk and dawn. Overnight camping or other substantial outdoor exposure in freshwater swamps in Connecticut should be avoided. Even though the temperatures are getting cooler, mosquitoes continue to be active until the first heavy frost and residents should continue to take measures to prevent mosquito bites. Pesticide spraying to kill adult mosquitos is unlikely to be effective at this time of year when it is cooler at night and mosquitos are less active.

Prevention

The most effective way to prevent infection from Eastern Equine Encephalitis virus is to prevent mosquito bites. Mosquitoes bite during the day and night. Use insect repellent, wear long-sleeved shirts and pants, treat clothing and gear, and take steps to control mosquitoes indoors and outdoors.

Protect yourself and your family from mosquito bites



Use Insect Repellent

Use [Environmental Protection Agency \(EPA\)-registered insect repellentsExternal](#) with one of the active ingredients below. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

- DEET
- Picaridin (known as KBR 3023 and icaridin outside the US)
- IR3535
- Oil of lemon eucalyptus (OLE)
- Para-menthane-diol (PMD)
- 2-undecanone

Find the right insect repellent for you by using [EPA's search toolExternal](#).

Tips for babies and children



- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months old.
 - Instead, dress your child in clothing that covers arms and legs.
 - Cover strollers and baby carriers with mosquito netting.
- Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.
- Do not apply insect repellent to a child's hands, eyes, mouth, cuts, or irritated skin.
 - Adults: Spray insect repellent onto your hands and then apply to a child's face.

Tips for Everyone

- Always follow the product label instructions.
- Reapply insect repellent as directed.
 - Do not spray repellent on the skin under clothing.
 - If you are also using sunscreen, apply sunscreen first and insect repellent second.

Natural insect repellents (repellents not registered with EPA)

- We do not know the effectiveness of non-EPA registered insect repellents, including some natural repellents.
- To protect yourself against diseases spread by mosquitoes, CDC and EPA recommend using an EPA-registered insect repellent.
- Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness.



Wear long-sleeved shirts and long pants
Treat clothing and gear

- Use permethrin to treat clothing and gear (such as boots, pants, socks, and tents) or buy permethrin-treated clothing and gear.
 - Permethrin is an insecticide that kills or repels mosquitoes.
 - Permethrin-treated clothing provides protection after multiple washings.
 - Read product information to find out how long the protection will last.

If treating items yourself, follow the product instructions.

- Do not use permethrin products directly on skin.



Take steps to control mosquitoes indoors and outdoors

- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outdoors.
- Use air conditioning, if available.
- Stop mosquitoes from laying eggs in or near water.
 - Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers.
 - Check indoors and outdoors.