

West Newbury Board of Health - Mosquito Update #1

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The Massachusetts Department of Public Health (MDPH) has recently announced that Eastern Equine Encephalitis (EEE) has been detected in a horse from Methuen. Also, EEE has been detected in mosquito pools from Boxford and Andover.

Currently, the WNV & EEE risk level for West Newbury is low, however over the next month or so the status may likely change. Therefore, the West Newbury Board of Health would like to remind residents that the precautions below, can help protect you and your loved ones:

Avoid Mosquito Bites

- **Be Aware of Peak Mosquito Hours** - The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning. Otherwise, take extra care to use repellent and protective clothing.
- **Clothing Can Help** reduce mosquito bites. Although it may be difficult to do when it's hot, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.
- **Apply Insect Repellent** when you go outdoors. Use a repellent with **DEET** (N, N-diethyl-m-toluamide), **permethrin**, **picaridin** (KBR 3023), **IR3535** or **oil of lemon eucalyptus** [p-methane 3, 8-diol (PMD)] according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

Mosquito-Proof Your Home

- **Drain Standing Water** - Mosquitoes lay their eggs in standing water. Limit the number of places around your home where mosquitoes can breed by either draining or getting rid of items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, and change water in birdbaths frequently.
- **Install or Repair Screens** - Some mosquitoes like to come indoors. Keep them outside by having tightly-fitting screens on all of your windows and doors.

The West Newbury Board of Health will continue to work closely with the MDPH and the Northeast Massachusetts Mosquito Control & Wetlands Management District to determine if any treatment spraying is needed or if there should be any restrictions on outdoor activities.

Information about WNV & EEE activity in Massachusetts during 2019 can be found on the MDPH website at <https://www.mass.gov/mosquito-borne-diseases/need-to-know>.