

**What is being done in Sudbury to minimize risk of exposure to EEE and other mosquito borne diseases?**

The Sudbury BOH has implemented the following in response to EEE being identified in the community in 2019:

- a) Increased surveillance and trapping locations, testing for mosquito type and quantity in cedar swamps where there is highest opportunity for breeding.
- b) Increased mosquito testing, which includes testing higher quantity of mosquitos more frequently.
- c) Decreased turn-around time for results of mosquito testing, from about a week to 1-2 days.

Response plans are formulated using a science driven process based on surveillance and specifies precise locations and times for spraying. If and when there is a need for adulticide spraying, there will be a public notice and info on precautions. More information about aerial spraying can be found at:

<https://www.cdc.gov/mosquitoes/mosquito-control/community/aerial-spraying.html>

**What precautions can residents take to minimize risk of exposure to EEE and other mosquito borne diseases ?**

Being outdoors benefits health and wellbeing. Especially during COVID, it is important to spend time outside.

Use of repellants and protective clothing limits risk of being outdoors.

- Minimize time outdoors at dawn and dusk when mosquitoes are most active.
- Wear light-colored socks, long pants, and a long-sleeved shirt to cover up your skin.
- When outdoors, use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients:
  - DEET
  - Picaridin
  - IR3535
  - Oil of lemon eucalyptus (OLE)
  - Para-menthane-diol (PMD)
  - 2-undecanone
- Remove any sources of standing water near your home.
- Make sure window screens are tight-fitting.
- Cover cribs, strollers, and baby carriers with mosquito netting.<sup>1</sup>

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<sup>1</sup> <https://www.yalemedicine.org/news/eastern-equine-encephalitis>

# How to Prevent Getting EEE

## Bug repellent



Use insect repellent containing DEET and a permethrin application on clothing

## Close your windows



Ensure your home has window and door screens and keep them closed

## Stay inside at dawn and dusk



Reduce being outside between dusk, dawn, and early evening

## Eliminate standing water



Eliminate mosquito breeding sites by emptying standing water e.g. outdoor flower pots

## Wear long clothes



If weather permits wear long sleeves and pants when outdoors

Visit the CDC for more info:  
[www.cdc.gov/easternequineencephalitis](http://www.cdc.gov/easternequineencephalitis)