



Town of Sudbury

Board of Health

Sudbury Health Department
275 Old Lancaster Road
Sudbury, MA 01776
978-440-5479
Health@sudbury.ma.us

Eastern Equine Encephalitis (EEE) Clinical Information

- Risk of contracting severe illness is **RARE**, the majority of people bitten by an infected mosquito will be **asymptomatic**¹.
- Those older than 50 years old and younger than 15 years old are at greatest risk for experiencing symptoms.
- Incubation period for symptom presentation can range from 3-10 days after being bitten by an infected mosquito.
- Symptoms present as high fever (103°F - 105°F), headache, fatigue, myalgia, stiff neck but generally only last 1-2 weeks, with most people making a full recovery.
- Less than 5% of symptomatic population will develop central nervous system infection.
- CNS infection presents as encephalitis and/or meningitis and includes headache, stiff neck, change in level of consciousness, confusion, seizures and can lead to a rapid decline.
- About half of those who survive EEE with central nervous system infection will have some form of neurological disability involving cognitive, motor, or sensory deficits (presenting as paralysis, intellectual disability, behavioral changes).
- There are no vaccines and treatment involves supportive care.
- Mosquito prevention is key!
 - Use of insect repellent.
 - Avoidance of outdoor activities during peak mosquito times (dusk to dawn).
 - Appropriate dress including long sleeves and pants are critical to preventing disease.

¹ <https://www.cdc.gov/eastern-equine-encephalitis/site.html>