

# Eastern Equine Encephalitis (EEE)



## What is Eastern Equine Encephalitis (EEE)?

Eastern Equine Encephalitis is a disease caused by a virus. It is carried by certain types of mosquitoes in Michigan.

## Who gets EEE?

People who engage in outdoor work and recreational activities in endemic areas are at increased risk of infection, but anyone can get EEE. Children and people over age 50 are more likely to get the more severe form of EEE illness.

## How can EEE be prevented?

There is no vaccine against EEE virus for humans. Reducing exposure to mosquitoes is the best defense against infection with EEE and other mosquito-borne viruses. There are several approaches you and your family can use to prevent and control mosquito-borne diseases:

1.

**1. Wear protective clothing:** Wear long sleeves and pants when weather permits, and avoid outside activities from dusk to dawn.

2.

**2. Use repellent:** When outdoors, use insect repellent containing DEET, picaridin, IR3535 or oil of lemon eucalyptus on exposed skin and/or clothing. The repellent/insecticide permethrin can be used on clothing to protect through several washes. Always follow the directions on the package.

3.

**3. Install and repair screens:** Have secure, intact screens on windows and doors to keep mosquitoes out.

**4. Keep mosquitoes from laying eggs near you:** Mosquitoes can lay eggs even in small amounts of standing water. Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets, barrels, and tires. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Empty children's wading pools and store on their side after use.

4.

## What are the symptoms of EEE?

Most people who become infected with EEE do not develop any symptoms. Only 4-5% of people will become sick when infected with EEE. Some people who are infected develop chills, fever, weakness, muscle and joint pain. The illness may last up to two weeks. Most people with this type of EEE disease recover completely, but fatigue and weakness can last for weeks or months.

Less than 1% of people who are infected will develop a serious neurologic illness such as encephalitis or meningitis (inflammation of the brain or surrounding tissues). The symptoms of neurologic illness can include high fever, irritability, restlessness, drowsiness, anorexia, vomiting, diarrhea, bluish discoloration of the skin, convulsions, and coma.

Serious illness can occur in people of any age, however, children, people over 50 years of age, and people with certain medical conditions such as cancer, diabetes, hypertension, kidney disease, and people who have received organ transplants are at greatest risk for serious illness.

## How do I get more information on EEE?

Calhoun County Public Health Department

Phone: 269-969-6383



[www.facebook.com/CCPublicHealthDepartment/](https://www.facebook.com/CCPublicHealthDepartment/)

Centers for Disease Control and Prevention

Phone: 800-232-4636 (800-CDC-INFO)

Website: <https://www.cdc.gov/easternequineencephalitis/>

