

Janet T. Mills  
Governor

Jeanne M. Lambrew, Ph.D.  
Commissioner



Maine Department of Health and Human Services  
Maine Center for Disease Control and Prevention  
11 State House Station  
286 Water Street  
Augusta, Maine 04333-0011  
Tel; (207) 287-8016; Fax (207) 287-9058  
TTY: Dial 711 (Maine Relay)

## Town Guidance for Arboviral Infections

In the event of an arbovirus being present in a community, Maine CDC suggests the following recommendations:

- Draining sources of artificial standing water where mosquitoes can lay their eggs
- Covering exposed skin when outdoors
  - Long-sleeved shirts, pants, and socks
- Using Environmental Protection Agency (EPA) approved repellents
  - DEET, Picaridin, IR3535, or Oil of Lemon Eucalyptus on skin
  - Permethrin on clothing
  - Always follow the instructions on the product's label
- Avoid being outdoors during dawn/dusk when mosquitoes are most active
- Use screens on windows and doors to prevent mosquitoes from entering buildings
  - Repair torn screens
- Consult with an Integrated Pest Management Specialist
  - Specialist can provide information on the use of products to control mosquitoes
- Consider rescheduling outdoor events including:
  - Sporting practices
  - Sports games
  - Any other events that put the public outside during peak mosquito activity

### School Specific Information:

All school districts are required to have a District Integrated Pest Management Coordinator. This person should be a school's primary contact for controlling mosquitoes on their properties and should be contacted if an arbovirus is detected in the community.

### Maine Municipal Arbo Plan:

The Maine Arboviral (Mosquito-borne) Illness Surveillance, Prevention, and Response Guidance for Maine Towns and Communities, otherwise known as the Municipal Arbo Plan, contains detailed information on arboviral prevention and control methods for local municipalities. The document can be found here: [www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/documents/2019-Arbo-Plan.pdf](http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/documents/2019-Arbo-Plan.pdf).

*Updated: 7/12/2019*

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Maine Department of Health and Human Services  
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11 State House Station  
286 Water Street  
Augusta, Maine 04333-0011  
Tel (800) 821-5821; Fax (800) 293-7534  
TTY: Dial 711 (Maine Relay)

To: Town Manager, Newport ME

From: Maine Center for Disease Control and Prevention, Division of Disease Surveillance

Subject: Arboviral disease

Date: 9/11/2024

Dear Town Manager, Town Selectperson, and Local Health Officer,

Maine Center for Disease Control and Prevention (Maine CDC) would like to notify you of a recently identified case of EEE in a Horse in your town. Educational materials about mosquito-borne diseases are included. More materials are available on Maine CDC's website and may be ordered through [www.maine.gov/dhhs/order](http://www.maine.gov/dhhs/order). Please post these materials in an area where the public can easily view them.

General prevention for mosquito-borne diseases is included in this package in the document titled "Town Guidance for Arboviral Infections."

If you have any questions, please contact Maine CDC, Division of Disease Surveillance at 1-800-821-5821.

Thank you for your attention to this matter.

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To: Town Manager, Newport

From: Maine Center for Disease Control and Prevention, Division of Disease Surveillance

Subject: Arboviral disease

Date: 8/21/2024

Dear Town Manager, Town Selectperson, and Local Health Officer,

Maine Center for Disease Control and Prevention (Maine CDC) would like to notify you of recently identified cases of Eastern Equine Encephalitis virus in two emus in your town. Educational materials about mosquito-borne diseases are included. More materials are available on Maine CDC's website and may be ordered through [www.maine.gov/dhhs/order](http://www.maine.gov/dhhs/order). Please post these materials in an area where the public can easily view them.

General prevention for mosquito-borne diseases is included in this package in the document titled "Town Guidance for Arboviral Infections."

If you have any questions, please contact Maine CDC, Division of Disease Surveillance at 1-800-821-5821.

Thank you for your attention to this matter.

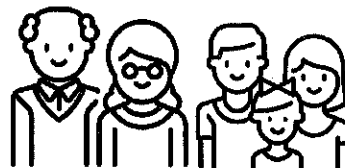
# Eastern Equine Encephalitis (EEE)



## Fact Sheet

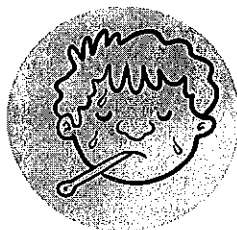


Eastern Equine Encephalitis (EEE) is a rare but serious disease that spreads through the bite of an infected mosquito.

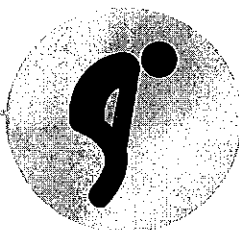


Anyone can get EEE, but people who spend time outdoors are at the highest risk. EEE can also infect horses, birds, and other animals.

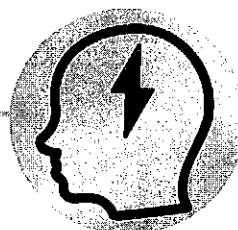
## Signs and Symptoms



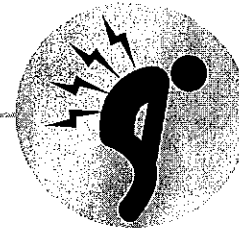
Fever and Chills



Weakness



Headache



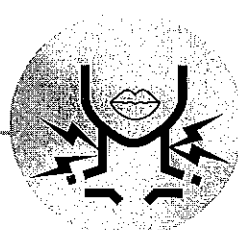
Body and Muscle Pain



Inflammation of the Brain



Confusion



Neck Stiffness



Coma

Signs and symptoms usually start four to ten days after being bitten by an infected mosquito and last one to two weeks. It is possible that some people infected with EEE will not show any signs of illness. Mild signs and symptoms include fever and chills, weakness, and body and muscle pain.

EEE can cause swelling of the brain and can lead to more severe illness. Signs and symptoms of severe illness include fever, headache, neck stiffness, confusion, seizures, and coma. About a third of people with EEE die. People over the age of 50 and under the age of 15 are at greatest risk for severe illness.



Talk to your doctor if you have any of these signs or symptoms. Your doctor may take samples of blood and cerebral spinal fluid to test for EEE. There is no specific treatment for EEE. Severe EEE illness usually requires supportive treatment in the hospital.

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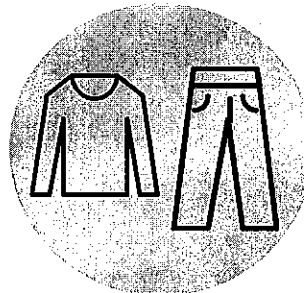
## Prevent Eastern Equine Encephalitis

The best way to prevent EEE is to protect yourself and your family from mosquito bites.

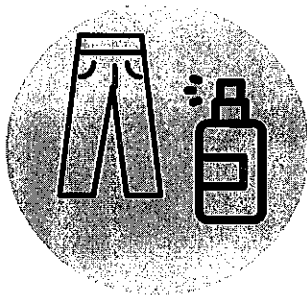


Use an EPA-approved repellent for use on skin such as:

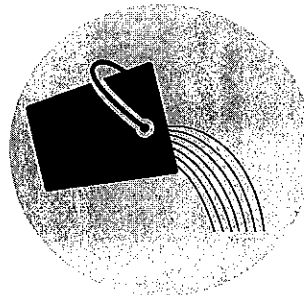
- DEET
- Oil of Lemon Eucalyptus
- IR 3535
- Picaridin



Wear long-sleeved shirts and long pants when outside



Use permethrin on clothing

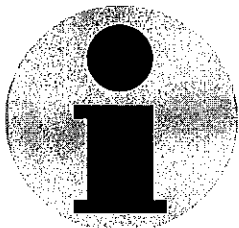


Get rid of places where mosquitoes can lay their eggs by draining standing water outside the house

Standing water should be drained at least once a week. This includes buckets, pet bowls, and bird baths. You can also drill holes in things like tires and buckets that are left outside and can collect water. Additional prevention includes avoiding being outdoors at dawn and dusk when many mosquitoes are most active and fixing holes in door and window screens.

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## For More Information, Visit:



1. [www.maine.gov/dhhs/EEE](http://www.maine.gov/dhhs/EEE)
2. [www.maine.gov/dhhs/mosquitofaq](http://www.maine.gov/dhhs/mosquitofaq) (For frequently asked mosquito questions)
3. [www.cdc.gov/EEE](http://www.cdc.gov/EEE)
4. [www.epa.gov/insect-repellents/find-repellent-right-you](http://www.epa.gov/insect-repellents/find-repellent-right-you) (For EPA approved repellents)

You can also call Maine CDC at 1-800-821-5821.