



BOARD OF HEALTH

TOWN OF WESTBOROUGH MASSACHUSETTS

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MDPH Announces Second Case of Eastern Equine Encephalitis

The Massachusetts Department of Public Health (DPH) today announced that laboratory testing confirmed the second case of Eastern Equine Encephalitis (EEE) virus infection, in a male between the ages of 19-30 from eastern Worcester County. This is the second human case of EEE in Massachusetts this year. The risk level in seven communities has been raised to critical as a result. A young goat in Bristol County has also tested positive for EEE, raising the risk to critical in three additional communities there.

The ten communities now at critical risk are Hopkinton in Middlesex County, and Grafton, Northbridge, Shrewsbury, Southborough, Upton, and Westborough in Worcester County. Easton, Norton and Raynham are also at critical risk. In addition, Framingham and Marlborough in Middlesex County, and Millbury, Northborough, and Sutton in Worcester County are considered at high risk.

By taking a few, common-sense precautions, Westborough residents can help to protect themselves and their 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. If you are outdoors at any time and notice mosquitoes around you, take steps to avoid being bitten by moving indoors, covering up and/or wearing repellent.

In accordance with Mass. DPH's Arbovirus Response Plan, The Westborough Board of Health strongly recommends the rescheduling of outdoor evening events during peak mosquito activity hours (dusk to dawn). See attached MDPH recommended cancellation times.

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 – Many mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to 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.

While the Westborough Board of Health continues to work closely with the MDPH, locally we partner with the Central MA Mosquito Control Project to reduce mosquito populations.

Information about EEE and reports of current and historical EEE virus activity in Massachusetts can be found on the Arbovirus Surveillance Information webpage at www.mass.gov/dph/mosquito or by calling the DPH Epidemiology Program at 617-983-6800.

APPENDIX 2: RECOMMENDED CANCELLATION TIMES FOR OUTDOOR ACTIVITIES IN AREAS OF HIGH RISK FOR EASTERN EQUINE ENCEPHALITIS (EEE)

The types of mosquitoes most likely to transmit EEE infection are likely to be out searching for food (an animal to bite) at dusk, the time period between when the sun sets and it gets completely dark. **The exact timing of this increased activity is influenced by many factors including temperature, cloud cover, wind and precipitation and cannot be predicted precisely for any given day.** Here, the approximate time of sunset was used to establish standardized recommendations for cancellation times of outdoor activities during periods of high EEE risk.

This does not eliminate risk nor does it alleviate the need for the use of repellants or clothing for protection from mosquitoes.

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
←			8:30 PM			→
7	8	9	10	11	12	13
←			8:30 PM			→
14	15	16	17	18	19	20
←			8:30 PM			→
21	22	23	24	25	26	27
←			8:15 PM			→
28	29	30	31			
←			8:15 PM			→

August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
←			8:00 PM	1	2	3
4	5	6	7	8	9	10
←			8:00 PM			→
11	12	13	14	15	16	17
←			8:00 PM			→
18	19	20	21	22	23	24
←			7:45 PM			→
25	26	27	28	29	30	31
←			7:30 PM			→

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
←			7:30 PM			→
8	9	10	11	12	13	14
←			7:15 PM			→
15	16	17	18	19	20	21
←			7:00 PM			→
22	23	24	25	26	27	28
←			6:45 PM			→
29	30					

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October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 6:30 PM	3	4	5
6	7	8	9 6:30 PM	10	11	12
13	14	15	16 6:15 PM	17	18	19
20	21	22	23 6:00 PM	24	25	26
27	28	29	30 6:00 PM	31		