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**FOR IMMEDIATE RELEASE**

On Tuesday, 10/1/2019, the Connecticut Department of Public Health confirmed that cases of Eastern Equine Encephalitic Virus (EEE) have been confirmed in one resident from East Haddam and one resident from Colchester. The resident from East Haddam became ill during the second week of September. The resident from Colchester remains hospitalized, and became ill during the third week of August.

Both residents were likely bitten by infected mosquitos during peak mosquito season. Though mosquito populations have declined considerably since that time, the risk for EEE will not be completely over until after the first hard frost.

**Chatham Health District is recommending that residents take the following steps to prevent diseases transmitted by mosquitos. These recommendations will remain in place until the first hard frost:**

- **Avoid outdoor activities during peak mosquito biting times.** The hours from dusk to dawn are when many mosquitoes are active. Consider rescheduling outdoor activities that occur during evening or early morning, especially if those activities are planned near freshwater marshes, swamps and other wet wooded areas that are breeding grounds for mosquitoes that transmit EEE.
- **Apply Insect Repellent when Outdoors.** When used as directed, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective. Use an 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.
- **Cover up.** Wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.
- **Install or Repair Screens.** Keep mosquitoes outside by having tightly-fitting screens on all of your windows and doors.