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**FOR IMMEDIATE RELEASE**

On August 14, Chatham Health District was notified by the Connecticut Department of Public Health and the Connecticut Department of Agriculture of a case of Eastern Equine Encephalitis Virus (EEE) in a horse in Colchester.

Though very rare in humans, EEE can be a serious and often fatal disease. The most recent human case in Connecticut was in Killingly in 2013. EEE is transmitted to animals and humans through the bite of mosquitos. This case serves to highlight the continued risk to both animals and humans from the disease in eastern Connecticut.

Some steps residents can take to prevent diseases transmitted by mosquito bites are:

- **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.
- **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 in areas of high risk.
- **Cover up.** Wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.
- **Drain standing water around your home.** Mosquitoes lay their eggs in standing water. Draining or discarding items that hold water, unclogging rain gutters and drains, emptying unused flowerpots and wading pools, and changing the water in birdbaths frequently is recommended.
- **Install or Repair Screens.** Keep mosquitoes outside by having tightly-fitting screens on all of your windows and doors.