



West Nile Virus and Eastern Equine Encephalitis (Triple E) Updates:

Two serious illnesses carried by mosquitoes, West Nile Virus and Eastern Equine Encephalitis, have been found recently in Massachusetts. Although we don't know of anyone in Franklin County who has gotten these illnesses, it's a good idea to try to avoid mosquito bites when these illnesses have been found nearby.

These few simple tips can help you avoid mosquito bites:

- Reduce your time outdoors from sunset to sunrise – mosquitoes are most active in the evening, night, and early morning.
- Any time of the day, use insect repellent when you go outside.
- When you are outside, wear long sleeves and long pants. Hats can help too. You can spray your clothes and hat with insect repellent.
- Fix or cover up holes in window screens and screen doors.
- To reduce mosquitoes in your yard, dump out or refill any standing water, including bird baths and kiddie pools.

[Mass.gov](https://www.mass.gov/doc/protect-yourself-from-mosquitoes/download) child-friendly fact sheet available online for mosquito protection:
<https://www.mass.gov/doc/protect-yourself-from-mosquitoes/download>

Bug sprays with DEET are very effective at keeping mosquitoes away, and bug sprays with DEET are easy to find.

Don't want to use a DEET bug spray? Oil of Lemon Eucalyptus (OLE) is also approved by the US Environmental Protection Agency (EPA) as an effective and safe alternative.

Here is a link to info from the EPA about how to find a bug spray that is right for you!

<https://www.epa.gov/insect-repellents>