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MOSQUITO-BORNE ILLNESSES

Mosquito bites have the potential to transmit serious illnesses to people and animals. Three diseases we are concerned with that are transmitted by mosquitos found in North Carolina are

1. West Nile (WNV)
2. Eastern Equine Encephalitis (EEE)
3. La Crosse encephalitis (LAC)

Symptoms of the diseases can be silent, or they may manifest as mild, flu-like illness. Serious conditions however, could include encephalitis and meningitis, and meningoencephalitis, and can be fatal.

Ways to protect yourself from these mosquito-borne illnesses are:

1. Reducing your time outdoors, especially at dawn and dusk
2. Wear long pants and long-sleeved shirts
3. Apply mosquito repellent to exposed skin areas.
 - a. Use products containing DEET, however, do not use products on babies younger than 2 months old.
 - b. Do not use products with greater than 30% DEET on children.
 - c. If you choose to avoid DEET containing chemicals and desire “natural” forms of repellent, CDC recommends repellents with oil of lemon eucalyptus or 2% soybean oil.
 - d. ALWAYS read the product label before applying any insect repellent, and follow label directions.

For more information, visit:

<http://epi.publichealth.nc.gov/cd/diseases/arbo.html>

<http://epi.publichealth.nc.gov/cd/diseases/deet.html>