



EXETER HEALTH DEPARTMENT

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MOSQUITO AND TICK BORNE ILLNESS

On August 7, 2019, a resident of a nearby town was confirmed to have contracted Jamestown Canyon Virus and Powassan Virus. Jamestown Canyon Virus is a mosquito-borne illness similar to EEE or West Nile Virus, while Powassan Virus is a tick-borne illness. No mosquito batches from Exeter have tested positive for any mosquito borne illness, and nobody from town has reported or been tested for mosquito borne or tick borne illness. Proper preventive measures are best to combat mosquito and tick borne illnesses.

Some effective measures to take for your and your family's protection include...

- Using insect repellents when you go outdoors. Repellents containing DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-methane-diol products are recommended by the CDC. These work best when used according to label instructions.
- When weather permits, wear long sleeves, long pants, and socks outdoors. Mosquitoes can still bite through thin clothing, but some repellents meant for clothing, such as permethrin, can add extra protection. Do not apply permethrin directly to skin. Remember to check yourself and family for ticks when coming in from outside.
- Check pets regularly for any ticks.
- Take extra care during peak biting hours, usually between dusk and dawn.
- Install or repair screens to keep mosquitoes from coming indoors.
- Reduce breeding sites by emptying standing water from buckets, pool cover, flowerpots, gutters, birdbaths, etc. Mosquitoes can breed in puddles of standing water that has been left for as little as 4 days. Discarded tires should be disposed of properly, as they provide excellent breeding conditions for mosquitoes.
- Mow long grass to prevent harborages for ticks.
- While live or dead birds are not known to directly transmit West Nile Virus or other mosquito borne illness, report dead birds to local authorities – dead birds can sometimes be a sign that these illnesses are circulating in the area.

Symptoms of mosquito-borne illness usually appear within a week after being bitten by an infected mosquito. Some symptoms may include flu-like illness, including fever, muscle aches, headaches, and fatigue. According to the CDC, about 1 in 5 people infected will show some symptoms of the illness and about 1 in 150 people infected can go on to develop a more serious central nervous system disease, including meningitis or encephalitis. If you or someone you know is experiencing flu-like symptoms including fever and headache, contact your local medical provider.

Anyone with questions about WNV/EEE, Powassan Virus, or Jamestown Canyon Virus can contact the NH Bureau of Infectious Disease Control at 603-271-4496. More information is also available at the Exeter Health Department at 603-773-6132, the New Hampshire Department of Health and Human Services website, and the Center for Disease Control and Prevention.