

ARBOVIRUSES

An Arbovirus is any disease transmitted by a mosquito or tick. Listed below are the ones most commonly talked about.

West Nile Virus (WNV)

While 80% of people do not show symptoms. 20% may present with body aches, fever, nausea/vomiting and swollen glands and <1% will progress to severe illness within 2-14 days of bite. People years 50+ are more vulnerable for severe illness.

Eastern Equine Encephalitis (EEE)

First symptoms are fever (103°-106°), stiff neck, headache and lack of energy that start 3-10 days after a bite. While EEE carries a high (30-50%) mortality rate, it is extremely rare. There have only been 30 reported cases in MA since 1990.

Zika Virus

There are no mosquito-transmitted cases in the US as of July 2016, but disease can spread through sexual contact. Most common symptoms are painful red eyes and itchy rash, though most people won't ever feel sick. Women of childbearing age are of large concern due to link between Zika and abnormal brain development in babies. If you are pregnant or become pregnant and travel to Zika endemic areas or have contact with someone who recently did, talk to your healthcare provider.

Tick Borne Diseases

Ticks carry not only Lyme Disease, but also babesiosis, ehrlichiosis and anaplasmosis. A rash will not always appear so seek medical care if bitten (for information on submitting ticks for testing visit: <https://ag.umass.edu/services/tick-borne-disease-diagnostics>).

100+ MOSQUITOS CAN
BREED IN THIS AMOUNT OF
WATER!



For More Information

City of Northampton Health Department
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Northampton Public Health
Prevent · Promote · Protect

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MOSQUITO & TICK
INFECTION
PREVENTION

FIGHT THE BITE



PROTECTION IS PRICELESS:
IF YOU DON'T GET BIT, THEN YOU
WON'T GET SICK.

Provided by:
City of Northampton Health Department



STEPS TO PROTECT YOU AND YOUR FAMILY

1. Avoid Mosquito Bites

- Wear long-sleeved shirts and long pants when outdoors.
- Avoid outdoor events during the early evening, dusk, and dawn, when mosquitoes bite the most.
- Use EPA approved insect repellents like DEET, permethrin (embedded in clothing, not for use on skin), picaridin, Oil of lemon eucalyptus or para-menthane-diol (PMD).
 - Always follow product label instructions
 - Apply sunscreen first and repellent second.
 - Don't use insect repellent on children less than two months of age & don't use products with lemon eucalyptus or para-menthane-diol (PMD) on children under 3 years of age. Cover strollers with netting.

2. Mosquito Proof Your Home

- Make sure screens are free of holes and tightly attached to the frames of windows and doors.

3. Remove Standing Water

- Change birdbath water every few days; aerate ornamental ponds or stock them with fish.
- Turn over, empty or dispose of anything that might collect water such as tires, tarps, containers and wheelbarrows. Mosquitos are small, they can even breed in water left in children's toys!
- Clean clogged roof gutters by removing leaves and debris that can prevent rainwater drainage.
- Keep swimming pools clean and properly chlorinated; remove standing water from pool covers.

F.A.Q.

Is there a 'season' for arboviruses?

Ticks are active as long as the temperature is above freezing (including warm winters). July is typically when mosquitos carrying WNV and EEE first appear. The season usually ends when temperatures drop below 24° F for several hours, generally in October.

Are there different kinds of mosquitoes?

Do they all spread disease?

There are 51 species of mosquito found in Massachusetts. They don't all spread disease, most bites will only cause itching or skin irritation. However, there are a few species present in Massachusetts that can transmit disease to humans.

Do the same type of mosquitoes transmit all of these diseases?

No. There are a few different mosquitos responsible for the transmission of each disease. The mosquitos that transmit EEE breed in swamps, while mosquitos that transmit West Nile breed in standing water such as gutters. The mosquitos that primarily transmit Zika generally prefer much warmer climates than Massachusetts provides.

These diseases sound pretty scary, how common are they in Massachusetts?

While EEE and WNV are very serious illnesses that can result in death, the occurrence of them is actually very rare. Since 2000 there have been 130 reported WNV cases, and 26 cases of EEE.