



SAFETY GUIDE

Mosquito-borne Diseases

Mosquitoes are flying insects that feed on human and animal blood. While the bite of a mosquito typically results in an itchy welt, mosquitoes can occasionally transmit diseases, including West Nile virus (WNV), Eastern Equine Encephalitis (EEE), Chikungunya Virus (CHIKV), Dengue Virus (DENV), Zika Virus (ZIKV) and malaria.

West Nile virus (WNV) is the leading cause of mosquito-borne disease in the continental United States, including Suffolk County, NY. Mosquitoes carrying the Eastern Equine Encephalitis (EEE) Virus have also been identified in our area.

Mosquitoes bite during the day and night. Several mosquito species, including the Asian tiger mosquito, are active during the day.

ENVIRONMENTAL HEALTH ADVISORY

Mosquito Sample Tests Positive for West Nile Virus and Eastern Equine Encephalitis Virus

Suffolk County and New York State Health Departments recently announced that mosquito samples have tested positive for both West Nile Virus (WNV) and Eastern Equine Encephalitis Virus (EEEV). Suffolk County residents are urged to take precautions to avoid being bitten by mosquitoes during mosquito season, which extends from June 1 through November 1.

Protect Yourself and Others



Use insect repellents that are registered with the Environmental Protection Agency (EPA)



Wear long-sleeved shirts and long pants. Treat your clothing and gear with permethrin or buy pre-treated items.



Use mosquito netting on beds, baby carriers, strollers, or cribs, when necessary and as appropriate.



Use screens on windows and doors. Empty standing water from containers outdoors.



Use mosquito larvicides and adulticides when necessary, and only as directed.



Do your homework before you travel to learn about mosquitoes in the area you are visiting.



Get the latest information about mosquito activity in our area at https://www.health.ny.gov/diseases/west_nile_virus/

Symptoms

Most people infected with EEE or WNV do not develop any signs or symptoms. If illness develops, symptoms usually occur 3-15 days after the bite from an infected mosquito.

People with mild cases of mosquito-borne disease may develop fever, headache, body aches and occasionally a skin rash or swollen glands (lymph nodes).

People with severe cases of EEE or WNV usually have a sudden onset of headache, high fever, neck stiffness, muscle weakness, altered mental status, tremors, convulsions, paralysis, inflammation of the brain (encephalitis) or the membranes of the brain and spinal cord (meningitis) or coma.

Travel or Health Questions?

Contact a health care provider if you feel sick after being bit by a mosquito, or have questions about traveling.



Stony Brook University Student Health Services (631) 632-6740.

Stony Brook Medicine, Preventive Medicine Travel Medicine and Adult Vaccination Program (631) 444-6250