



Nashoba Associated Board of Health  
Environmental Services  
30 Central Ave. Ayer, MA 01432

### **IMPORTANT COMMUNITY ADVISORY**

#### **PROTECT YOURSELF AND YOUR FAMILY FROM MOSQUITO-BORNE ILLNESS**

The Massachusetts Department of Public Health (DPH) has tested and identified mosquitos infected with Eastern Equine Encephalitis (EEE) in the Towns of Bolton, Harvard and Shirley and West Nile Virus (WNV) in Littleton and Leominster. **There have been no mosquitos in Lunenburg that have tested positive for either EEE or WNV.** Lunenburg residents can contact Central MA Mosquito Control at [cmmcp.org](http://cmmcp.org) to have their property sprayed or contact (508) 393-3055. Questions can be directed to the Board of Health at (978) 582-4146 x 430.

Based on the weather conditions it is likely additional mosquitos will be found to be infected with WNV or EEE until the first hard (killing) frost.

The public is advised to remain vigilant in protecting themselves and their family members from mosquito-borne illness until the first hard (killing) frost.

By taking a few precautions, you can help protect yourself and your loved ones:

- **Be Aware of Peak Mosquito Hours** – The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during the evening or early morning. If you are outdoors at any time and notice mosquitoes around you, take steps to avoid being bitten by moving indoors, covering up and/or wearing repellent.
- **Clothing Can Help** reduce mosquito bites. Although it may be difficult to do when it's hot, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.
- **Apply Insect Repellent** when you go outdoors. Use a repellent with DEET (N, N-diethyl-m-toluamide), **permethrin, picaridin** (KBR 3023), IR 3535 or oil of lemon eucalyptus [p-methane 3, 8-diol (PMD)] according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

#### **Mosquito-Proof Your Home**

- **Drain Standing Water** – Many mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or getting rid of items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, and change water in birdbaths frequently.
- **Install or Repair Screens** – Some mosquitoes like to come indoors. Keep them outside by having tightly-fitting screens on all of your windows and doors.

\*Information about EEE and WNV and reports of current and historical virus activity in Massachusetts can be found on the DPH website at [www.mass.gov/dph/mosquito](http://www.mass.gov/dph/mosquito).