



TOWN OF EAST LONGMEADOW
60 CENTER SQUARE
EAST LONGMEADOW, MA 01028

Board of Health

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West Nile Virus Precautions

The East Longmeadow Board of Health has received confirmation from state public health officials that a mosquito sample collected has tested positive for West Nile Virus, but no humans or animals have been infected.

West Nile Virus (WNV) is a virus that is spread to people through the bite of an infected mosquito. The virus can cause illness such as a mild fever or flu like symptoms. The majority of people who are infected with WNV (approximately 80%) will have no symptoms. Senior Citizens are the most susceptible to illness.

There are no specific treatments, but residents are urged to take the following precautions to protect themselves and their families from mosquito bites from now through the first "hard" frost (approximately mid-October):

The first step to keep your family safe is to remove any sources of water around the home such as empty containers, barrels and tires as they trap rainwater. Birdbaths should be changed twice a week, and blocked gutters should be cleaned. Also, keep swimming pool circulation systems running continuously.

Other protections include

1. Application of insect repellent to any exposed skin and permethrin to clothing when you are out doors. Repellents containing DEET-compounds are considered the most effective.
2. Avoid outdoor activities at dusk and dawn, the times of day when the mosquitos carrying these diseases are most active.
3. If possible, wear long sleeves, pants, and socks when outdoors.
4. Keep mosquitos out of your house by repairing holes in screens.

The Health Department will update residents as new mosquito surveillance information becomes available, or revised recommendations are issued during the remainder of the summer and early fall.

For more information please contact:

East Longmeadow Health Department at 413-525-5400 x 1103