

West Nile Virus and Eastern Equine Encephalitis Detected in Washington Township

One sample of *Culex* mosquitoes collected from Washington Township has tested positive for both West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE). The mosquito samples were collected from Meadow Breeze Park in Washington Township. The mosquitoes were collected on August 21, 2019 in a trap specifically designed to catch *Culex* mosquitoes, which are the type responsible for transmitting West Nile virus, particularly from bird to bird. *Culex* mosquitoes are not usually implicated in transmitting Eastern Equine Encephalitis; however, they are able to get the virus from an infected bird while feeding. This sample of mosquitoes was sent to the state Public Health and Environmental Lab in Trenton on Monday August 26, 2019.

So far this year, a total of four (4) samples of mosquitoes have tested positive for WNV in Warren County from the following townships: Washington Township (2), Hackettstown (1), and Pohatcong Township (1). Mid to late August is peak time for humans and other mammals to acquire WNV virus. One person in NJ has tested positive for WNV this year (Hunterdon County). EEE is very rare, especially in northern NJ. This mosquito sample is the first ever sample from Warren County to test positive for EEE. This is a very active year for EEE in NJ and surrounding states. So far this year, one person in NJ has tested positive for EEE from Somerset County. Subsequent trapping for adult mosquitoes is taking place to survey for mosquito species more likely to bite people. **Treatments to reduce adult mosquito populations in that area are tentatively planned for Friday night, August 30, 2019.**

Residents are urged to help reduce their risk of contracting mosquito-borne diseases by following these guidelines:

- Don't produce mosquitoes on your property. **Dump** or **drain** standing water. Mosquitoes can't begin their life without water.
- **Defend** yourself against mosquitoes using repellents containing DEET, IR3535, or Oil of Lemon Eucalyptus.
- Avoid being outdoors when mosquitoes are present, typically **Dawn** and **Dusk**.
- **Report neglected swimming pools** by calling 908-453-3585 or visiting www.warrencountymosquito.org *Anonymous calls accepted*. Just one neglected pool can produce more than **1 million** mosquitoes and affect people up to **five miles** away.

WEST NILE VIRUS & EASTERN EQUINE ENCEPHALITIS INFORMATION

West Nile virus symptoms of the mild form include fever, headache, tiredness, body aches, and swollen lymph glands. While the illness can be as short as a few days, even healthy people have reported being sick for several weeks. Less than one percent of individuals (about 1 in 150 people) infected with West Nile virus will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent. West Nile virus infection can be fatal.

Eastern Equine Encephalitis can result in one of two types of illness, systemic or encephalitic (involving swelling of the brain). Systemic infection has an abrupt onset and is characterized by chills, fever, malaise, arthralgia, and myalgia. The illness lasts 1 to 2 weeks, and recovery is complete when there is no central nervous system involvement. Signs and symptoms in encephalitic patients are fever, headache, irritability, restlessness, drowsiness, anorexia, vomiting, diarrhea, cyanosis, convulsions, and coma. Approximately 30% of people with EEE die and many survivors have ongoing neurologic problems.

MORE INFORMATION

More information about EEE can be found at: <https://www.cdc.gov/easternequineencephalitis/index.html>

More information about WNV can be found at: <https://www.cdc.gov/westnile/index.html>

Information on WNV, repellents etc. from the Centers for Disease Control at
<http://www.cdc.gov/features/StopMosquitoes/>

Updated WNV activity in the county can be found at <http://www.warrencountymosquito.org/diseasesurveillance.php>

Notice of spraying to be done for adult mosquitoes in the county can be found at
<http://www.warrencountymosquito.org/adulticide.php>