



## Eastern Equine Encephalitis

### Prevention

The most effective way to prevent infection from Eastern Equine Encephalitis virus is to prevent mosquito bites. Mosquitoes bite during the day and night. Use insect repellent, wear long-sleeved shirts and pants, treat clothing and gear, and take steps to control mosquitoes indoors and outdoors.

### Protect yourself and your family from mosquito bites



#### Use Insect Repellent

Use Environmental Protection Agency (EPA)-registered insect repellents [↗](#) with one of the active ingredients below. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

- DEET
- Picaridin (known as KBR 3023 and icaridin outside the US)
- IR3535
- Oil of lemon eucalyptus (OLE)
- Para-menthane-diol (PMD)
- 2-undecanone

Find the right insect repellent for you by using EPA's search tool [↗](#).

#### Tips for babies and children

- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months old.
  - Instead, dress your child in clothing that covers arms and legs.
  - Cover strollers and baby carriers with mosquito netting.
- Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.
- Do not apply insect repellent to a child's hands, eyes, mouth, cuts, or irritated skin.
  - Adults: Spray insect repellent onto your hands and then apply to a child's face.



#### Tips for Everyone

- Always follow the product label instructions.
- Reapply insect repellent as directed.
  - Do not spray repellent on the skin under clothing.

- If you are also using sunscreen, apply sunscreen first and insect repellent second.

### Natural insect repellents (repellents not registered with EPA)

- We do not know the effectiveness of non-EPA registered insect repellents, including some natural repellents.
- To protect yourself against diseases spread by mosquitoes, CDC and EPA recommend using an EPA-registered insect repellent.
- Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness.



### Take steps to control mosquitoes indoors and outdoors

- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outdoors.
- Use air conditioning, if available.
- Stop mosquitoes from laying eggs in or near water.
  - Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers.
  - Check indoors and outdoors.

### Prevent mosquito bites when traveling overseas

- Choose a hotel or lodging with air conditioning or screens on windows and doors.
- Sleep under a mosquito bed net if you are outside or in a room that does not have screens.
  - Buy a bed net at your local outdoor store or online before traveling overseas.
  - Choose a WHOPES-approved bed net: compact, white, rectangular, with 156 holes per square inch, and long enough to tuck under the mattress.
  - Permethrin-treated bed nets provide more protection than untreated nets.
    - Do not wash bed nets or expose them to sunlight. This will break down the insecticide more quickly.
  - For more information on bed nets, visit CDC's page on insecticide-treated bed nets.
  - For more information on traveling overseas, visit Travelers' Health.

## For more information

- [About insect repellent use and safety](#)
- [About repellent protection times](#)

Page last reviewed: December 17, 2018

Content source: Centers for Disease Control and Prevention, National Center for Emerging and Zoonotic Infectious Diseases (NCEZID), Division of Vector-Borne Diseases (DVBD)