

TAHADHARI: Kuongezeka kwa hatari ya afya kutokana na kuumwa na mbu katika eneo hili.



Epuka kuwa nje iwezekanavyo kati ya machweo na macheo.

Eneo hili lina hatari kubwa ya afya ya ugonjwa wa Eastern equine encephalitis (EEE)—ugonjwa unaosababishwa na virusi vinavyoenea kupitia kuumwa na mbu walioambukizwa. Katika hali nadra, ugonjwa wa EEE unaweza kuwa mbaya na kutishia maisha.

Maafisa wa afya wanapendekeza mno watu katika eneo hili waepuke kuwa nje kadri wawezavyo kati ya machweo na macheo - kabla tu ya jua kutua, wakati wa usiku hadi jua linapochomoza — wakati mbu wana uwezekano mkubwa wa kuuma.

Fuata hatua rahisi za kujilinda wewe na familia yako

- Tumia dawa ya kufukuza wadudu iliyoidhinishwa na EPA.
- Vaa mashati ya mikono mirefu na suruali ndefu unapoenda nje.
- Ondoa maji yasiyosonga.
- Funika viti vya kutembeza watoto na vizimba vya watoto vilivyo nje kwa neti za mbu.
- Funika mashimo kwenye skrini au mapengo mengine kwenye madirisha na milango.

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ALERT: Increased health risk from mosquito bites in this area.



Avoid spending time outdoors as much as possible between dusk and dawn.

This area has an increased health risk for Eastern equine encephalitis (EEE)—a disease caused by a virus that spreads through bites from infected mosquitoes. In rare cases, EEE can be serious and life-threatening.

Health officials strongly recommend that people in the area avoid spending time outdoors as much as possible between dusk and dawn – just before the sun sets, through the night until the sun rises — when mosquitoes are most likely to bite.

Follow simple steps to protect yourself and your family

- Use EPA-approved insect repellent.
- Wear long-sleeved shirts and pants when outdoors.
- Get rid of standing water.
- Cover strollers and outdoor playpens with mosquito netting.
- Fix holes in screens or other gaps in windows and doors.

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