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September 19, 2019

Dear Residents of Middleton,

Yesterday, the Massachusetts Department of Public Health (MADPH) raised the risk level in the community of Middleton from Low to Moderate: (Ranges are as follows: Remote-Low-Moderate-High-Critical).

The change of risk level was related to confirmation from laboratory testing of a human case of Eastern Equine Encephalitis (EEE), a man in his 70's from Essex County. As a result, risk levels were raised in a number of towns in Essex County, including Middleton. Please see the attached document by MADPH.





Respectively, Middleton belongs to the Northeast Mosquito Control and Wetlands Management District (NEMMC). Each year the Middleton Board of Health and NEMMC review the arbovirus management plan for the district and our community. The management plan outlines our community's response to arbovirus for preventative measures prior to risk level assignment and during risk level changes.

NEMMC has field technicians out in Middleton and surrounding communities, checking for mosquito larvae and treating as necessary. Middleton has had no positive mosquito pools for West Nile Virus or EEE virus this season (as of 9/19/2019). If positive pools were identified, then supplemental traps would be set accordingly.

Since Middleton is at moderate risk, recommendations to prevent EEE from mosquito bites, until 1st hard freeze/frost (28-30F for consecutive days) is to limit exposure at dusk to dawn and in areas with wetlands/woods/shade during the day and to provide personal protective measures.

When you hear EEE on the news you may hear about risk levels associated with certain communities or counties. Below is a chart by MADPH that explain the five risk levels:

<https://www.mass.gov/lists/mosquito-borne-disease-information-for-the-general-public#prevention-and-control->

Key to Color Coding on EEE Risk Map		
Risk	What it Means	What You Can Do
Remote 	EEE is not usually found in your area	TO Prepare <ul style="list-style-type: none"> • Know your risk – check regularly at www.mass.gov/dph/wmv • Repair screens
Low 	EEE may occur in your area	TO Prevent <ul style="list-style-type: none"> • Wear mosquito repellent between dusk to dawn • Wear long sleeves and long pants from dusk to dawn • Use mosquito netting on baby carriages and playpens
Moderate 	EEE occurred in your area within the last year AND/OR there is EEE in mosquitoes in your area now	TO Prevent – add this <ul style="list-style-type: none"> • Wear mosquito repellent when outdoors, especially between dusk and dawn • Avoid outside areas with obvious mosquito activity
High 	Conditions likely to lead to infection of a person with EEE are occurring in your area	TO Prevent – add this <ul style="list-style-type: none"> • Adjust outdoor activity to avoid peak mosquito hours (from dusk to dawn) • Avoid overnight camping, particularly near freshwater swamps where EEE activity is most likely
Critical	Excessive risk from EEE virus exists, a person with EEE infection has been identified in your area	TO Prevent – add this <ul style="list-style-type: none"> • Cancel or reschedule outdoor gatherings, organized sporting events, etc. to avoid peak mosquito hours (dusk to dawn)

The Middleton Health Department and Middleton Board of Health urge residents to take the best personal protective measures they can. Please visit

<https://www.mass.gov/lists/mosquito-borne-disease-information-for-the-general-public#prevention-and-control->

If you have any questions, please contact the Middleton Health Department at 978-777-1869.

Respectfully,



Chief Health Strategist
Public Health Director



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