



County of Yolo

HEALTH DEPARTMENT

Joseph P. Iser, MD, DrPH, MSc
Director – Health Officer

137 N. Cottonwood Street, Suite 2100, Woodland, CA 95695
PHONE - (530) 666-8550 FAX - (530) 666-7337

For Immediate Release:

Date: September 18, 2009
Contact: Joseph Iser M.D., DrPH, MSc. Health Officer/Director
Phone: (530) 666-8645

Two Human Cases of West Nile Virus Confirmed in Yolo County

(Woodland, CA) – The Yolo County Health Department has received confirmation of the first two human cases of West Nile virus this year in Yolo County. Both cases were from Davis. The first is a male, in the 55-74 year age range. The second is a male in the 10-18 year age range. Both are recovering.

Although the numbers of cases are down this year, it doesn't decrease the potential seriousness of this disease," states Dr. Joseph Iser, Yolo County Health Officer and Director.

People typically develop symptoms between three and 14 days after they are bitten by an infected mosquito. Approximately 80 percent of people (about 4 out of 5) who are infected with West Nile virus will not show any symptoms at all. Up to 20 percent of people who become infected have symptoms such as fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach, and back. Symptoms can last for as short as a few days, though even healthy people have become sick for several weeks.

About one 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. People over the age of 50, diabetics, and those who suffer from hypertension are more likely to develop serious symptoms of West Nile virus if they do get sick and should take special care to avoid mosquito bites.

"Prevention and protection are still important," adds Dr. Iser. "By making weekly checks of their yards and draining standing water, residents can help cut down on mosquito breeding areas. Precautions such as wearing protective clothing and using bug repellents that contain DEET or other effective ingredients will reduce the risk of mosquito bites."

The best way to prevent West Nile virus infection is to prevent the bite of an infected mosquito. Following the 7 D's decreases the risk of mosquito bites:

DRAIN any standing water that may produce mosquitoes.

DAWN and DUSK are times to avoid. These are the times when mosquitoes are most active.

DRESS appropriately by wearing long sleeves and pants when outdoors.

DEFEND yourself against mosquitoes by using an effective insect repellent, such as DEET, Picaridin or KBR 3023, Oil of Lemon Eucalyptus or PMD, or IR 3535. Make sure you follow all label directions!

DOOR and window screens should be in good working condition. This will prevent mosquitoes from entering your home.

DISTRICT local mosquito district personnel are available to address any mosquito problem you may be experiencing by calling 1-800-429-1022.

For additional information on West Nile virus, visit the following Web sites:

Sacramento-Yolo Mosquito and Vector Control District: www.fightthebite.net
California West Nile Virus Surveillance Information Center: www.westnile.ca.gov
Centers for Disease Control and Prevention: www.cdc.gov/westnile

###