



# 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: June 30, 2010  
Contact: Joseph Iser M.D., DrPH, MSc. Health Officer/Director  
Phone: (530) 666-8645

### **First Two Potential Human Cases of West Nile Virus in Yolo County**

**(Woodland, CA)** – The Yolo County Health Department is investigating two potential cases of West Nile virus. Both cases have serious symptoms. “With these first potential cases, we want to remind the public to take precautions to protect themselves,” states Dr. Joseph Iser, Yolo County Health Officer/Director. “For those who develop severe symptoms there can be lasting effects.”

People typically develop symptoms between three and 14 days after an infected mosquito bites them. 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 Sacramento-Yolo Mosquito Vector Control District is a great resource for information on how to prevent mosquitoes from breeding on your property and in your neighborhood. They can provide a home inspection and advice on actions you can take, or provide resources and services to decrease the number of mosquitoes in your area.

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 Oil of Lemon Eucalyptus. 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](http://www.fightthebite.net)

California West Nile Virus Surveillance Information Center: [www.westnile.ca.gov](http://www.westnile.ca.gov)

Centers for Disease Control and Prevention: [www.cdc.gov/westnile](http://www.cdc.gov/westnile)

###