



# COUNTY OF YOLO

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## **First Human Case of West Nile Virus in Yolo County in 2022**

(Woodland) - The Yolo County Health and Human Services Agency (HHS) Community Health Branch has received confirmation of a human case of West Nile virus in Yolo County. The patient first became ill last month and is recovering from neuroinvasive West Nile virus disease.

“West Nile virus is spread to people by the bite of a mosquito, and there is a risk of contracting West Nile virus in Yolo County this time of year when mosquitoes are active,” said Yolo County Health Officer Dr. Aimee Sisson. “By making regular checks of their yards and draining standing water, people can help cut down on mosquito breeding areas. Wearing protective clothing and using insect repellent will also reduce the risk of mosquito bites.”

People typically develop symptoms of West Nile virus between two and 14 days after they are bitten by an infected mosquito. While 80 percent of people infected will not show any symptoms, 20 percent of people 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 or several weeks, even for generally healthy people.

About one in 150 people infected with West Nile virus will develop severe illness. Their 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 and those who have diabetes or hypertension are more likely to develop serious symptoms of West Nile virus and should take special care to avoid mosquito bites.

The best way to prevent West Nile virus infection and other mosquito-borne illnesses is to prevent the bite of an infected mosquito. Following the 7 Ds decreases the risk of mosquito bites:

- **DRAIN** any standing water that may produce mosquitoes.
- **DAWN** and **DUSK** are 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** personnel is available to address any mosquito problem you may be experiencing by calling 1-800-429-1022 or visit [www.fightthebite.net](http://www.fightthebite.net).

The Sacramento-Yolo Mosquito & Vector Control District performs extensive control measures to reduce both larval and adult mosquitoes. Find additional resources at the California West Nile Virus Surveillance

Information Center: [www.westnile.ca.gov](http://www.westnile.ca.gov) or the Centers for Disease Control & Prevention: [www.cdc.gov/westnile](http://www.cdc.gov/westnile).

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