



PIMA COUNTY HEALTH DEPARTMENT
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FOR IMMEDIATE RELEASE

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Pima County Health Department
Confirms First Human Case of West Nile Virus

Tucson, Arizona – September 24, 2010 – The Pima County Health Department has received confirmation that a resident has tested positive for West Nile virus (WNV) and is waiting for lab confirmation on a second probable human case. In addition to the human case, WNV has been confirmed in a horse, an exotic bird, a sentinel chicken and in two mosquito pools.

West Nile virus is transmitted to animals and humans through the bite of a mosquito infected with WNV. Symptoms of WNV may include fever, headache, tiredness, body aches, a skin rash on the trunk of the body, and swollen lymph nodes. Symptoms typically appear three to 14 days following a bite from an infected mosquito. Most people who become infected with WNV never experience any symptoms and others may experience mild symptoms that resolve without seeking medical treatment.

Individuals with immune deficiencies are at greater risk of serious disease. Approximately one out of 150 people who become ill with WNV will develop a more serious disease such as meningitis or encephalitis, and may require hospitalization. There is no vaccine or treatment for West Nile virus and serious cases can result in death.

Individuals are at an increased risk of being bitten from dusk to dawn when mosquitos are most active. The best way to avoid contracting WNV is to prevent mosquitoes from breeding and biting.

- **Limit time outdoors** from dusk until dawn. Wear long sleeve shirts and pants when outside during this time.
- **Use mosquito repellents** that contain DEET, Picaridin, IR 3535 or Oil of Lemon Eucalyptus.
- **Check and repair holes in screens** on your windows and doors.
- **Check your yard:** Look for and remove standing water in flowerpot saucers, gutters, puddles, buckets and watering cans. Check gardening equipment and children's outdoor toys for standing water. Cover water harvesting containers. Throw out unneeded items that collect water. Cover trash cans and recycling containers. Change out water two to three times a week in bird baths, pet water dishes, and livestock troughs.

For more information about WNV please call the Disease Information Line at (520) 243-7800 and visit the Fight the Bite website at <http://www.pimahealth.org/disease/westnile.asp>

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