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# News Release

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FOR IMMEDIATE RELEASE

## FIRST HUMAN WNV CASE

### *Health Officials Encourage Taking Precautions*

Southwest District Health officials received notification of the first positive human case of West Nile in Idaho for 2015. The case is a female, in her 60's, who resides in Washington County. She was not hospitalized and is still recovering. Her symptoms began at the end of June.

In addition, West Nile positive mosquito pools have now been detected in nine counties in Idaho, including, Adams, Washington, Valley, Gem, Payette, Canyon, Ada, Owyhee, and Bingham. A horse in Washington County has also tested positive for WNV.

West Nile Virus (WNV) is a potentially serious illness that is usually spread to animals and humans through the bite of an infected mosquito. It does not spread from person-to-person. Most people infected with the illness (four out of five), do not show symptoms, although more severe symptoms may occur. The most common symptoms include fever, headaches, body aches, fatigue, nausea, vomiting, and sometimes swollen lymph glands or a skin rash typically occurring 2 to 14 days after the bite of an infected mosquito. In some cases the virus can cause severe illness, especially in people over the age of 50 and those who have underlying health conditions.

"We are all outdoors more during the summer, especially farmers who are spending long hours in the fields and youth who will soon begin practicing for fall sports," said Raemi Nolevanko, Epidemiologist for Southwest District Health. "We can continue to participate in outdoor activities by taking some simple steps to minimize the risk of mosquito bites and by reducing mosquito habitat around our homes."

The more you're outdoors, the higher risk you could be bitten by an infected mosquito. Precautions include:

- If possible, avoid outdoor activities between dusk and dawn when disease-carrying mosquitoes are most active and feeding. If you must be outside at dawn or dusk, dress appropriately by wearing long sleeves, pants, and loose-fitting clothing.
- When you are outdoors, use insect repellent containing an EPA-registered active ingredient, such as DEET or Picaridin (Follow manufacturers' instructions.) Parents are advised not to apply repellent that contains more than 10 percent DEET on their children. In addition, certain products which contain permethrin are recommended for use on clothing, shoes, bed nets, and camping gear.

- Make sure you have good screens on your windows and doors to keep mosquitoes out. Also consider using mosquito netting on infant carriers.
- Get rid of mosquito breeding sites by draining standing water from flower pots, buckets, barrels, pool covers, and wading pools. Avoid over-irrigating your lawns, gardens, or pastures. Change the water in pet dishes and replace the water in bird baths and watering troughs at least twice weekly. Drill holes in tire swings or old tires so water drains out.
- Get your horses vaccinated against West Nile.

For more information on West Nile, visit SWDH's website at [www.swdh.org](http://www.swdh.org); or visit Centers for Disease Control and Prevention (CDC) at [www.cdc.gov/westnile](http://www.cdc.gov/westnile).

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