



FOR IMMEDIATE RELEASE

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Southeastern District Health Department Conducts West Nile Virus Surveillance

Pocatello – The Southeastern District Health Department (SDHD) is conducting surveillance for West Nile Virus. To date, no new cases have been reported or confirmed. SDHD would like remind the public of the personal precautions that can be taken.

WNV is transmitted through the bite of a mosquito, so the best way to reduce your risk of becoming infected is to avoid being bitten by infected mosquitoes. Practice the "Six D's" of protection:

- DRAIN any standing water that may produce mosquitoes.
- DAWN is a time to avoid. This is when mosquitoes are most active.
- DUSK is a time to avoid. This is when mosquitoes are most active.
- DRESS appropriately by wearing long sleeves and pants when outdoors.
- DEFEND yourself against mosquitoes by using an effective repellent, such as DEET, Picaridin or Oil of Lemon Eucalyptus. Make sure you follow label directions!
- DOOR and window screens should be in good condition. This will prevent mosquitoes from entering your home.

Most human infections of West Nile Virus are mild or have no symptoms. Approximately 20 percent of those infected develop symptoms between 3 and 14 days after they are bitten by the infected mosquito.

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Symptoms of WNV often include: fever, headache, muscle aches, tiredness, nausea and vomiting, and sometimes swollen lymph glands or a skin rash. In rare cases, the virus can lead to serious illness, especially in people over the age of 50. If you are experiencing any of the symptoms listed above, and you think you have been exposed to mosquitoes carrying the West Nile Virus, contact your physician.

For more information about West Nile Virus, contact Jeff Doerr, Epidemiologist, at 478-6321 or visit the SDHD's website at www.sdhdidaho.org. You can also obtain more information about the disease from the Centers for Disease Control and Prevention's website at www.cdc.gov/westnile, or www.fightthebite.net.

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