



FOR IMMEDIATE RELEASE  
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### **Southeastern District Health Department Confirms Human West Nile Virus in Bannock County**

**Pocatello --** Southeastern District Health Department (SDHD) announced a female in her 50's has a confirmed case of West Nile Virus infection in Bannock County. West Nile Virus is transmitted by infected mosquitoes to humans, horses, and other animals after feeding on diseased birds, which are a host animal. Symptoms of human West Nile Virus infection typically begins within 14 days following the insect bite and consist of fever, muscle and joint aches, listlessness, and headaches. **If you are concerned that you may have contracted West Nile Virus, please contact your medical provider as soon as possible.**

This positive test means that viral activity is increasing in the environment, and people should be more careful to take precautions to protect themselves from the virus. Steps people can take to protect themselves include:

- avoid being outside at dusk and dawn when mosquitoes are most active,
- wear long-sleeved shirts and long pants,
- protect yourself with an insect repellent (e.g., up to 35% DEET, or Picardin, or lemon-oil eucalyptus), and
- drain standing water around your home in places where mosquitoes can breed.

Mosquitoes can breed in any body of water, from small containers such as tires and tin cans, to large bodies of water like lakes or marshes. These breeding places create a variety of mosquito problems. To help stop mosquitoes from breeding, Idahoans should:

- Dispose of tin cans, plastic containers, ceramic pots, or similar water-holding containers.
- Remove all discarded tires from your property.
- Drill holes in the bottoms of recycling containers that are kept outdoors. Make sure roof gutters drain properly and clean clogged gutters in the spring and fall.
- Turn over plastic wading pools and wheelbarrows when not in use.

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- Change the water in birdbaths regularly.
- Clean vegetation and debris from the edges of ponds.
- Clean and chlorinate swimming pools, outdoor saunas, and hot tubs.
- Drain water from pool covers.
- Use landscaping to eliminate stagnant water that collects on your property.
- Make sure all windows and doors have screens in good repair.

For more information contact Jeff Doerr, Epidemiologist, 478-6321, also visit SDHD's website at [www.sdhdidaho.org](http://www.sdhdidaho.org) for additional links and other activities of SDHD, or Center for Disease Control at 1-888-246-2675; 1-888-246-2857 (Spanish).