



COUNTY OF SAN DIEGO

# NEWS RELEASE

## WEST NILE VIRUS FACT SHEET

### CASES TO DATE:

- 26 human cases
- 511 dead birds
- 14 positive sentinel chickens
- 4 horse deaths
- 1 infected horse
- 38 positive mosquito batches

### PREVENTION: The best defense against West Nile virus is to avoid mosquito bites.

- Remove sources of standing water outside of your home where mosquitoes can breed, including neglected pools, birdbaths, and flower pots.
- Wear long pants and long-sleeved shirts when outdoors to cover your skin.
- Apply repellent containing DEET, Picaridin, Oil of Lemon Eucalyptus or IR3535 to clothes and skin.
- Stay indoors when possible during dawn and dusk.
- Make sure screens on windows and doors do not have holes.
- Stock ornamental ponds and other standing water sources with mosquito fish, which are available for free from the County Department of Environmental Health.

### SYMPTOMS:

- Many people will have no symptoms.
- About 20% will develop West Nile fever which can include fever, headaches, tiredness, body aches, skin rash and swollen lymph glands.
- A small number of people can develop severe West Nile disease which can include neck stiffness, disorientation, convulsions, coma, muscle weakness and paralysis.

### TO REPORT DEAD BIRDS AND GREEN POOLS OR FOR MORE INFORMATION:

- [www.FighttheBite.com](http://www.FighttheBite.com)
- (888) 551-INFO (4636)

### MEDIA QUESTIONS:

County Vector Control Program  
Chris Conlan (858) 694-2137

Health and Human Services Agency  
Leslie Ridgeway (619) 685-2239

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