



## NEWS RELEASE

Department of Public Health

August 6, 2015

**CONTACT:**

Dr. Maxwell Ohikhuare

Health Officer

(909) 387-6218

[mohikhuare@dph.sbcounty.gov](mailto:mohikhuare@dph.sbcounty.gov)

---

### First human cases of West Nile Virus confirmed

---

Two human cases of West Nile Virus (WNV) have been confirmed in San Bernardino County. These are the first confirmed human cases within the County this year. At this time last year, the County had a total of two confirmed cases of WNV. As of August 3, 2015, the California Department of Public Health has confirmed a total of eight human cases of WNV and one WNV-related death within the state.

"We strongly encourage the public to be aware of the WNV activity in their area and take action to protect themselves and their family by taking appropriate precautionary measures," said Dr. Maxwell Ohikhuare, County of San Bernardino Health Officer. "West Nile virus infection can cause serious disease; therefore, prevention is essential."

WNV is transmitted to humans through the bite of an infected mosquito. Signs and symptoms of WNV may include fever, body aches, rash, nausea, vomiting and headache. Most people infected with the virus have no symptoms. However, some people may develop severe symptoms which can lead to brain inflammation or paralysis. The most effective way to avoid WNV infection is to prevent mosquito bites.

San Bernardino County residents can protect themselves from mosquito bites by taking the following precautions:

- **DAWN and DUSK** – Avoid spending time outside when mosquitoes are most active.
- **DRESS** – Wear shoes, socks, long pants and long-sleeved shirts that are loose fitting and light colored.
- **DRAIN** – Remove or drain all standing water around your property where mosquitoes lay eggs (birdbaths, ponds, old tires, buckets, clogged gutters or puddles from leaky sprinklers).
- **DEET** – Apply insect repellent containing DEET. When using DEET, be sure to read and follow the label instructions.
- **DOORS** – Make sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or holes to prevent mosquitoes from entering the home.
- **REPORT** – Report green or neglected pools by calling 1 (800) 442-2283. Press 3 when prompted.

The public can participate in the WNV surveillance program by reporting dead birds to the state's WNV toll-free hotline at (877) WNV-BIRD (968-2473) or at [www.westnile.ca.gov](http://www.westnile.ca.gov).

For more information on WNV, visit the San Bernardino County Mosquito and Vector Control Program at <http://1.usa.gov/1N5qvum> or call the Communicable Disease Section (CDS) at 1 (800) 722-4794.

###