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## News Release

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### FOR IMMEDIATE RELEASE

October 28, 2010

## West Nile Virus Confirmed in Lee County - Fight The Bite! -

**Fort Myers, FL** – The Lee County Health Department (LCHD) reports that a middle-aged Lee County man has been diagnosed with West Nile Virus (WNV). He works outdoors and went on three recent hunting trips outside of Lee County. It is not possible to determine if he was infected in Lee County or elsewhere in southwest Florida. This is the first human case of WNV in Lee County this year.

Lee County Mosquito Control District is actively monitoring and spraying area surrounding his residence. People who are concerned about excessive mosquito activity in their neighborhood should contact Lee County Mosquito Control at 694-2174.

Many people that become ill have mild symptoms including headache, fever, dizziness, and fatigue, but severe neurological symptoms are also possible. Although mosquito borne diseases can cause serious illnesses and even death in people of any age, children and those over 50 are at greatest risk for severe disease. Symptoms typically appear between 3 and 14 days after the bite of an infected mosquito.

Neighborhoods and families are preparing for Halloween celebrations this weekend. LCHD and Lee Mosquito Control urge both children and adults to take steps to prevent mosquito bites, including use of mosquito repellent, long sleeves, and trousers. Mosquitoes will be most active at dusk, just as the Halloween celebrations begin.

For more information on mosquito borne illnesses:

FDOH Web site at [www.doh.state.fl.us/Environment/medicine/arboviral/index.html](http://www.doh.state.fl.us/Environment/medicine/arboviral/index.html),

Centers for Disease Control and Prevention Web site at [www.cdc.gov](http://www.cdc.gov)

Lee County Mosquito Control District Web site at [www.lcmcd.org](http://www.lcmcd.org)

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## **Tips to Avoid Mosquito Bites is the Best Way to Prevent Disease:**

Lee County's Health Department & Mosquito Control District recommends remembering the 5 D's:

- **Dusk and Dawn** – Avoid being outdoors when mosquitoes are seeking blood.
- **Dress** – Wear clothing that covers most of your skin.
- **DEET** – When the potential exists for exposure to mosquitoes, repellents containing up to 30 percent DEET (N, N-diethyl-meta-toluamide) are recommended. Other effective mosquito repellents include picaridin, oil of lemon eucalyptus, and IR3535.
- **Drainage** – Check around your home to rid the area of standing water, where mosquitoes lay eggs.

## **Tips on Repellent Use**

- Always read label directions carefully for the approved usage before applying a repellent.
- In protecting children, read label instructions to be sure the repellent is appropriate. DEET is not recommended on children younger than 2 months old. Oil of lemon eucalyptus should not be used on children less than 3 years old.
- Infants should be kept indoors or mosquito netting should be used over carriers when outside.
- Avoid applying repellents to the hands of children. Adults should apply repellent first to their own hands and then transfer it to the child's skin and clothing.
- Apply insect repellent to exposed skin or onto clothing, but not under clothing. Do not apply repellent to the eyes or mouth, cuts, wounds, or irritated skin.
- If additional protection is necessary, apply a permethrin repellent directly to clothing or gear.

## **Tips on Eliminating Mosquito Breeding Sites**

- Remove water in old tires, buckets, garbage cans, and other containers where water collects.
- Check clogged gutters and flat roofs that may have poor drainage.
- Fill in holes or dips in the ground that collect water. Level the ground around your home so water can run off.
- Empty birdbaths, water bowls, plant pots, and wading pools once or twice a week.
- Store boats upside down or with a cover

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