First Human Case of West Nile Virus Confirmed in Mesa County
Residents urged to take precautions when enjoying the outdoors.

Mesa County, CO---The Colorado Department of Public Health and Environment (CDPHE) state lab has confirmed the first positive human case of West Nile virus (WNV) in an adult female resident in Mesa County. So far this year no mosquitoes trapped from the Grand Junction area have tested positive for the virus.

"It is often the case that we will confirm our first human case of WNV before we see mosquitoes test positive for the virus," stated Jeff Kuhr, Director of Mesa County Health Department. "This is the time of year for peak transmission and personal protective measures are prudent," added Kuhr. The Mesa County Health Department urges residents to use personal protective measures against West Nile virus.

Personal Protective Measures:
- Use insect repellent that contains DEET, Picaridin, or Oil of Lemon Eucalyptus
- Dress in long sleeves and pants when in areas where mosquitoes are active
- Drain standing water on property
- Avoid being outdoors at dusk and dawn; this is when mosquitoes are most active

Signs and Symptoms
Most people (80%) who are infected with West Nile virus show no symptoms. Those who show clinical illness are generally diagnosed with a milder form that includes headache, fever, body aches, nausea and occasionally a rash or swollen lymph nodes. Some individuals will develop more severe illness and be diagnosed with meningitis (swelling of the lining of the brain) or encephalitis (swelling of the brain). Symptoms include muscle weakness, high fever, neck stiffness and disorientation. If you develop these symptoms, please contact your health care provider.

Following is a breakdown of human cases in Mesa County by year:

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2011: 0</td>
<td>2008: 0</td>
<td>2005: 11</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For more information please visit the Mesa County Health Department website at www.health.meseacounty.us or call 248-6900.

“Mesa County Health Department—Working Together for a Healthy Community.”