

FOR IMMEDIATE RELEASE: July 8, 2015

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## Mesa County reports first diagnosed human case of West Nile virus this year

DENVER - An adult male from Mesa County has been diagnosed with West Nile Virus. This is Colorado's first human case, this year.

Also, mosquitoes collected in Larimer and Denver counties are carrying West Nile virus, the Colorado Department of Public Health and Environment confirmed today. The department expects more counties to find infected mosquitoes as the summer progresses.

Public health officials advise Colorado residents to take precautions against West Nile virus by using mosquito repellent and other methods to avoid mosquito bites. Last year, 118 people in Colorado contracted West Nile virus and four died.

“Although we can't predict how much West Nile virus activity will occur this summer, we know the virus is present, and that means people are at risk,” said Jennifer House, state public health veterinarian.

To help prevent West Nile virus infection, follow the four D's:

- DRAIN standing water around your house weekly. Remember to drain water from tires, cans, flowerpots, clogged rain gutters, rain barrels, toys and puddles.
- DUSK and DAWN are when mosquitoes are most active. Limit outdoor activities and take precautions to prevent mosquito bites during these times.
- DEET is an effective ingredient to look for in insect repellents. Always follow label instructions carefully.
- DRESS in long sleeves and pants in areas where mosquitoes are active.

For more information about West Nile virus, visit [www.FightTheBiteColorado.com](http://www.FightTheBiteColorado.com).



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