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**FOR IMMEDIATE RELEASE**

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**SUTTER COUNTY HEALTH OFFICER ANNOUNCES  
FIRST CONFIRMED HUMAN CASE OF WEST NILE VIRUS  
IN SUTTER COUNTY THIS YEAR**

**Sutter County** – A Sutter County resident has tested positive for West Nile Virus (WNV) infection, Dr. Michael Kinnison, Sutter County Public Health Officer announced today. The Sutter County resident developed symptoms of West Nile fever. The resident was not hospitalized.

“This first positive WNV case reminds us to take extra precaution when spending time outside during dawn and dusk or peak mosquito activity,” Kinnison said. “The most important preventative step to take to protect yourself and your family from WNV is to apply an insect repellent that contains DEET when you plan to spend time outside, especially in the evening.”

To date this year, WNV activity has been detected in 43 of California’s 58 counties. 81 individuals from 16 counties, including five who have died, have become ill after exposure to WNV. In 2006, 12 individuals in Sutter County were diagnosed with WNV.

WNV is transmitted to humans and animals through a mosquito bite. Mosquitoes become infected when they feed on infected birds. Individuals can reduce their risk of mosquito-borne disease by taking these precautions:

- Avoid spending time outside when mosquitoes are most active, especially at dawn and the first two hours after sunset.

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- When outdoors, wear long pants and long-sleeved shirts.
- Apply insect repellent containing DEET or permethrin according to label instructions. Picaridin and oil of lemon eucalyptus have recently found to provide reliable and long-lasting protection from mosquito bites.
- Make certain that doors and windows have tight-fitting screens. Repair or replace screens that have tears or holes.
- Eliminate all sources of standing water that can support mosquito breeding.

Health officials emphasize that the risk of serious illness from WNV to humans is low. Most individuals that become infected with WNV will not experience any illness. About two of every 10 people infected by a mosquito will develop mild to moderate symptoms such as fever, aches, nausea and vomiting. If symptoms develop, they will usually occur 2-14 days after a bite from an infected mosquito. Less than 1% of individuals will develop serious neurological illness such as encephalitis and meningitis. The elderly and those with lowered immune systems are more susceptible to serious illness.

More information about WNV can be found at <http://www.westnile.ca.gov/>. To report a dead bird, citizens may call 1-877-WNV-BIRD (1-877-968-2473) or report on line at above web site. Dead bird reports are used to help locate WNV activity in the state, and can help in prevention efforts. There is no evidence that West Nile Virus can be acquired by handling dead birds, but it is best not to handle a dead bird with your bare hands. Use gloves, a shovel, or a plastic bag to place the bird in a trash bag for disposal, if it is not collected for testing.