

## Human Cases of West Nile Virus Reported in Delta County

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Contact: Greg Rajnowski, Environmental Health Director

970-874-2165 | [eh@deltacounty.com](mailto:eh@deltacounty.com)

Delta County Health Department is reporting the second confirmed human case of West Nile virus (WNV) this year. The individual is a female in her 40's.

Most people infected with WNV will have no symptoms. When present, WNV symptoms tend to include fever and flu-like illness. In rare cases, more severe illness and death can occur. While WNV can infect people of all ages, people over the age of 50 are at higher risk for severe disease.

### ***To protect yourself:***

- Use insect repellents when you go outdoors. Repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol products provide the best protection. For more information about insect repellents visit the EPA's information [webpage](#). Always follow label instructions.
- Limit outdoor activities at dusk and dawn, when mosquitoes are most active.
- Wear long pants, long-sleeved shirts, and socks in areas where mosquitoes are active. Spray clothes with insect repellent for extra protection.

### ***To mosquito-proof your home:***

- Empty water from tires, cans, flowerpots, clogged gutters, rain barrels, birdbaths, toys, and puddles at least once every week.
- Install or repair screens on windows and doors.

For more information: <https://www.deltacounty.com/451/Animals-Insects>

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