

**FOR IMMEDIATE RELEASE**  
**August 19, 2013**

**Miami County Health Department**

### **Miami County Health Department Reports Positive Test for West Nile Virus**

Miami County Health Department reported that 3 (POOLS OF MOSQUITOES) collected on August 9, 2013 tested positive for West Nile virus in southern Miami County. This is the first reported case of West Nile virus activity in 2013 for Miami County

West Nile virus is transmitted to humans by mosquitoes that have first bitten an infected bird. A person bitten by an infected mosquito may show symptoms three to 15 days after the bite. State health officials say that in previous years, most human cases of West Nile virus were reported between mid-July and mid-September.

The virus usually results in a mild illness known as West Nile fever, which can cause fever, headache, body aches, swollen lymph glands, or a rash. However, a small number of individuals can develop a more severe form of the disease with encephalitis or meningitis and other neurological syndromes, including flaccid muscle paralysis.

The health department recommends that local residents take the following protective steps when outdoors:

- Avoid being outdoors during prime mosquito biting times of dusk to dawn;
- Apply insect repellent containing DEET, picaradin, or oil of lemon eucalyptus to clothes and exposed skin; and
- Wear long-sleeved shirts and pants while in areas where mosquitoes are biting.

The health department is also asking residents to take steps to rid their properties of potential mosquito breeding grounds by:

- Repairing failed septic systems;
- Drilling holes in the bottom of recycling containers that are left outdoors;
- Keeping grass cut short and shrubbery trimmed;
- Disposing of old tires, tin cans, plastic containers, ceramic pots or other unused containers that can hold water;
- Cleaning clogged roof gutters, particularly if leaves tend to plug up the drains;
- Aerating ornamental pools, or stock them with predatory fish; and
- Maintaining swimming pools in a healthy manner

Health officials report that although individuals over age 50 are at greatest risk for serious illness and even death from West Nile virus, people of all ages have been infected with the virus and have had severe disease.

For more information, visit the Miami County Web site at [miamicountyin.gov](http://miamicountyin.gov) or the Indiana State Department of Health website <http://www.in.gov/isdh/23599.htm>

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