



**Jefferson County
Department of Health
and Environment**

*To create, promote & enhance
health & vitality through
innovation, collaboration
and celebration*

Administration

1801 19th Street
Golden, CO 80401-1798
(303) 271-5700
Fax (303) 271-5702

Lakewood

260 South Kipling Street
Lakewood, CO 80226
(303) 232-6301
Fax (303) 239-7088

Arvada

6303 Wadsworth Bypass
Arvada, CO 80003
(303) 275-7500
Fax (303) 275-7503

Conifer

10875 US Hwy 285
Suite D202
Mountain Resource Center
Conifer, CO 80433
(303) 838-7552
Fax (303) 838-3781

Environmental Health

1801 19th Street
Golden, CO 80401
(303) 271-5755
Fax (303) 271-5760

Edgewater WIC

1981 B Sheridan Blvd.
Edgewater, CO 80214
(303) 239-9580
Fax (303) 239-9592

Vital Records

800 Jefferson County Parkway
Suite 1300
Golden, CO 80401
(303) 271-6450
Fax (303) 271-6451

*Public Health . . .
Everyday, Everywhere,
Everyone*

News Release

For Immediate Release

**First Human Case of
West Nile Virus in Jefferson County**

July 23, 2004

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GOLDEN – The 2004 West Nile Virus season has begun in Jefferson County!

Jefferson County Department of Health and Environment (JCDHE) announced today the first confirmed human case of West Nile Virus in Jefferson County for 2004. A Lakewood, Colorado 51-year old female developed symptoms in early July. She was not hospitalized and she recovered at home. JCDHE Environmental Health Services and Communicable Disease Control Program will do follow-up investigation. The onset date of this year's first human case coincides with the 2003 season.

"Mosquito season is here again and last year proved to us that West Nile Virus can cause serious complications in people of all ages", said Dr. Mark Johnson, Jefferson County Department of Health and Environment's Executive Medical Director. "The rain and subsequent hot weather that we have experienced this summer, lends itself to ideal mosquito breeding environments. Everyone should remember to take precautions to avoid mosquito bites in order to prevent exposure to West Nile Virus."

Public health officials remind everyone that although West Nile Virus can be serious, most people will not even know that they have been infected. Signs of the illness usually appear 3 to 14 days after being bitten. Most infections are mild, lasting up to 2 weeks, and symptoms resemble the flu including fever, headache and body aches/weakness. Indications of more severe cases may include headache, high fever, neck stiffness, mental confusion, tremors, muscle weakness, convulsions, and coma. The more severe infections can result in vision changes, hearing loss, movement difficulties, brain damage, permanent paralysis, encephalitis (inflammation of the brain), meningitis (inflammation of the spinal cord and lining of the brain), and even death. **Persons who experience the more severe symptoms should contact their health care provider immediately.**

“Interestingly, there is a lot about this virus that we don’t fully understand, such as why most people experience little or no symptoms while others may develop severe symptoms,” says Barb Mertens, RN Communicable Disease Control Program Coordinator. Therefore, all residents should continue to take measures to protect themselves from mosquito bites by following the 4 Ds:

- **DEET:** Wear insect repellent containing DEET.
 - (The higher percentage of DEET in a repellent, the longer the protection lasts. Choose a product with the right amount of DEET to match the time spent outdoors: 25% DEET lasts up to 5 hours; 5% DEET lasts 45 to 90 minutes. Use products containing 30% DEET or less for children. **Always read the labeled instructions for use.** The American Academy of Pediatrics and other experts suggest that it is acceptable to apply repellent with up to 30% DEET to infants over 2 months old.)
- **DRAIN:** *“With the increased rain, remember to drain”* is the mantra Jefferson County residents need to remember and follow. Drain or empty standing water around your home and neighborhood, in areas such as flower pots, wading pools, bird baths, empty tires and wheelbarrows, since that is where mosquitoes lay their eggs.
- **DUSK/DAWN:** Take extra care to use repellent and protective clothing during evening and early morning (dusk and dawn) or consider avoiding outdoor activities during these times when mosquitoes are most active.
- **DRESS:** Dress in long sleeves and pants during dusk and dawn or in areas where mosquitoes are active.

Resources:

For more information on West Nile Virus: www.fightthebitecolorado.com

JCDHE West Nile Virus Line: 303-239-7075

Colorado Help Line: 877-462-2911

JCDHE website: <http://health.jeffco.us>

Colorado Mosquito Control www.comosquitocontrol.com

For citizen concerns/complaints

Colorado Mosquito Control (East of Hogback) 877-276-4306

JCDHE complaint line (West of Hogback) 303-239-7075

Speaker/Presentations on WNV

Tim Howard at Colorado Mosquito Control 303-558-8730

Dr. Jim Dale, JCDHE 303-271-5718