



**Jefferson County  
Department of Health  
and Environment**

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

**Administration**

1801 19<sup>th</sup> 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**

Mountain Resource Center  
11030 Kitty Drive  
Conifer, CO 80433  
(303) 838-7552  
Fax (303) 838-3781

**Environmental Health**

1801 19<sup>th</sup> 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**

August 9, 2005

**First Two Human Cases of  
West Nile Virus in Jefferson County**

**CONTACT:**

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GOLDEN – Jefferson County Department of Health and Environment (JCDHE) announced today the first two confirmed human cases of West Nile Virus in Jefferson County for 2005. A Wheat Ridge, Colorado 56-year old female and an Arvada, Colorado 48-year old female were most likely exposed during July visits to lakes located in the eastern plains. Both women were not hospitalized and they are recovering at home. JCDHE Environmental Health Services and Communicable Disease Control Program are conducting follow-up investigations.

“Now is the peak season for West Nile Virus” said Dr. Mark Johnson, Jefferson County Department of Health and Environment’s Executive Medical Director. “Our integrated mosquito control contractor continues to identify, monitor and inspect “mosquito breeding sites” throughout the county. They have found over the past few weeks that the numbers of mosquitoes that carry West Nile Virus have increased. These mosquitoes are primarily a container breeding mosquito so we should all remember to drain any containers that collect water around our homes.”

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.**

All residents are encouraged to take measures to protect themselves from mosquito bites by following the 4 Ds:

- **DEET:** Wear insect repellent containing either DEET, Picaridin or oil of lemon eucalyptus.
  - Always follow label instructions and choose the concentration that best fits the amount of time spent outside. (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: Jefferson County residents need to avoid “breeding mosquitoes” in their own backyards.** 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](http://www.fightthebitecolorado.com)

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|-----------------------------|---|
| JCDHE West Nile Virus Line: | 303-239-7075  |
| Colorado Help Line:         | 877-462-2911  |
| JCDHE website:              | <a href="http://health.jeffco.us">http://health.jeffco.us</a> |
| Ottertail Environmental     | 303-858-8350  |

**For citizen concerns/complaints**

|   |              |
|---|--------------|
| Ottertail Environmental (East of Hogback) | 888-774-2161 |
| JCDHE complaint line (West of Hogback)    | 303-239-7075 |

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