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FOR IMMEDIATE RELEASE

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WEST NILE VIRUS MEDICAL ALERT ISSUED FOR HILLSBOROUGH COUNTY

--First case of West Nile Virus Confirmed in Hillsborough Resident--

Hillsborough--- Today, Hillsborough County Health Department Director, Douglas Holt, announced that the West Nile Virus has been confirmed in a 50 year old female resident of Hillsborough County. This is the first human case of West Nile Virus in Hillsborough County this year. A medical alert has been issued for Hillsborough County for West Nile virus.

Hillsborough County Health Department officials remind residents that summer rains encourage mosquito breeding and that everyone should remain diligent in their personal mosquito protection efforts both at home and when traveling.

State and local public health officials urge all residents to follow the 5 D's for prevention:

- Dusk and Dawn -- Avoid being outdoors when mosquitoes are seeking blood, for many species this is during the dusk and dawn hours.
- Dress -- Wear clothing that covers skin.
- DEET -- When the potential exists for exposure to mosquitoes, repellents containing DEET (N, N-diethyl-meta-toluamide, or N, N-diethyl-3-methylbenzamide) are recommended. Products with concentrations up to 30 percent DEET are generally recommended for most situations. (It is not recommended to use DEET on children less than 2 months old. Instead, infants should be kept indoors or mosquito netting used over carriers when mosquitoes are present). If additional protection is necessary, apply a permethrin repellent directly to your clothing. Always read the manufacturer's directions carefully before you put on a repellent.
- Drainage -- Check your home to rid it of standing water in which mosquitoes can lay their eggs.

Elimination of breeding sites is another key to prevention.

Tips on Eliminating Mosquito Breeding Sites

- Clean out eaves, troughs and gutters.
- Remove old tires or drill drainage holes in those used in playgrounds.
- Turn over or remove empty plastic pots.
- Pick up all beverage containers and cups.
- Check tarps on boats or other equipment that may collect water.
- Pump out bilges on boats. Drain unused swimming pools.
- Replace water in birdbaths and pet or other animal feeding dishes at least once a week.
- Change water in plant trays, including hanging plants, at least once a week.
- Remove vegetation or obstructions in drainage ditches that prevent the flow of water.

Symptoms of West Nile Virus may include headache, fever, fatigue, dizziness, weakness and confusion. People who believe they may have West Nile Virus should contact their health care

Hillsborough County Health Department • Epidemiology Program

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provider. Florida Department of Health (DOH) laboratories provide testing services for physicians treating patients with clinical signs of mosquito-borne disease. Physicians in Hillsborough County should report suspected cases of West Nile Virus to the Epidemiology Program at (813) 307-8010.

Florida residents are encouraged to report dead bird sighting at: www.wildflorida.com/bird or by calling their local county health department.

To report dead birds locally, call the Hillsborough County Health Department, Office of Environmental Health at (813) 307-8059.

For more information on mosquito-borne illnesses, visit DOH's website at: www.doh.state.fl.us and select environmental health from the pull down menu.

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